

TIPS FOR FUSSY EATERS

Packing a lunchbox full of everyday foods for a fussy eater can be a challenge. In spite of this, to make sure your child is getting all of their nutrients it is important to eat a wide variety of everyday foods.

Here are some tips to help your fussy eater enjoy their lunchbox.

1. Involve your child

- Talk to your child and find out what foods they like. Discuss healthier options and let your child know why they are important. Focus on things such as brainpower and energy.
- Involve your child in the planning and preparation of their lunchbox. Why not use our 'SWAP It Everyday Lunchbox Planner' with your child?
- Try new foods with your child at home before adding them to the lunchbox. Eating together in an environment where they feel safe can help. Role model to your child just how much you enjoy the food. Remember, it's not uncommon for children to dislike new foods the first time they try them. It can often take many attempts, so continue to expose your child to new foods.

2. Make it easy

- Keep snacks bite size so they can quickly eat and play.
- Some kids may be put off by unappealing squashed foods. Store easily squished items such as grapes in containers. Remember to make sure the lids are easy to open.

3. Keep it simple

- Keep the lunchbox simple and limit the number of choices. Too many options can be overwhelming and confusing for children and often results in the lunchbox coming home with uneaten food.
- Apply for $\frac{3}{4}$ rule: choose three items your child knows and likes and one item that is new for them in the lunchbox. It's ok to repeat everyday items in the lunchbox if they're healthy. If your child loves a plain cheese and tomato sandwich, that's fine. More exotic lunchboxes look great but it's best to stick to what they know and will eat.

4. Keep it separate

- Picky eaters often don't like their food touching. Using bento style lunchboxes, small containers or silicone muffin cases can help.

5. Mix it up and make it fun

- Fussy eaters often have a very small list of foods they like. Try to keep their lunchbox new and exciting so they don't get bored of these foods. We know this isn't always easy.
- Keep things colourful and try our rainbow vegetable kebabs.
- Make sandwiches into fun shapes with cookie cutters – who wouldn't love an animal sandwich?
- Surprise your child with stickers or smiley faces on their fruit.



Artwork: 'Heart of a child' by Lara Went Worimi Artist