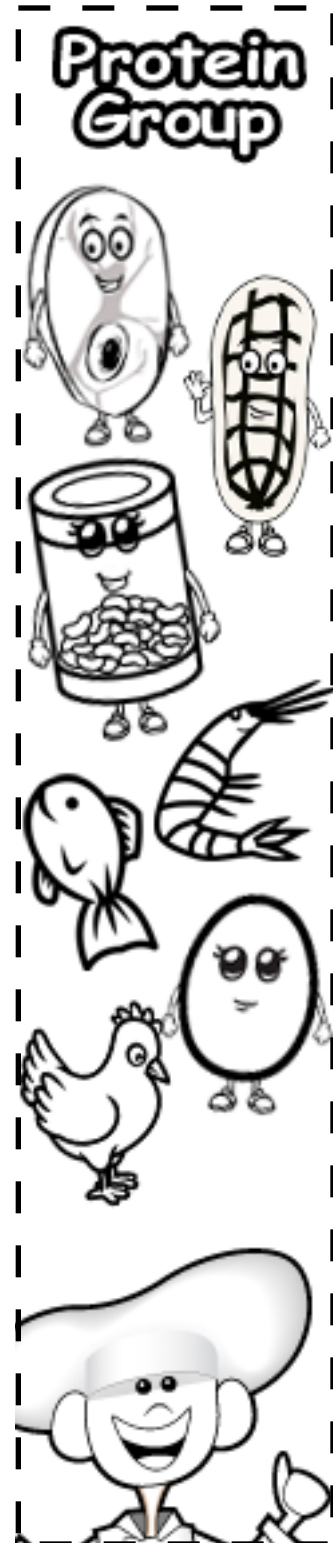
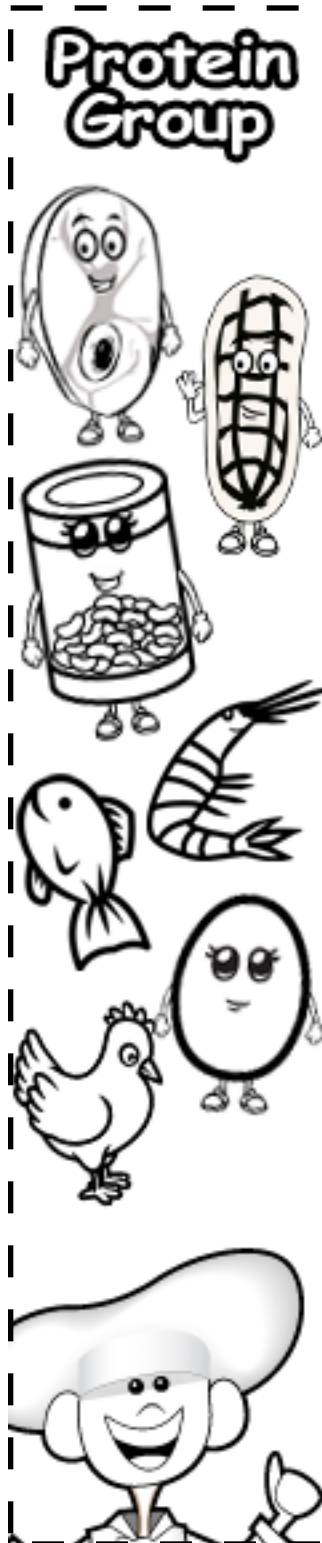


Chef Solus' Protein Group Bookmarks



Chef Solus' Protein Group Bookmarks

Cute nutrition oriented bookmarks for kids to use during reading time.

Supplies:

- Construction paper
- Colored Crayons
- Scissors
- Glue or Paste
- Hole puncher
- Yarn

Instructions:

- Print the sheet with the bookmarks.
- If black and white, decorate the bookmarks with your favorite colors.
- Cut out the bookmarks on the dotted lines
- Cut out a rectangular shape from construction paper is larger than the bookmark
- Paste the colored bookmark to the construction paper
- Punch a hole at the top of bookmark
- Thread a piece of yarn about 5-6 inches long through the hole and tie a knot

