LUNCH CREW / PRINTABLE RESOURCE

I can help pack lunch

One job at a time, with a grown-up’s final check. Use this for a cold packed lunch.

Get ready

- [ ] Wash my hands.
- [ ] Check today’s food plan with my grown-up.
- [ ] Set out my clean lunch bag and containers.
- [ ] Gather the shelf-stable foods, napkin, and utensils.
- [ ] Keep cold foods in the refrigerator while we are getting ready.

When it is time to leave

- [ ] Add cold foods and at least two frozen cold sources: one above and one below the perishables in my insulated bag.
- [ ] Check the drink and close the containers.
- [ ] Ask my grown-up to check the food, packing, and lids.
- [ ] Take my lunch with me.

Today’s plan

Main / foods: _____

Fruit / vegetables: _____

Side / drink: _____

Grown-up check: Review allergies and school rules, food preparation and choking risks, storage temperatures, and container closures. Keep perishables refrigerated until departure. Adults handle boiling water, reheating, and suitable tool supervision.

Cold-packing source: USDA school-lunch guidance. Source review: October 27, 2026. This is a shared routine, not an independence requirement.