

# Fun Healthy Easter Lunch Box Cards

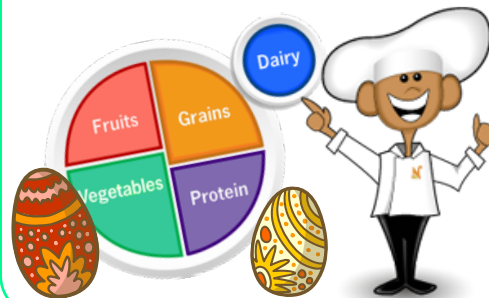


Lunch cards are a fun way to remind your child the importance of eating a healthy lunch every day! It is also a very sweet way to reach out to your child when they are away and remind them that you have thought of them.

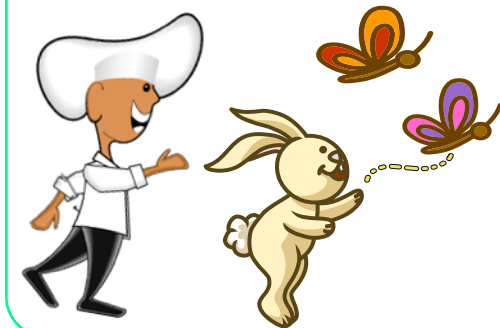
Eggs are part of the Meat  
and Beans group.  
So are seeds and nuts!  
**Happy Easter!**



Color your plate like the My  
Plate for a healthy meal.  
**Happy Easter!**



Be like a bunny and hop, run  
and play. Be active every day!  
**Happy Easter!**



Easter rabbits eat lots of  
vegetables and fruits!  
**Happy Easter!**



Chocolates are a tasty **once**  
**in a while** treats.  
**Happy Easter!**



Healthy bunnies and kids  
drink water every day.  
**Happy Easter!**



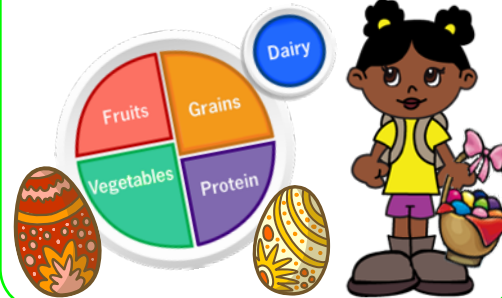
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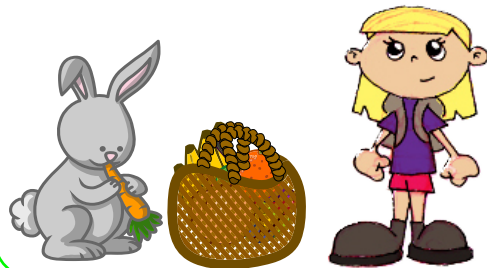
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Put a smile on your child's face during lunch time with our Healthy Messages Lunch Cards!

## 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.