Here are some tips for packing healthy lunches at home for students:

1. Focus on fruits and vegetables: Aim for 1-2 cups of fruits and at least 1.5 cups of vegetables per day. Pack a variety of fresh fruits and vegetables to ensure you get a wide range of nutrients.

2. Include whole grains: Choose whole-grain bread, pasta, and rice. These will provide more fiber and nutrients than refined grains.

3. Choose lean proteins: Opt for lean meats, such as chicken, fish, or tofu. You can also include lentils, beans, and tofu for plant-based protein options.

4. Add healthy fats: Include healthy fats, such as avocados, nuts, and seeds. These will help you feel full and satisfied after your lunch.

5. Pack a yogurt cup and fruit: Yogurt is a good source of calcium and protein, while fruit provides vitamins and minerals.

6. Pack a water bottle: It is important to stay hydrated throughout the day. Pack a water bottle and encourage your student to drink it regularly.

7. Make it easy to pack: Choose recipes that are easy to prepare and pack. You can use bento boxes or other containers to store your lunch.

8. Freeze meals: If you're short on time, you can freeze meals ahead of time. This will make it easier to pack lunch for your student.