

## Lunch Box Card

Copy, fill in, and laminate this “lunch box card” (also available online at The Feeding Doctor under “Resources”). Place it in your child’s lunch box and tell him that if an adult asks him to eat certain foods, he should hand over the card. This is hard to ask a child to do, but it may work for some.

Dear Friend of \_\_\_\_\_,  
Please allow \_\_\_\_\_ to decide how much to eat, and in what order, from what I have packed. Even if that means all \_\_\_\_\_ eats for lunch is “dessert,” or if \_\_\_\_\_ starts with dessert. I trust that \_\_\_\_\_ can rely on hunger and fullness signals to know how much to eat. Please call my cell \_\_\_\_\_ if you have any questions. The nice thing is, this should be less work for you. If \_\_\_\_\_ needs help opening containers, I thank you for that help, otherwise, \_\_\_\_\_ should be good to go. Thank you for all you do for our children.



