

Back to School Lunch Tips

*This free tip sheet was produced by the Cheapskates Club –
www.cheapskates.com.au*

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.



*The Cheapskates Club
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time and energy and still have fun!
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