

Name : _____

Date : _____

Therapist : _____

Lunch Box Tips Occupational Therapy



As your child enters school, it is important to consider eating out of a lunch box as part of his/her school readiness skills. Learning to eat from a lunch box requires practice just like any other skill as your child needs to learn what to eat first, how to manage various containers and how to tidy up afterwards.

Here are some ideas to facilitate the learning process:

- 1- Purchase a lunch box ahead of time. Your child can assist you by going shopping with you and choosing his/her lunch box.
- 2- Have picnics outside at the park, in the living room or have a special lunch time in the kitchen.
- 3- Add various lunch containers to a play kitchen set. You can even add the lunch box to the kitchen set to play with pretend foods.
- 4- Explore various containers to see what is easiest for your child to manage. Ex. Snap locks, Ziploc bags, sliding closures, pop tops...
- 5- Teach your child to eat snacks during snack time and his/her main meal at meal time. You can color code the containers: blue containers for snacks and clear containers for main meal. You can also write numbers on the containers to indicate the sequence.
- 6- Use a pencil case for snacks and the lunch box for the actual lunch.
- 7- Experiment with various meals using cold and hot containers such as thermoses. Kids also need practice to open and eat out of them.
- 8- Experiment with foods by precutting them or prepacking them in various ways. This might make it easier for your child to manage and it may make lunches more interesting.
- 9- Explore various juice containers to see what works best for your child. Not all children manage just any type of juice box.
- 10- To make it interesting, you can add stickers of your child's favourite characters to the containers, Ziploc bags and napkins.