



# SWAP IT EVERYDAY LUNCHBOX PLANNER

The 'SWAP IT Everyday Lunchbox Planner' is designed to make it easier for you to pack a 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 onto it with a whiteboard marker?

It can be confusing to know what to pack in a lunchbox. To make it easier for you we have provided a guide of what should be included.

See our ["Packing an Everyday Lunchbox Resource"](#) for more lunchbox inspiration.

## WHAT SHOULD I PACK?

**Veg & Fruit Break:** Vegetables or fruit

**Recess:** Vegetables or fruit + 1-2 everyday snacks (e.g. plain air popped popcorn, roasted fava beans, yoghurt, cheese and wholegrain crackers, pikelets, fruit scones)

**Lunch:** A meal made with everyday foods, such as a sandwich, wrap, salad, pasta or rice dish (e.g. [pasta salad](#), [rice paper rolls](#), or [zucchini slice](#)). [View our recipes page for inspiration](#)

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

**Ice brick:** Frozen ice brick, frozen water bottle, or frozen reduced fat plain milk popper to keep cold foods cold or use a good quality thermos to keep hot foods hot. See our ["how to keep foods safe page"](#)