

SUMMERTIME HEALTHY FUN LUNCH BOX CARDS



Cool off with a colorful salad!

Happy Summer Time!



The sun actually gives you some vitamin D!



But don't forget to put on some sunscreen.

Happy Summer Time!

Cold cucumbers slices are a great summer snack.

Happy Summer Time!



Berries bloom in summer! Strawberries, loganberries, blueberries, blackberries and more! Their loads of tasty fun!

Happy Summer Time!



Enjoy nature this summer. So get outside and play and have some fun every day!

Happy Summer Time!



Be Cool and keep cool with lots of water!

Happy Summer Time!



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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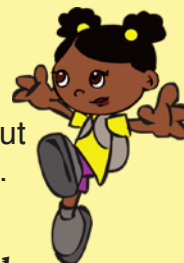
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SUMMERTIME HEALTHY FUN LUNCH BOX CARDS



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:

scissors
pen

Instructions:

Print out this pdf.

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 make healthy lunch choices.

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