



SWAP It Everyday Lunchbox Planner



- Crunch&Sip:** Vegetables or a piece of fruit
- Recess:** Vegetables or a piece of fruit + 1-2 everyday snacks
- Lunch:** A sandwich, wrap or roll containing everyday fillings or leftovers containing everyday ingredients
- Drink:** Water and/or reduced fat plain milk
- Ice brick:** Frozen ice brick, frozen water bottle, or frozen reduced fat plain milk popper

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crunch&Sip:	Crunch&Sip:	Crunch&Sip:	Crunch&Sip:	Crunch&Sip:
Recess:	Recess:	Recess:	Recess:	Recess:
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Drink:	Drink:	Drink:	Drink:	Drink:
Ice Brick:	Ice Brick:	Ice Brick:	Ice Brick:	Ice Brick:



Artwork: 'Heart of a child' by Lara Went Worimi Artist

