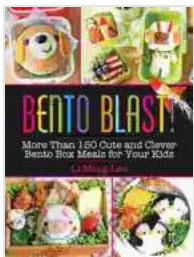


More Than 150 Cute and Clever Bento Box Meals for Your Kids

Packing school lunches can be a chore, but it doesn't have to be. With a little creativity, you can create fun and healthy bento box meals that your kids will love. Bento boxes are a great way to pack a variety of foods in a single container, making them perfect for school lunches or picnics.

What is a Bento Box?

A bento box is a Japanese-style lunch box that typically consists of several compartments for different foods. Bento boxes come in a variety of shapes and sizes, and they can be made from a variety of materials, such as plastic, metal, or bamboo.



Bento Blast!: More Than 150 Cute and Clever Bento Box Meals for Your Kids by Li Ming Lee

★★★★☆ 4.7 out of 5

Language : English
File size : 83273 KB
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Enhanced typesetting : Enabled
Print length : 613 pages
Screen Reader : Supported



Benefits of Using Bento Boxes

There are many benefits to using bento boxes for school lunches, including:

- **They help you pack a variety of foods.** Bento boxes have multiple compartments, so you can pack a variety of foods in a single container. This makes it easy to ensure that your child is getting a balanced meal that includes all the food groups.
- **They keep food fresh.** Bento boxes have airtight lids that help to keep food fresh and prevent spoilage. This is especially important for perishable foods, such as fruits and vegetables.
- **They are easy to transport.** Bento boxes are lightweight and portable, making them easy to transport to school or on picnics.
- **They are fun and appealing.** Bento boxes come in a variety of fun and appealing designs, making them more likely to be accepted by kids.

How to Pack a Bento Box

Packing a bento box is easy. Simply follow these steps:

1. **Choose a bento box.** There are many different bento boxes available, so choose one that is the right size and shape for your needs.
2. **Decide what foods you want to pack.** Bento boxes can be packed with a variety of foods, so choose foods that your child will enjoy and that are also healthy.
3. **Pack the foods in the bento box.** Start by packing the heaviest foods in the bottom compartment. Then, add lighter foods to the remaining compartments.
4. **Secure the lid.** Once the bento box is packed, secure the lid to prevent the food from spilling out.

Cute and Clever Bento Box Meal Ideas

Here are some cute and clever bento box meal ideas to get you started:

- **Animal bento boxes:** Use cookie cutters to cut sandwiches, fruits, and vegetables into animal shapes. You can also use toothpicks to create animal faces.
- **Character bento boxes:** Use food to create your child's favorite characters from movies, TV shows, or books.
- **Theme bento boxes:** Pack a bento box around a theme, such as a favorite holiday, season, or activity.
- **Rainbow bento boxes:** Pack a bento box with a variety of colorful foods to create a rainbow effect.
- **Healthy bento boxes:** Pack a bento box with healthy foods that your child will enjoy, such as fruits, vegetables, whole grains, and lean protein.

Tips for Packing a Healthy Bento Box

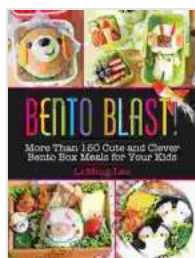
Here are some tips for packing a healthy bento box:

- **Include a variety of foods.** Bento boxes should include a variety of foods from all the food groups, including fruits, vegetables, whole grains, and lean protein.
- **Choose healthy snacks.** Instead of packing sugary snacks, choose healthy snacks such as fruits, vegetables, nuts, or yogurt.
- **Make it visually appealing.** Kids are more likely to eat food that is visually appealing. Use cookie cutters to cut sandwiches and fruits into

fun shapes, or use toothpicks to create animal faces.

- **Keep it cold.** Perishable foods, such as fruits, vegetables, and dairy products, should be kept cold. Use an ice pack or frozen gel pack to keep these foods cold.

Bento boxes are a fun and healthy way to pack school lunches. With a little creativity, you can create bento box meals that your kids will love. So next time you're packing a school lunch, try using a bento box.



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