PRINTABLES GENIUS SHEET

OUR PRINTABLES ARE TRIED AND TRUE AND BUILT BY PARENTS IN THE THICK OF RAISING KIDS.

We've kept them simple, so you can add your own personal tweaks, and tailor them to your life.

Life with kids is like a constant update, so print them out as many times as you need to change the plan. There's no need to squish in new info and cross old stuff out.

Try these genius tips:

1. Use different coloured pens for different kids if you need to combine everyone on a single chart. Consider following these colours through to everything else (lunchboxes, drink bottles, bags, name tags).

2. Print several at a time and staple/clip together so you have a fresh chart when needed, and you have the old one still there to refer to.

3. Laminate and use a wipeable pen if you need to tick or regularly add your own scribbles to the chart. Handy too for minor tweaks.

4. Establish a "family command centre" to stick up your printables. This way everyone knows where to find the info.

Different ways to display your charts:

- Magnets on the fridge or magnetised board.
- Pegs on string or wire.
- Pins on a pin board.
- Velcro dots on a wall, fabric board, or a carpet square on the wall.
- Use picture frames on the wall and pop your charts into these.
- Think transportable, and slip charts into clear plastic folders and keep a neat stack on your command centre, office, or somewhere visible on the kitchen bench.
- Using a photo album, create a chart book. Make sure everyone can access it when they need to. Make your book look beautiful and easy to spot.

COELIAC *cheat sheet*

GO!

MEAT & CHICKEN*
FISH*
EGGS
MILK**
CHEESE
RICE
QUINOA
CORN
FRUIT*
VEGETABLES*
BEANS & LENTILS
NUTS & SEEDS*
FATS & OILS

Sweeteners (including caramel, dextrose, glucose, glucose syrup and maltodextrin)
* unprocessed
** excluding oak milk

CAUTION!

READY-TO-EAT MEALS
CHOCOLATE
LOLLIES
ICE CREAM
SAUCES
YOGHURT
BREAKFAST CEREALS
POTATO CHIPS
HOT CHIPS & FROZEN CHIPS
SOUP
NOODLES
BAKED BEANS
PICKLES & CHUTNEYS
SAUSAGES
MARINATED MEATS

STOP!*

WHEAT & WHEAT FLOUR
OATS
BARLEY
RYE
SPELT
BREAD & BREADCRUMBS
BURGER BUNS
BAGELS
WRAPS
CAKES
BISCUITS
PASTRY
PASTA
CROUTONS
DOUGHNUTS
SPAGHETTI
MUESLI
PIZZA
PIES
CRACKERS
GRAVY
BATTER

*Unless specified gluten-free



This is for informational purposes only and does not constitute medical advice. Always consult with a qualified healthcare professional or your doctor before making any health-related decisions or if you have questions about a medical condition.

TOTS TO TEENS
CHILDHOOD IN AOTEAROA

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