

# 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!**



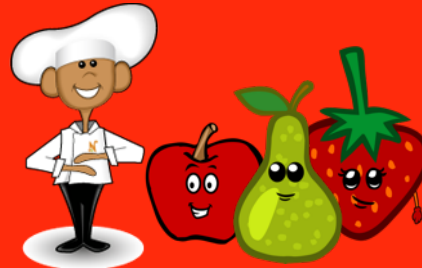
Drink low fat milk with your  
holiday cookie!

**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](http://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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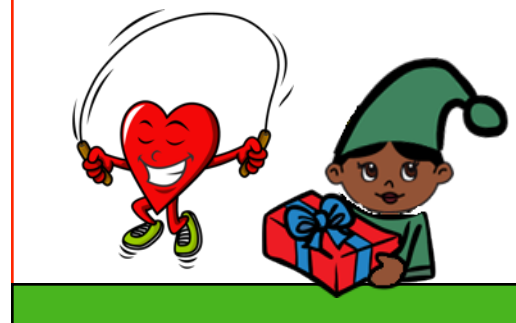
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Lunch cards are a fun way to remind your child the importance of eating a healthy lunch everyday! It is also a very sweet way to reach out to your child when they are away and remind them that you have thought of them. Put a smile on your child's face 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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