

Back to School -

LUNCH TIME

- Try to pair a carbohydrate with a protein (i.e. hard boiled egg, seeds, nuts, hummus, yogurt).
- If possible, pack lunches the night before instead of trying to fit it in the morning scramble.
- It doesn't have to be a perfect meal. It's OK to have a nutrient-dense collection of snacks.
- Pack a reusable water bottle.



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- Include the kids in the packing!
 - This is a good time to discuss requests so you can add them to next week's shopping list.
 - Giving a choice (between 2 items acceptable to you) will help them feel empowered and can decrease lunch burnout.
- Pack a high-protein snack (i.e. trail mix, cheese and crackers, granola bar with nuts).
 - Sometimes lunch periods can be very early in the morning or later in the afternoon, making a snack necessary.