

Media Release

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Get set for a year of healthy lunchboxes

Nutrition Australia's Healthy Lunchbox Week campaign is here to help parents, carers and children get set for a year of healthy lunchboxes.

By now, children have settled into school and families are getting back into the lunchbox packing routine. But are those lunchboxes providing children with the right fuel?

"Lunchboxes play a crucial role in fuelling children at school". Says Leanne Elliston, senior dietitian of Nutrition Australia. "What goes in their lunchbox affects children's energy levels, concentration, and their behaviour in the classroom".

Including some food from each of the five core food groups will help meet their nutrient needs and fuel them through their school day. "It doesn't need to be fancy or time consuming", says Leanne, "choose in-season fruit and vegetables, wholegrain bread or crackers, some yogurt or cheese and some lean meat or other protein rich foods such as egg, legumes or tuna".

Families can keep things interesting such as trying different styles of breads and crackers or get creative with salads and fruit sticks. But if your child loves the same old cheese and vegemite sandwich, apple, carrot sticks and a packet of popcorn that is perfectly fine. Just look out for the highly processed pre-packaged foods that are often high in sugar, salt and/or saturated fat. "We really want to see families try to limit highly processed packaged foods" says Leanne "these foods can cause havoc to children's behaviour and concentration levels in the classroom". If buying packaged products, look for wholegrain options and those with a higher health star rating.

Other considerations when packing the lunchbox include keeping it cool with an ice-brick and insulated container, including a water bottle and engaging children in packing their own lunchbox.

Through simple messaging and coordinated engagement with a range of health organisations and education bodies, Healthy Lunchbox Week provides credible nutrition information and practical advice to help families. For more lunchbox inspiration, visit Nutrition Australia's Healthy Lunchbox Week website www.healthylunchboxweek.org.au

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About Healthy Lunchbox Week

Healthy Lunchbox Week runs from 5 -11 February 2023. It is an initiative of Nutrition Australia sharing credible lunchbox information, teacher resources and recipes among schools and families to help kickstart the year for children's health, well-being and learning. Visit the Healthy Lunchbox Week website www.healthylunchboxweek.org.au

About Nutrition Australia

Nutrition Australia is a registered charity that aims to inspire and empower healthy eating for all Australians.