

Printable Lunch-Box Checklist

Every School Lunch Box Should Include:

Protein. (*Helps kids feel full and focused*)

- Cheese (slices, cubes or grated)
- Yoghurt or custard
- Boiled egg or egg sandwich
- Chicken, tuna or hummus
- Leftover dinner (small portion)

Fruit or Veg. (*Fresh, chopped or frozen*)

- Apple, pear or banana (cut if needed)
- Berries or grapes (cut in half)
- Cucumber, carrot or cherry tomatoes
- Frozen fruit snack (great in warmer weather)

Filling Food. (*Long-lasting energy*)

- Sandwich or mini wrap
- Wholegrain crackers or rice cakes
- Savoury muffin, slice or scroll

Drink

- Water bottle filled
- Easy for little hands to open

Optional Treat. (*Not every day — and that's okay*)

- Small biscuit
- Homemade baking
- Fun extra from yesterday's lunch

Before You Zip It Closed

- My child can open everything independently
- Containers are leak-proof
- Food is easy to eat at playtime
- Lunch box and bottle are clearly labelled

For Older Kids (7+) Packing Their Own Bento Box

Ask your child to tick their own choices:

- Protein
- Fruit or veg
- Filling food (wrap, sandwich or crackers)
- Water bottle
- Optional treat

Lunch-box rule:

 *If it doesn't fit properly or won't close — choose something else.*

A gentle reminder for parents:

Some days the lunch comes home untouched.

Some days it comes home empty.

Both are normal — and neither means you're doing it wrong.