

# Back to School Lunch Tips

*This free tip sheet was produced by the Cheapskates Club –  
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We all know meal planning saves time and money, but we don't always consider planning school lunches. Make your life easier by incorporating lunches into your meal plan.

## **Keep a Master Lunch List**

There's nothing worse than lunches that get thrown out. Have your children make and add to a growing list of lunch items they love.

## **Make it the Night Before**

There's no sense in rushing around in the morning, trying to make lunches. Save time and stress by making them the night before.

## **Kids Can Make Their Own**

Children as young as 7 or 8 can put together their own lunches. They'll need some guidelines and a little supervision, but they'll be pros in no time.

## **Leftovers Make Great Lunches**

Make a little extra or order a little more. Leftovers make awesome and easy lunches.

## **Lots of Fruit and Vegetables**

Always keep a good supply of fruits and vegetables to make healthy lunch preparation much easier.

## **Invest in a Thermos**

Make it easier to send warm or chilled meals to school by investing in a Thermos or other insulated container.

## **Use Cold Packs**

Keeping food at the right temperature is good for health and makes food more palatable. Use cold packs to keep foods cool.

## **Containers in a Variety of Sizes**

There's nothing worse than a squished sandwich or goeey strawberries. Keep plenty of containers in a variety of sizes, so you have the right one for the job at hand.

## **Bake and Freeze**

If you like to include a little treat with lunch, you can bake a big batch of cookies or whatever you'd like and freeze them. Just pull them out of the freezer the night before you want to use them.

## **Make it Fun with a Bento**

We've all seen Bento Boxes in a Japanese restaurant, but you can also get Bento Boxes for kid's lunches. It adds a little fun and variety and also makes it easy for kids to put together their own lunches.



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time and energy and still have fun!  
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