

PACK YOUR OWN SACK LUNCH

We all love going on a fun field trip or heading out for the day. I've always felt like what made it extra special was having a sack lunch. So this time my little RockHopper, you get the chance to pack your own sack lunch, and you get to make it even more perfect than when your parents pack it for you.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Create three sack lunches for yourself and eat at an appropriate time. Gauge what worked and what didn't and improve for next time.

LEVEL E

PERIOD 1

TASK 3

- If you do regular sack lunches, you may want to purchase an insulated bag, as they will keep items colder and fresher, longer.
- If you want a simple, inexpensive ice pack, we take a few wet paper towels and put inside a sandwich bag and freeze overnight. Or you can pack some ice cubes.
- It's not a bad idea to make the sack lunch at night, so you don't have to rush in the morning.
- Try to make cold things as cold as you can before leaving the house to help keep them fresher, and if you are taking soup in a thermos, it's not a bad idea to heat super-hot right before packaging. Make sure you have your parent's permission and help before heating the soup.
- You can even do double duty by freezing a juice box, so it's still cold when you eat it, and it acts as an ice pack for the rest of the food.
- Make sure you keep fragile fruits and other foods from being squashed.
- Be wise about what you put in a sandwich. Tomato is good when fresh, but will give you soggy bread and a less than spectacular lunch.



Also, be mindful of any rules of your group. Some groups don't allow peanut products due to life-threatening allergies. Well, there's a few tips for you, the rest is down to your taste. Good luck, Trekker!