



The Scramble
Easy cooking. Joyful eating.
WWW.THESCRAMBLE.COM

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 [here](#) and [here](#).

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

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

Create kid-level lunch packing stations:

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

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

Yummy

The Scramble

Make-Your-Own-Lunch

Formula!

**STEP 1:
MAIN
DISH**

Sandwich
Wrap
OR
Left-overs

OR

Carb + Protein

Crackers
Muffin
Cheese Stick
Deli Meat Roll
Hard Boiled Egg
Hummus Dip

Apple
Orange
Cherries
Berries
Fruit Salad
Apple Sauce

**STEP 2:
1 Serving of
FRUIT**

**STEP 3:
1 Serving of
VEGGIE**

Carrot Sticks
Bell Peppers
Cucumber Slices
Salad
+ Dip/Dressing (optional)

**STEP 4:
1 Extra**

**AND
Finally...**

**..if you
need...**

Small Bar
Cookie
OR Chips

WATER
WATER (Reuseable Bottle)

Utensils

Ice Pack

**YOU
DID IT!**

