

FUN HEALTHY HOLIDAY LUNCH BOX CARDS



Red and green vegetables
fight the flu so you'll be ready for
some holiday fun!

Happy Holidays!



Decorate your lunch like a
christmas tree with foods from all
the food groups!

Happy Holidays!



Don't skip lunch, you'll need
that energy for holiday fun!

Happy Holidays!



Drink low fat milk with your
holiday cookie!

Happy Holidays!



Color your holiday desserts
with red and green fruit for a
sweet treat!

Happy Holidays!



Run, jump and play to build
healthy muscles and bones!

Happy Holidays!



Visit www.ChefSolus.com for [free printable worksheets for kids](#), [nutrition education games](#), healthy eating tips, exercise and healthy goals and weekly healthy food trackers, fitness activity goal sheets and school lunch and snack ideas and more!

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Lunch cards are a fun way to remind your child the importance of eating a healthy lunch everyday! It is also a very sweet way to reach out to your child when they are away and remind them that you have thought of them. Put a smile on your child's face during lunch time with our Healthy Messages Lunch Cards!

Supplies Needed:

heavy paper
construction paper (red and green- optional)
glue or double sided tape (optional)
scissors
pen

Instructions:

Print out the first 2 pages of this this pdf onto heavy paper.

If desired, you can paste or tape cards onto construction paper.

Cut out the lunch cards on the dotted lines.

Write a little personal note on the back or just sign it with love! (optional)

Place card in your child's lunch box or lunch bag!

Or if your child buys their lunch, put the lunch card with their lunch money to remind them to be thankful.

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