

# Picky Eaters Can Pack Their Own Lunch!

## Instructions



### Fruit

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### Grains

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### Veggies

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### Protein

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Adult picks 3 to 4 options & lists in each category, but it's best if kids' pack it. They can own it!

OK if they haven't tried it: They can pack a very small sample!

Always include 1 preferred food in each category

Try to include a "sometimes they eat this" in each category

**Glue Photo of  
Inside of  
Bento Box here**

Kids choose ONE from EACH category - stick to the list!

Once they have chosen a food 2X that week, cross it off the list

♥ Adults: No commenting on what was or was NOT eaten when they get home.

No discussion about eating or not eating while packing.

*You got this!*

Imagine the # of food exposure opportunities!  
Small samples of new foods - 180 days of school!  
No pressure, just exposure. That's the key.



Melanie Potock's Packing Map  
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Raising a Healthy Happy Eater  
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# Hannah's Lunch Packing Map

EXAMPLE



## Fruit

Raspberries ✓

Green grapes

Apple slices ✓✓

Banana



## Grains

~~Cheese crackers~~ ✓✓

Pretzels

White bread ✓

Blueberry muffin



## Veggies

Carrot sticks/ranch dressing

Chopped kale salad ✓

Cauliflower Rounds from TJ's

~~Sugar snap peas~~ ✓✓



## Protein

Sunflower seed butter

~~String cheese~~ ✓✓

Breakfast sausage (catsup) ✓

Trail mix

Once they have chosen a food 2X that week, cross it off the list



Draw in your own arrows to correspond with your child's lunchbox configuration

EXAMPLE



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# .....'s Lunch Packing Map



**Fruit**

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**Veggies**

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**Glue Photo of  
Inside of  
Bento Box here**



**Grains**

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**Protein**

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