

# Pointers For Parents

## Tips To Make Preparing School Lunches Easier

(NAPSA)—How can you make school lunch preparation easier on busy mornings? Following a few simple tips may help you streamline the family's getting-ready-for-school routines.

- Take your child shopping for a lunch box, insulated bag or other lunch pack he or she will enjoy carrying.
- Involve children in selecting foods they prefer eating. Look for healthy foods and beverages in small sizes that will fit easily into a lunch pack.

For example, DANNON Natural Spring Water offers an 8.5-ounce bottle of spring water with added fluoride, which is sold in multi-packs, and is convenient and easy to hold.

Drinking water is a healthy and sugar-free way to help kids stay hydrated during the day.

- Have the supplies on hand to keep hot foods hot and cold foods cold.

Invest in a wide-mouth thermos if you plan to give your child a hot soup or a chill pack to help keep yogurt or beverages cold.

- Prepare as much as you can on weekends to give yourself a jump-start on the week ahead.

- When shopping, look for items that will make your child's lunch break fun.

Select colorful paper napkins with your child's favorite cartoon character or other decoration to give your child a lift at lunch.



**When packing your child's lunch, add a refreshing beverage that fits easily into a lunch box, such as natural spring water with added fluoride. Fluoride helps your child build strong teeth.**

- Make school lunch preparation a part of your children's pre-bed routine. Check with them on what they might like to eat the next day.

- Prepare some brief handwritten notes or buy some stickers that you can slip into your child's lunch box.

Even a simple "I'm thinking of you" or "I'm proud of you" note or sticker will mean a lot to your child. It can be something special for your child to look forward to each day.

Visit [www.dannonwater.com](http://www.dannonwater.com) for more information about DANNON Natural Spring Water.