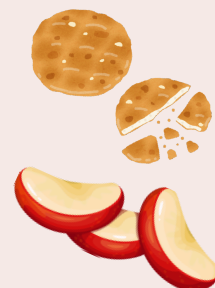


All children's feeding journeys are unique, which means their lunchboxes will often look different. By understanding where a child is in their food journey, we can help help them grow and thrive. Here are some tips to help adapt lunchboxes for some different types of sensory needs and preferences.

Sensory seekers

Children who explore the world with all their senses, often seeking big flavours and textures.

- Include foods with big textures like crunchy crackers, carrots and apples, chewy dried fruits, or roasted chickpeas.
- Try offering big flavours like foods that are pickled or have herbs, spices or flavourful dips.



Sensory avoiders

Children seek mild flavours, consistent textures and may prefer food that is separated. They might not like touching food with their bare hands.

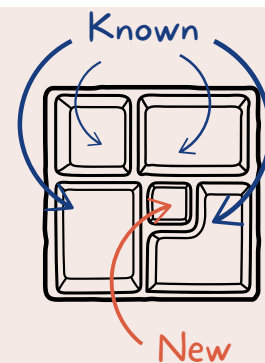
- Use bento style lunchboxes to keep foods separated.
- Include utensils to help pick up food like a fork, spoon, chopsticks, or food picks.



Timid tastebuds

Children are still learning flavours and textures. They may gradually build confidence to explore new foods.

- Always include some familiar, 'safe foods' that are known to be enjoyed.
- Pack a small amount of 'new' or still-learning food for exposure. It doesn't matter if it isn't eaten.



Shy sippers

Children might need some extra motivation or reminders to drink their water.

- Include ice cubes and use insulate drink bottles to keep water cool.
- Experiment with different spouts or straw bottles that make drinking easier and fun.
- Add a squeeze of fresh lemon or orange for a flavour twist.



Being respectful of children's diverse needs includes recognising that every child and every lunchbox is different...don't compare!