

bitesize messages.

Add these little lunchbox notes to your child's lunch to brighten their day!

Have a
berry
awesome
day!



Your tummy
is smart! It
tells you
when you're
hungry or full!



Bee
amazing
today!



You are
a super
star!



You're
one in a
melon!



Every body is

AMAZING



including yours!



NATIONAL
NUTRITION
FOUNDATION

THE
EMBRACE
COLLECTIVE.

bitesize messages.

Add these little lunchbox notes to your child's lunch to brighten their day!

Every bite helps
your body
and brain
do amazing
things!



I love you
berry
much!



Time to power
up your brain!
Good luck on
your quiz today.



This will help
give you
power for
sport after
school today!



Great job
fuelling
your
body!



Eating this
yummy food
gives your
body the power
to have fun
adventures!



NATIONAL
NUTRITION
FOUNDATION

THE
EMBRACE
COLLECTIVE.