



FOR PARENTS & CARERS

What is **SWAP IT**? A Healthy Lunchbox Program

A free initiative to support parents, carers, and students to make healthy lunchbox choices! The school lunchbox provides approximately one-third of a child's daily energy intake, so it's crucial to ensure it's packed with healthy, nourishing foods to fuel your child's body and mind for the best health outcomes.



Get the Most Out of **SWAP IT**!

To ensure you and your family get the most out of the **SWAP IT** program jump online to find everything you need to making packing a healthy, energy-boosting lunchbox quick and easy!

For information and resources Visit:

<https://www.swapit.net.au/resources/parent-resources/>



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What is available to **Parents and Carers**?

Along with this booklet, the SWAP IT program provides a wealth of online resources to make healthy choices easy and accessible.

- **Recipe Ideas:** *Quick* and easy monthly recipes.
- **Tips & Tricks:** Ideas for dealing with fussy eaters, time and money saving strategies, and suggestions for keeping food safe throughout the day.
- **Lunchbox Inspiration:** Ready-to-go lunchbox examples so you don't have to brainstorm daily.
- **Food Labels & Health Star Ratings:** Support with how to read food labels and use health star ratings to make better choices.

