



Get your kids packing everyday lunchboxes

When children help plan and pack their own lunchbox, they are more likely to eat it .

Encourage them to swap:

- Muesli bar to Weet-bix Bites
- Le Snak to wholegrain crackers and cheese



Download our free “SWAP IT Everyday Lunchbox Planner” to try with your child

<https://www.swapit.hnehealth.nsw.gov.au/resources/parent-resources/packing-an-everyday-lunchbox/everyday-lunchbox-planner/>

