

Let Kids Help

Let your child pack their own lunch. Pre-assemble Ziplock baggies with portioned proteins and veggies and other snacks and place in bins. Label the bins "Pick 1" or "Pick 2" to help kids with their selections.



Muffin Tins

Make Mac and Cheese without the mess. Bake it in muffin tins so kids can eat them with their hands. Have ham leftover from dinner? Toss it in to add some protein or add some veggies. These can go into the thermos!

Cookie Cutters

Add some dazzle to a plain old sandwich by using cookie cutters to make neat shapes. Make the sandwich, then use the cookie cutter like you would in baking to make cut-outs. Try it with cheese and ham too!



Lunch Hacks

Freeze Juice Boxes

Freeze juice boxes to use as ice packs in lunch boxes. This frees up space in your kids lunch box and makes it lighter to carry. The drinks will thaw by lunchtime while still remaining cold and helping to keep food fresh.

Keep Apples Slices Fresh

Wrap up a sliced apple with the core intact using saran wrap. Keeping the apple core intact reduces the amount of browning. When your kids un-wrap the apple it will already be sliced and ready to eat!

Mason Jar Container Tip

Use an empty fruit cup or apple sauce container and secure it to the top of a mason jar to house dips or other items. Fill the mason jar with carrot and celery sticks and have the top contain hummus or dip. Or fill the jar with tuna salad and the top with crackers. This hack isn't just for kids - it can be taken as a work snack!



Kabobs

Tired of making a sandwich every day? Why not try some protein kabobs instead. Try bread pieces, meat and cheese on skewers for a new twist. Try with fruit too! You can alternate fruits to make a colourful and fun kabob!

Pepperoni Pizza

Flatbread, pepperoni, cherry tomato, mozzarella cheese, pepperoni slice and repeat.

Turkey Club

Bread, slice of turkey, piece of bacon, chunk of avocado, Swiss cheese, lettuce.

Chicken Cobb Salad

Lettuce, grilled chicken, avocado, cherry tomato, bacon, boiled egg, lettuce.

BLT: Bacon, Lettuce, Tomato

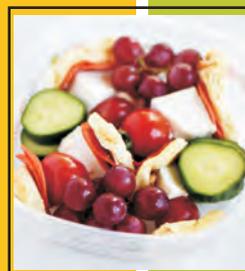
Bread, bacon, lettuce, cherry tomato.

Salami Caprese

Salami, mozzarella ball, basil leaf, cherry tomatoes.

Chicken Quesadilla

Piece of tortilla, cube of cheddar cheese, piece of grilled chicken.



Thermos Ideas

A thermos can be used for so much more than just soup! Think: chicken nuggets, pasta or burgers! **Hot Tip:** Let thermos sit for 5 minutes, covered, with boiling water. While your thermos is warming, heat food in the microwave. You want the food really hot - the secret is to always put hot food into a hot thermos. Once the food is done, empty the thermos and dry. Place the hot food into the thermos and cover tightly (not too tight for little hands to open).

Burgers and Hot Dogs

Put the hot elements of a burger or sausage links into the thermos. Wrap the bun separately. Have another container with lettuce, tomato, etc., and any condiments in small separate containers. Have the kids assemble it all at school.

Pasta

Any kind of pasta and sauce works perfectly in a thermos.

Two Thermos Lunch

If everything doesn't fit in one thermos, add another! Perfect for leftovers from Thanksgiving dinner.