

Counselor's Corner

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What Did Your Child Have for Lunch Today?

Whether your child prefers to bring their lunch from home or purchase a school lunch, most parents would probably be very surprised at what their child is eating, or more importantly, not eating. School lunches are planned to be nutritious, but many children do not choose to eat all parts of a well-balanced lunch. It is saddening to see how much good food actually gets tossed away by students who claim they do not like the food or are just not hungry. Some take one bite of something and leave the rest. Others clear their plate completely! Lunches packed at home are usually well-balanced and nutritious, but the children do not always eat the nutritious parts. Most parents would be sickened to see how many sandwiches have only one bite taken from them while all the treats have been eaten, of course. How can parents make sure their children are eating a healthy lunch? Consider the following suggestions:

- Pack only items that you consider healthy that you know your child will eat, and no more than one sweet or salty item. Have your child help pack the lunch, but never let them pack it alone without an inspection by you before they leave.
- Include fruit and/or vegetables every day!
- Ask your child to leave whatever they do not eat in their lunchbox so you can monitor what is being finished.
- Choices are offered for school lunches. Talk to your child about the importance of making the choice they will eat. And don't sign them up for school lunch on a day when they don't like the choices. Keep that lunch calendar in a handy place!
- And finally, ask your child if they are drinking their milk – it's a very healthy part of a good lunch!