

How to Get Your Kids to Pack Their Own Lunches: A Guide

We all know that a healthy, well-balanced school lunch will help our kids succeed in school, but let's be honest, making school lunches can be a drag. Having your kids pack their own lunches not only frees you from that morning (or evening) job, but it also teaches your kids independence and how to build a healthy, balanced meal out of foods they enjoy.

Let The Scramble Be Your Guide:

Use this two-part guide for successful lunches everyday! Page 1 has tips *for you* to help make lunch-packing an activity your kids can successfully accomplish (with good attitudes intact), and page 2 is a fun graphic you can post in your kitchen to help *your kids* remember what to include for a delicious and healthy lunch.

STEP 1: Get The Kids On Board!

- ► Talk positively about the upcoming change
- Let them help pick out new reusable containers that will be easy for them to use
- Brainstorm together to create a list of foods for each category

Check out our lists for fun and different lunch ideas <u>here</u> and <u>here</u>.

STEP 2: Get the Gear!

Bento boxes (lunch boxes with compartments), thermoses, small snack containers, reusable food bags, water bottles, ice packs Check out a list of our favorite reusable lunch containers here.

STEP 3: Get the Kitchen Ready!

Prep at the beginning of each week: chop veggie sticks, wash fruit, and pre-fill smaller portion baggies with snack foods

Create kid-level lunch packing stations:

In the pantry with lunch boxes, containers, and shelf-stable options

- In the fridge with different protein and produce choices
- In the freezer with muffins, English muffin/bagel pizzas, burritos, etc.

STEP 4: Teach the Formula!

Print out and post the graphic on the next page, then help your kids follow each step and pick the right foods.

STEP 5: Practice, Practice, Practice!

Like any new habit, getting into the routine with this may take a little while, but stick with it, help and gently remind as necessary, and have patience because the outcome will be totally worth it!

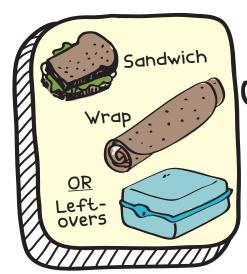
Use *The Scramble* weekly meal planner for more lunch and dinner ideas! www.thescramble.com

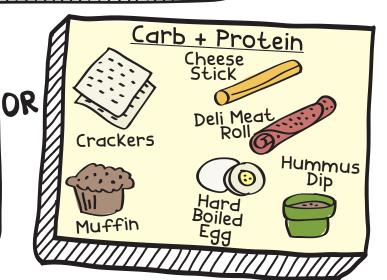
The Scramble

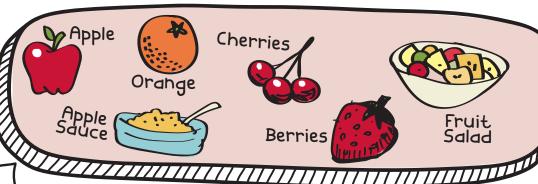
EMMNY

Make-Your-Own-Lunch

formula!







STEP 2: 1 Serving of FRUIT







Salad



+ Dip/Dressing (optional)

STEP 4: 1 Extra













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