

Getting Ready for Big School

The move from preschool or daycare to primary school is an exciting time! But it involves many changes and adjustments. Our lunchbox tips can help get you ready for meal time at big school!

During the summer holidays....

Familiarise your child with the types of foods that will be in their lunchbox

Help your child identify which foods they should eat for Crunch & Sip, Lunch and Recess

Practice opening lunchboxes, containers and food wrapping

Get in the habit of washing hands before eating meals and snacks

Find some recipes and lunchbox foods that your child enjoys and can eat easily

5 Steps to a Balanced Lunchbox

- ✓ Fruit
- ✓ Vegetables
- ✓ Dairy
- ✓ Wholegrains
- ✓ Lean Meat & Alternatives



For ideas and tips on foods to pack in the lunchbox, view our SWAP It resources for early childhood

<http://www.goodforkids.nsw.gov.au/early-childhood-services/swap-it/>

For those about to go to school here are the SWAP It resources for school aged children

<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/>