

Thank you so much for having me last night to discuss school lunches with your wonderful parent organization.

Here is a summary of what I covered.

- Make a list of your family's favorite meals, and have your child list their favorite meals. School lunches are not a time to introduce new flavors/textures.
- Buy an assortment of lunchbox shapes and sizes (links below)
- Deconstruct meals into "lunchables" into bento boxes to break the sandwich rut.
- Kids, particularly now, are focusing more on the social time that lunch provides them, so make things easy to eat.
- Consider the hot lunch! Leftovers can be a wonderful solution. Pour boiling water into a container meant for keeping things warm, and put the top back on. Leave for about 5 minutes, then drain the water, and fill up your container with your heated meal. Don't forget the utensils!

Lunchbox options

<https://www.planetbox.com/products/planetbox-rover-lunchbox>

[https://www.amazon.com/dp/B074BDW6D6/ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_3AAPDRHD7G5875T8DFM5?encoding=UTF8&psc=1](https://www.amazon.com/dp/B074BDW6D6/ref=cm_sw_em_r_mt_dp_3AAPDRHD7G5875T8DFM5?encoding=UTF8&psc=1)

[https://www.amazon.com/dp/B00B78UB04/ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_KG4E9KKAM4WBJ0NEVGG5](https://www.amazon.com/dp/B00B78UB04/ref=cm_sw_em_r_mt_dp_KG4E9KKAM4WBJ0NEVGG5)

Lunchbox carrier with two separate compartments

[https://www.landsend.com/products/kids-insulated-techpack-lunch-box/id\\_337437?attributes=43321.43379.46718](https://www.landsend.com/products/kids-insulated-techpack-lunch-box/id_337437?attributes=43321.43379.46718)

Hot lunch thermos:

[https://www.amazon.com/dp/B07S79MJRS/ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_EVWFKFCJETH295BGG1SS](https://www.amazon.com/dp/B07S79MJRS/ref=cm_sw_em_r_mt_dp_EVWFKFCJETH295BGG1SS)

[https://www.amazon.com/dp/B07S79MJRS/ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_EVWFKFCJETH295BGG1SS](https://www.amazon.com/dp/B07S79MJRS/ref=cm_sw_em_r_mt_dp_EVWFKFCJETH295BGG1SS)

Kids cooking subscription box:

<https://www.americastestkitchen.com/kids>

Instagram accounts for inspiration:

@kids.eat.in.color

@basilgarlicrosemary

@[white.blank.space](#)

@food.kids.love

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