

Groundbreaking Science How Lunch Impacts Your Child's Brain

FREE LUNCHBOX TEMPLATE : ELEVATE LEARNING, MOOD & RESILIENCE

Hey amazing parents and carers!

Raise your hand if you sometimes find packing lunchboxes stressful. If that's you, know you are not alone. Hi, I'm Bel, Author of *The Lunchbox Effect* and founder of The Root Cause. Over the last 10 years of supporting parents and carers in feeding their families, one of the most common stressors they tell me is packing the school lunchbox.



Free Lunchbox Template

Say goodbye to lunchbox stress! Grab your FREE template **5 Steps To Pack A Lunchbox For Learning** [here](#). Pop it on your fridge as a helpful reminder for those days when the wheels fall off.

The Lunchbox Effect

Imagine each bite of food is a burst of brain power - what your child eats fuels their learning.

"Discoveries from Deakin University's Food & Mood Centre prove it: what your child eats impacts their brain size, influencing learning and memory and more. [Watch this short video to learn more.](#)

Ready to supercharge your child's learning? Dive into the FREE Lunchbox Template now and watch the magic happen. As well as fuelling learning, you'll also be helping to protect our one planet Earth by minimising waste.

Connect with us on social media for tips and inspiration. Let's make lunchtime a joy together!

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5 Steps To Pack A Lunchbox For Learning

- 1. Fruit**
1 serving, examples: banana, orange, grapes, apple.
- 2. Vegetables**
At least 2 colors, examples: cucumber, carrot, bell pepper, broccoli, peas.
- 3. Main Lunch**
Includes protein and healthy fat to keep your tummy full, plus whole grains of eating grain for long lasting energy. Examples include homemade hamburger with salad, wrap with chicken and salad, quinoa, brown rice, eggs, chickpeas etc. Include a dairy source such as cheese or side of yoghurt if eating dairy.
- 4. Nude Snack**
1 serve ONLY, examples: nuts, seeds, hummus, rice cakes, popcorn.
- 5. Water Bottle**
Your body is made up mostly of water. You can't think unless you stay hydrated and on to the task. Be sure to drink water to replace what you've lost. It's the best drink for your body.

This simple lunchbox planner was designed by Bel Smith, of The Root Cause, and approved by Nutritionists, Dr. Anthea. For more ideas on nutritious lunchbox ideas including recipes and free resources, visit therootcause.com.au.

Families of our Making Friends With Food Partner Schools can access loads of free resources, a lunchbox bootcamp, menu plans and more in the [Food Friendly Cafe](#).

Professor Felice Jacka, the world's leading researcher on food and mood, shares:

"What you eat has a really important influence on your hippocampal volume and function, which could affect your learning, your memory, mental health, appetite regulation."

If your children aren't used to eating packet free lunchboxes with vegetables, take small steps. Perhaps start by making vegetables a normal snack for afternoon tea. When they are used to vegetables as snacks, pop a small amount in the lunchbox. Gradually increase this over time.