

Lunchbox Visual Guide for Children

This guide gently explores what a lunchbox holds, why these items matter, and how they help children feel steady and supported throughout the day — with soft colours, friendly food icons, and quiet moments of care.

With **clear language** and **calm visuals,** each panel offers a sensory-safe look at main foods, snacks, drinks, and helpful extras, so lunchtime feels **more predictable** and **easier to understand.**

If lunchboxes sometimes feel unfamiliar or a little confusing, this space is here to make things feel clearer and more manageable — **one gentle box at a time.**

Questions You Might Have

What does a lunchbox hold?
A lunchbox holds the foods and drinks packed for your day — things like a main meal, snacks, and a drink. Each item helps you feel full, steady, and ready for what comes next.

Why do lunchboxes have snacks?
Snacks like fruit, crackers, yoghurt, or small treats add variety and help keep you going between meals. They offer gentle boosts of energy throughout the day.

Some lunchboxes include napkins, cutlery, ice packs, or small comfort items that make lunchtime feel easier. These extras help keep food tidy, cool, and ready to enjoy.
Some lunchboxes leave out foods like nuts, dairy, or eggs to help keep everyone safe. Allergy safe choices protect children who may react to certain ingredients.

What's Inside a Lunchbox



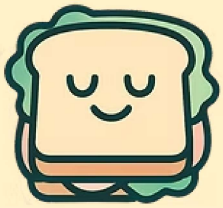
A sensory-safe guide to a lunchbox — food, drinks, and helpful little extras.

What a Lunchbox Shows



It shows the foods & drinks packed for your day to help you feel steady & ready.

Food for Energy



Main foods like sandwiches, wraps, pasta, or leftovers give steady energy.

Snacks & Sides



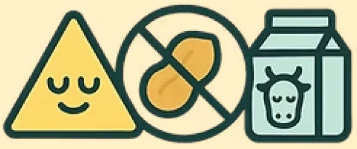
Snacks like fruit, crackers, yoghurt, or small treats add variety and keep you going.

Drink Time



Lunchboxes often include water or juice. Drinks help your body stay hydrated.

Allergy Safe Items



Some lunchboxes avoid certain foods such as nuts & dairy to keep everyone safe.