



Fun Healthy Halloween Lunch Box Cards



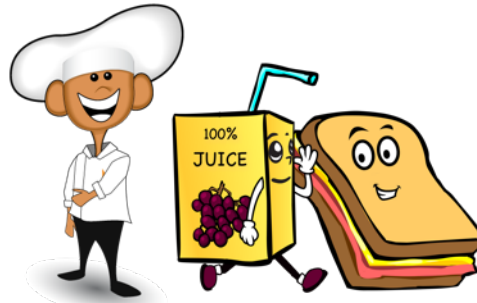
Orange vegetables pack a vitamin A punch!

Happy Halloween!



Eating a healthy lunch gives you energy for Halloween fun!

Happy Halloween!



Pumpkin pie goes great with a glass of milk!

Happy Halloween!



Roasted pumpkins seeds are a great source of protein!

Happy Halloween!



Did you know that pumpkins are a kind of fruit!

Happy Halloween!

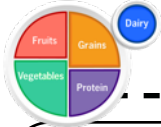


Divide your Halloween candy into small portions for a tasty treat with a healthy lunch!

Happy Halloween!



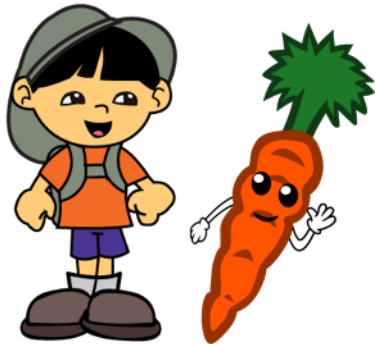
Visit www.ChefSolus.com for free printable worksheets for kids, nutrition education games, healthy eating tips, exercise and healthy goals and weekly healthy food trackers, fitness activity goal sheets and school lunch and snack ideas and more!



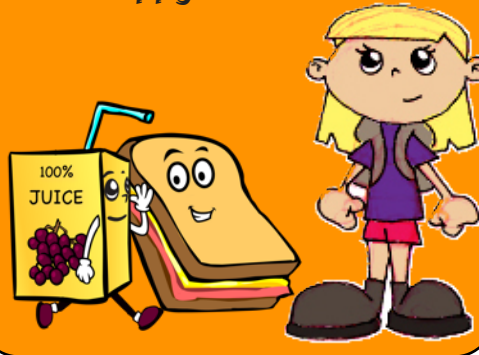
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Lunch cards are a fun way to remind your child the importance of eating a healthy lunch everyday! It is also a very sweet way to reach out to your child when they are away and remind them that you have thought of them. Put a smile on your child's face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

Supplies Needed:

- 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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