

## Let's make the most out of Lunch Time!



Lincoln Elementary Students have 30 minutes for lunch and we would like to encourage them to use their time wisely to get the most out of this period. Properly fueled kids do better in school and eating a healthy lunch helps students stay energized. Socializing during the lunch period is very important but we also want to encourage students to finish their meal. We heard some great ideas about how to make the most out of lunchtime from other parents and teachers and would like to share them with you. Below are some tips that you might find helpful to MAKE LUNCH FUN!

### **Have a quick conversation with your child about why lunch is so important.**

- Remind children that a good lunch is important to help their brain work properly.
- Leave a note in their lunch to encourage them to eat.
- Remind them “less chatting more snacking”. Often kids talk their lunch time away.
- Offer up a challenge (ex: challenge to finish a whole sandwich, finish one more snack, any step above their current lunchtime habits)
- Explain how a good lunch can give them more energy and help them “fuel up like a car.”
- Ask them to challenge their lunch buddy to a friendly contest. Who can finish their fruit first? Who can finish their sandwich first?
- Encourage children to share what you teach them with others. Children are always eager to teach their friends what they've learned!
- Teach your children what the healthiest snacks are. Children often want to mimic their friends' lunch. They may go home asking parents for more healthy options.

### **“Bento Box” lunches are becoming very popular and can help get children interested in lunch.**

- Kids love having a part in creating their lunch
- Help children pick some healthy options that they can fill a partitioned container with.
- Be sure to include plenty of finger foods that are quick and easy to eat. (i.e. Carrots, crackers, cheese slices, grapes, sliced apples)
- Try meat roll ups with crackers instead of the traditional sandwich.
- When packing a sandwich, cut the crust off ahead of time for picky eaters.
- Also try using fun shaped cookie cutters.
- Pre peeling and slicing is a quick way to make lunches fun and easy. Peeling an orange, slicing a cheese stick into small “bits” or unwrapping packaged foods and adding them to their bento box can save time.

**Have ideas to help our children at lunch? We would love to hear from you!**

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