

Packing Lunchboxes for Under 5's

Children under five are still learning to accept new tastes and textures. Expose them to a variety of foods that are manageable and safe for their age.

Here are some tips for packing their lunchbox:

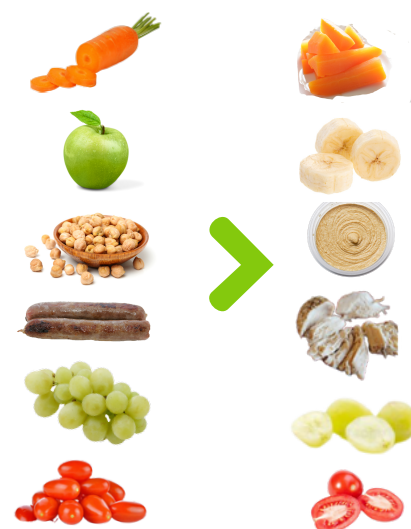
- Avoid overloading lunchboxes and keep portions small. Finger foods are more manageable for young children. See *Lunchbox Foods for Under 5's* for ideas
- Bento style lunchboxes are a great option for children who prefer their food separated.
- Check that children can open containers and packets in their lunchbox such as yoghurt tubs, packets of crackers, and container lids.
- Include foods your child knows and has eaten before.
- Remember your job is to provide the food. Their job is to choose what and how much to eat. It's okay if they don't eat everything... they'll make up for it at other mealtimes.

**Provide a “good enough” lunchbox
- it doesn't need to be perfect!**

Considerations for children under 3 years old

Children under three have a higher risk of choking so be mindful of certain foods.

- Swap hard fruit and vegetables like apple and carrot for soft, lightly steamed or grated fruit and veg.
- Avoid whole nuts, seeds and popcorn.
- Swap roasted chickpeas or fava beans for bean-based dips such as hummus.
- Avoid tough or chewy meat and skin on sausages. Swap for shredded chicken, mince, or soft meat.
- Small round foods such as grapes or cherry tomatoes - cut grapes or cherry tomatoes in half.



Food safety tip: Keep foods cold by using an ice brick or frozen water bottle.