

## Lunch packing checklist (plain version)

### Food preferences and shapes

- ☐ Have I included foods that my child knows and loves?
- ☐ Are foods cut into shapes that my child can manage with their mouth skills?

### Cleanliness and Presentation

- ☐ Are the food items relatively clean and tidy to eat?
- ☐ Is the lunch box neutral-coloured to help with the presentation of the food, or a colour they are familiar with eating from at home?

### Stability

- ☐ Are the foods packed to maintain their quality until lunchtime (e.g., using an ice pack)?
- ☐ Will foods stay separated and in the same shape as when packed if the bag is dropped or turned upside down?

### Handling of foods and independence

- ☐ Have I included packets and containers that they can open independently or with some support?
- ☐ Are the foods packed easy for my child to handle and eat independently?

### Organisation and Familiarity

- ☐ Are there enough compartments or containers for foods that need to be kept separate?
- ☐ Do they need a familiar spoon, fork, or child's food pick to encourage and support eating?
- ☐ Will they eat directly from their containers or transfer foods to a dish or mat?
- ☐ Have I included any small comfort items that might help ease mealtime anxiety, such as a favourite napkin?

Scan the QR code for more information.

