



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 wholegrain cereal bites
- Pre-packaged cheese-dip and crackers to wholegrain crackers and cheese

**SWAP
FROM**



Cheese dip & crackers



**SWAP
TO**



Wholegrain crackers
& cheese

Download our free "SWAP IT Everyday Lunchbox Planner" to try with your child: www.swapit.net.au/planner