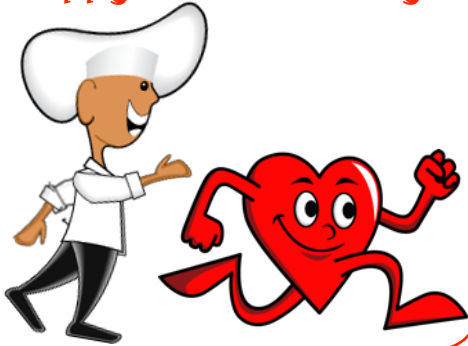


Fun Healthy Valentine's Day Lunch Box Cards

Be active every day and
your heart will be happy!
Happy Valentine's Day



Vegetables are plants that
give your heart lots of love!
Happy Valentine's Day



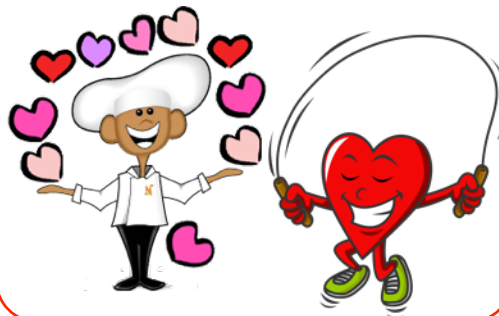
Don't forget to have some
milk!
Happy Valentine's Day



Give your heart some love
with 100% whole wheat!
Happy Valentine's Day



Your heart loves to be active.
Get up and play after lunch!
Happy Valentine's Day



Fruits make a tasty dessert!
Happy Valentine's Day



Fun Healthy Valentine's Day Lunch Box Cards

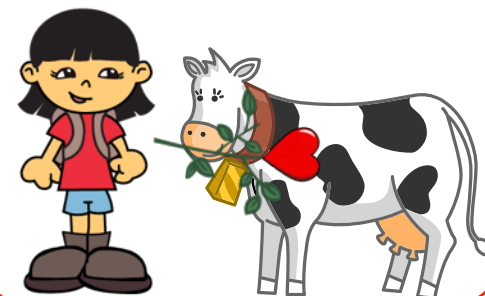
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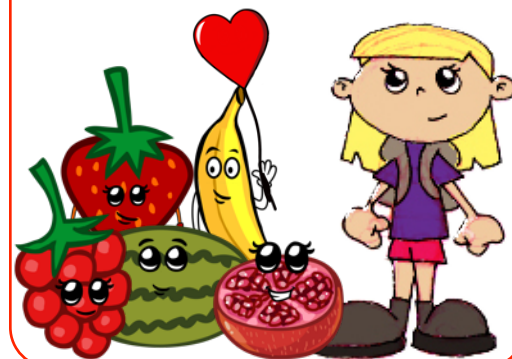
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Fun Healthy Valentine's Day Lunch Box Cards

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. Use hard stock paper if possible.
- 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.

