



Stress-free fussy eating ideas

Fussy eating is common, but that still doesn't make it easy.

Does your child dislike foods because of their colour, texture or the way they are prepared?

Don't despair, SWAP IT will help with ideas on how to pack an everyday lunchbox for your fussy eater.

Try the 3:1 lunchbox rule everyday:

- Three items your child likes
- One new everyday item



For more ideas on fussy eating visit

www.swapit.hnehealth.nsw.gov.au/resources/parent-resources/tips/tips-for-fussy-eaters/

