

# SWAP It Everyday Lunchbox Planner

The 'SWAP It Everyday Lunchbox Planner' is designed to make it easier for you to pack a healthy lunchbox full of everyday foods. By planning ahead, you can make sure your child has a healthy lunchbox to help them concentrate, learn and play throughout the day.

When children are involved in planning their lunchbox they are more likely to eat what's packed. Download a free printable version of our lunchbox planner to try with your child today. Why not laminate a copy and write straight on to it with a whiteboard marker?\*

It can be confusing to know what should be packed in a lunchbox. To make it easier for you we have provided a guide of what's best to include in the lunchbox.

## WHAT SHOULD I PACK?

**Crunch&Sip:** 1 serve of vegetables or fruit

**Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks (plain air popped popcorn, roasted fav-va beans, yoghurt, cheese and wholegrain crackers, pikelets, fruit scones)

**Lunch:** Sandwich, wrap or roll or leftovers containing everyday ingredients (pasta salad, zucchini slice, rice paper rolls, fried rice, minestrone soup)

**Drink:** Water and/or reduced fat plain milk

**Ice brick:** Frozen ice brick, frozen water bottle or frozen reduced fat plain milk popper



\* Please contact the SWAP It team if you would like a free laminated lunchbox planner.  
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Artwork: 'Heart of a child' by Lara Went Worimi Artist