

## Lunchbox planning – A family activity

**Before your children go back to school and whilst you may have a bit of time involve them with preparing and packing their own lunchboxes. It promotes both self-organisation skills and independence. How much support you give your child depends on their age. It could be a family activity; the adults could join in too!**

1. Get them to make a list/draw pictures/create an online shopping list of things they would like in their lunchboxes.
2. Ask them to sort their chosen items into red, amber, green. Green meaning healthy, amber in moderation and red only as a special treat. This Change 4 Life link helps when looking for sugar swaps <https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids>. Older children can investigate the what's inside processed foods. They might enjoy the 'Change 4 Life' 'food scanner' app.
3. Next either give them a daily budget to what they can spend on their lunch and snacks or allocate points to each traffic light group e.g. 1 green, 2 amber, 3 for red. Then give a limit of points per day. You could add a zero for trying something new that is healthy!
4. Then get your children to draw up a weekly lunchbox menu. Involve them in the shopping process. This way they get to learn the cost of food and seasonality of fruit and vegetables.
5. Teach them how to prepare simple snacks (e.g. vegetable batons) and make a simple sandwich. Or see this link for savoury muffins <https://vimeo.com/126784398>.



Let me know how it goes - *Sarah*