

Tip

DIY Ice Packs



It's a few hours from the time a lunch is packed in the morning to when it's enjoyed later around noon. To keep yogurt, cheese, lunch meat, and other refrigerated items cold, make your own ice packs! Each one costs just a bit more than a dime, so it's not going to break the bank when the inevitable happens and the ice pack gets left on the bus or thrown out.

Shop at Dollar Tree – Here's What You'll Need:

- Sponges – The basics are the best! And they're just 10 for \$1 at Dollar Tree!
- Sandwich-Sized Zipper-Seal Bags

Easy Step-by-Step Directions:

1. Completely saturate a sponge — squeeze water through it a few times to maximize how much water the sponge retains. Lightly shake out excess water.
2. Seal in a zipper-seal bag, lightly squeeze air out, and freeze overnight.

Fun Tips:

- Since the ice pack is a sponge, when lunch is over it can do double-duty and help clean up any leftover messes.
- These are great for boo-boo packs, as the soft sponge will conform to your little one's bumps and bruises!