



school lunch success

- ★ Shop with your kids for their lunchboxes to pick designs that they love.
- ★ Reusable water bottles, with fun shapes or characters on them, not only encourage hydration all day long, but also are environmentally friendly.
- ★ Put their names on all with a marker to avoid loss.
- ★ Assure soft items are packed in firm containers so food isn't crushed.
- ★ Include an ice packet to assure that everything is nice and fresh when it is time to eat.
- ★ Make a long list of food items your kids like, including proteins, fruits, and vegetables, to bring with you when food shopping.
- ★ Provide an assortment in the lunchbox, to bust boredom before it begins.
- ★ Buy nonperishables in bulk to save time and money.
- ★ Prepare lunches the night before with the help of your little ones. This eliminates early morning stress and assures that they like what they get.
- ★ And every now and then, a little note from Mom or Dad makes opening their lunchboxes extra special.

