

# 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 easier.*

## Check containers are easy to open

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



## Practice before school starts

Try packing morning tea and lunch in a lunchbox to help children get used to selecting foods from their lunchbox.



## Getting kids involved

Some kids have ideas on what they would like in their lunchbox. Some also like to help prepare and pack it.



## Practice mealtimes

In the weeks before school starts it can help to have meals at set times to get your little one used to it. Creating a social environment with other children can help too.



## Talk about food safety

Where food is not stored in a fridge and only has an ice pack, explain which foods would be good to eat first. E.g. cheese, yoghurt, meat or eggs.



## Lunchbox leftovers

Some days the lunchbox will hardly be touched, other days it will come home empty. Children's internal sense of appetite is stronger than adults. Trust they will make up for it at other meals.

