



Lunchbox Overwhelm

This week I've started visiting the Nebula schools at lunchtime. I'm not there to inspect anyone's lunch, but to have a chat with the children about food and how they're fuelling themselves for the school day.

One of the first things that I have noticed is that lunchboxes can sometimes feel a little overwhelming as they are packed with so much food. Lunchtimes are short, and when boxes are packed so full, children may feel like they need to eat everything and quickly, I even saw some food being thrown away to hide that it had not been eaten.

If you think about how your child eats lunch at home, if they sat down at the table for the same amount of time, what would they usually manage to eat? We know that lots of children like to graze but there is no time in the school day for this so instead they are trying to eat a days worth of food in 20 minutes. Packing a lunchbox that is more like lunchtime at home may make school lunchtime feel calmer and less pressured, plus saving food waste and money!

A good guide is **3–4 items**:

- A main (like a sandwich, wrap, or pasta pot)
- A fruit or veg option (maybe a bit of both)
- A snack (like yoghurt or cheese)
- A snack for breaktime (an apple or banana is an easy option)

This way, children have enough to fill them up, enjoy their food, and still have time to chat with friends — just like they would at home.