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Dear Patrick,

Welcome to January's Lunch Notes, and Happy New Year! We hope you're enjoying Lunchtaker, and getting some really good ideas!

Thanks!

Amy & Scott - Lunchtaker.com

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Healthy Resolutions for a New Year

The turning of a new year is a great time to queue up change in your life. Here are some of things we're thinking of at this time of resolutions - why not adopt one as your own?

- **Bring a healthy lunch to work or school** at least once each week.
- **Share lunchtaker.com with at least five friends:** spread the word about healthy lunch options!
- **Think of a favorite healthy lunch item** that you and/or your kids really enjoy. Share it on Lunchtaker and help inspire others!
- **Take time each week to plan your lunches.** Use [lunchtaker.com's search](#) for inspiration, and our [calendars](#) to keep organized!

Lunchtaker Blog

Our blog is a great way for you to keep in touch with what's new in the world of the lunchbox, and easily comment on it!



RECENTLY POSTED

- [Composting in Your School](#)
- [Gingerbread Traditions](#)
- [Visit the Blog for more...](#)

Do you have a topic you'd like us to research and write about? [Let us know!](#)

Add Your Own Items!

You asked for an easier way to contribute your own lunch ideas... We've been working hard! Adding an item is simple: just add the name, ingredients and preparation details, and we'll calculate the nutrition for you! Then, e-mail us a picture and your item will be up on Lunchtaker for all to see! It's as easy as 1-2-3... [Sign In or Sign Up](#)

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