

# Opening Lunch Containers

**TIP #1**

Choose containers and a drink bottle your child can open and close themselves. Consider taking your child with you to choose their lunch box and drink bottle.

**TIP #2**

It may be helpful to partially open the packaging for pre-packaged foods. Alternatively you could put the contents into a container your child can open.

**TIP #3**

Try cling wrap alternatives, including snap lock bags and reusable sandwich wraps.

**TIP #4**

Practise opening and closing lunch containers and packaging with your child. Take these on outings and picnics so your child becomes confident before using them at school.



## Who can help? Where? When?

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## My Tips

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## Disclaimer

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