



Easy, simple lunchboxes

Fussy eaters can be overwhelmed by having too many options in their lunchbox. Keep the lunchbox simple for easy, healthy lunches that kids can eat before they run off and play.

Remember an everyday lunchbox is made up of:

Drink
Water and/or
reduced fat plain milk



Lunch
A meal made with
everyday foods, such as a
sandwich, wrap, salad,
pasta or rice dish



Recess
Vegetables or fruit
+ 1-2 everyday
snacks

Veg & Fruit Break
Vegetables or fruit

Check out some extra tips for fussy eaters at www.swapit.net.au/fussyeating