

# lunchbox inspiration chart



Use the [pick and mix resource](#) to gain some ideas for the core lunchbox components, based on what your family likes. As you try new things you can keep adding to your chart. Once you've added in some foods and drinks from each group, use your own personal inspiration chart to plan and put together your kids' lunchboxes every day. Don't forget to get your kids involved by getting them to choose one item from each group!

fruits	vegetables	wholegrains	meat and alternatives	dairy and alternatives
<i>e.g. Apple, mandarine banana</i>	<i>Carrot, cucumber, capsicum</i>	<i>Pasta, wholegrain bread, wraps</i>	<i>Eggs, chicken breast, chickpeas</i>	<i>Tasty cheese, yoghurt, tofu</i>