



# Lunchbox Starter Kit

Essential supplies and ideas for make-it-easy healthy lunches!

**Lunchbox** – sturdy, preferably soft-side, insulated. Soft sides will make it easier to pack in a backpack or other bag.

**Luvin' Lunchbox**  
[WWW.PRICECHOPPER.COM](http://WWW.PRICECHOPPER.COM)

**Consider** – School rules and guidelines. Schools may have specific guidelines about items that can be brought to school, including lunch boxes and bags. **You should also be very clear about food allergy policies, which may not allow items with nuts, (like but not limited to peanut butter), to be brought in.**

**Consider** – Finding an item with a favorite character or color on it, and buy 2 for each child. (If you have to wash one out, you won't be stuck without a backup!)

**Know** – What time your child will eat lunch, and plan on packing food safely – using a small cold pack, in a plastic bag (because they get wet as they defrost), to keep cool foods cool.

**Find out** – If older children (middle and high school) have access to a microwave and can bring frozen items like Healthy Choice meals, or Amy's pockets to school. They may need a plate for their item packed.

## Packing Supplies:

- Plastic sandwich bags
- Plastic snack bags
- Plastic spoons and forks
- Napkins
- Plastic wrap
- Change container for milk money.
- Small and large paper plates
- Small containers – for dips or sauces. Make sure your child can open the container by themselves!
- Individually wrapped hand sanitizer wipes or small container of hand sanitizer gel.

## Bright Ideas:

- 4 oz. (for smaller children) or 8 oz (for older children) 100% juice boxes can be frozen and used as the ice pack in lunchboxes.
- Cookie cutters – Make puzzle sandwiches by using a shape cutter in the middle, and radiating cuts around the shape.
- Stickers for fun decorating.
- Sticky notes for little messages. Check your local office supply store for shapes like stars and hearts, they'll luv 'em!?