

# The Lunch Box Card

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. If \_\_\_\_\_ needs 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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