

The Lunch Box Card

Choose the version that's right for you

Hello!

Please allow _____ to decide how much to eat, and in what order, from what I have packed. Even if that means all they eat for lunch is "dessert," or if they start with dessert.

I trust that _____ can rely on hunger and fullness signals to know how much to eat. If they need help opening containers, I thank you for that help. Otherwise, _____ should be good to go.

Please call my cell _____ if you have any questions.

Thank you for all you do for our children.



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