

lunchbox notes.

These notes can help communicate your family's approach to food with school staff in a supportive way.

We are supporting our child to build a positive relationship with food and the foods in this lunchbox support this.

Thank you for helping us keep food time relaxed and encouraging!

For more information, check out theembracehub.com and nationalnutritionfoundation.org.au



Thank you for the care and support you show our child each day.

We are working on some family food goals and the foods in this lunchbox support that. We appreciate your kindness in helping lunchtime feel easy and pressure-free.

For more information, check out theembracehub.com and nationalnutritionfoundation.org.au



Thank you for the care and support you show our child each day.

The foods in this lunchbox have been chosen intentionally to meet a variety of their needs. We appreciate your help in keeping food time calm and encouraging.

For more information, check out theembracehub.com and nationalnutritionfoundation.org.au

