Will your containers fit your lunch bag?

Read the full guide before you begin. Use this worksheet to record your own measurements, quantities and choices.

SUPPLIES TO CHECK

Actual lunch bag, chosen closed container, tape, ice packs if needed, worksheet

01 PLAN

Measure the usable inside length, width and height of the bag with the closure open. Do not use the outside dimensions as usable space. Leave room for seams, zipper movement and ice packs.

02 DETAILS

Measure the container with its lid locked, including clips or handles. Place it in the bag in the orientation you intend to carry, then add cold packs and utensils. A paper rectangle alone does not prove the lid clears the opening.

03 FINAL CHECK

Close the bag without forcing it and lift it normally. Check stability and keep foods at safe temperatures in transit. Compare the seller's actual external container measurements before purchasing another set.

MY MEASUREMENTS / QUANTITIES / CHANGES