

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.