

**- Child psychology**

## Keeping your kids active

### Win the back to school lunch box battles

---

The Chronicle · 3 Feb 2023 · 40

---

With school back in full swing, children are busy keeping their minds active. But due to the long periods of sitting at desks, they're also likely to have reduced levels of exercise.



To help keep your kids healthy, it's always best to get involved and encourage your children to increase their activity.

What to put in the kids' lunch boxes is another dilemma that plagues parents, as they face more than 200 school lunches throughout the year.

The Heart Foundation has some easy tips for keeping your child's lunch box nutritious and getting young people outside and active.

#### Top 10 ideas

1. Pick a day you can walk to/from school together — even consider parking the car a little further from the school and walk.
2. Cut up food so it is easy for little fingers to eat.
3. Select comfortable school shoes that are great for walking, running and playing.
4. Dairy food is a great snack — choose reduced fat cheese or a tub of yoghurt.
5. Find some time to do some 'free range' activities like exploring your neighbourhood.
6. Include a frozen water bottle — it will help keep lunch cool and provides an icy cold drink.
7. Plan a quick play at the local park on free afternoons.
8. Plan ahead to avoid grabbing prepackaged foods and involve the kids too.
9. Join your children in an after school swim, ball game, hopscotch or skip.
10. Use a good lunch box that insulates well and use ice bricks.