

Get your kids involved



IN THE KITCHEN

- Select easy lunchbox recipes to cook up on weekends
- Share simple tasks such as cracking eggs, stirring and measuring ingredients
- Help kids build their own lunchbox by keeping a selection of healthy grab and go items
- Encourage kids to fill their drink bottles with water

Set healthy lunchbox rules that include choosing a food from each food group

AT THE SHOPS

- Allow kids to choose their own fruits and vegetables
- Avoid the junk food aisles and set limits on highly processed foods
- Ask kids to help look for products with the most stars



Look for four or more stars on packaged snacks



IN THE GARDEN

- Set up a vegetable patch or pot with some easy to grow vegetables and fruit
- Let children plant and pick their own vegetables, for snacks.
- Set garden tasks such as weeding and watering



Easy grow ideas are cherry tomatoes, snow peas, baby cucumbers, and strawberries

