

# Lunchbox Card

Print out, date, and sign this note and include it in your child's lunchbox to communicate your feeding preferences to your child's teacher or childcare provider.

Dear \_\_\_\_\_,

Please don't ask \_\_\_\_\_ to eat more or different foods than she wants. Please let her eat as much as she wants of any of the foods I pack, in any order, even if she eats nothing, or only dessert. If you have any concerns or questions, please call me at \_\_\_\_\_.

Thank you.

\_\_\_\_\_