

Try these fun lunch time ideas!

1. Visit your local **craft store** for simple, **reusable** items to keep around the kitchen to make lunch **fun and easy**.
2. **Pick a theme! Goldfish crackers, blue jello, a tuna fish sandwich and a bottle of water make for a whale of a time!**
3. **Cut fun shapes out of fruit, cheese, meat or vegetables using** cookie cutters.
4. Use the **internet** to browse for ideas to spice it up!
5. Leave notes on the back of old birthday cards that will make your child laugh out loud like "you're pear-fect" or "I'm bananas for you!"
6. Separate items in their lunch box using reusable, colourful cupcake wrappers.
7. Make **funny faces** out of crackers and **veggies** on top of sandwiches.
8. Write a **funny** menu on the back of an empty cereal box.

Reduce food waste and make packing lunches easier by having your child fill out this chart.

I like to eat

I don't like to eat



Use these!
(reusable)



Items that are ok:

- Whole fruit
- Whole vegetables
- Reusable
 - containers
 - utensils
 - water bottles
 - lunch bags



Avoid these.
(disposable)



Items that are not ok:

- tin foil
- plastic wrap
- styrofoam
- wrappers
- plastic bags



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COUNTY