

Lunchbox Tips for the School Transition



School lunchboxes can be a big change for children starting school. Here are some ideas to make the transition to eating out of lunchboxes at school easier.

Check containers are easy to open

Make sure that children are able to open the containers and packets that you are planning to put in their lunchbox. Some can be tricky!



Practice before school starts

Start packing morning tea and lunch in a lunchbox every day so children can get used to selecting foods from their lunchbox at mealtimes. Don't forget a water bottle!



Get kids involved

Get children's input into what they would like to put in their lunchbox. Would they like corn on the cob or cherry tomatoes? Some apple slices or grapes?



Practice mealtimes

4-6 weeks before school starts, have more structured meals (set times) using a lunchbox, and if possible, in social environments with other children.



Talk about food safety

In really hot weather where food is not stored in a fridge, explain which foods would be good to eat first at morning tea. E.g. perishable or high risk foods like cheese, yoghurt, meat or eggs.



Lunchbox leftovers

Starting school can come with fluctuating appetites, smaller appetites and leftovers in the lunchbox. Have a chat to children and teachers to find out why food might be left in the lunchbox at the end of the day.

