

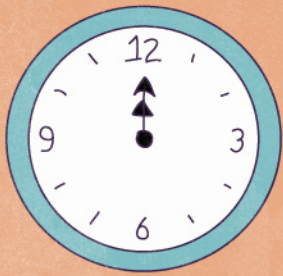
Welcome to Our Lunchbox



A circle of friends,
a world of flavours!

phn
BRISBANE NORTH

An Australian Government Initiative



It's 12 o'clock at
Harmony Primary School
— and that means one
thing: it's lunchtime!

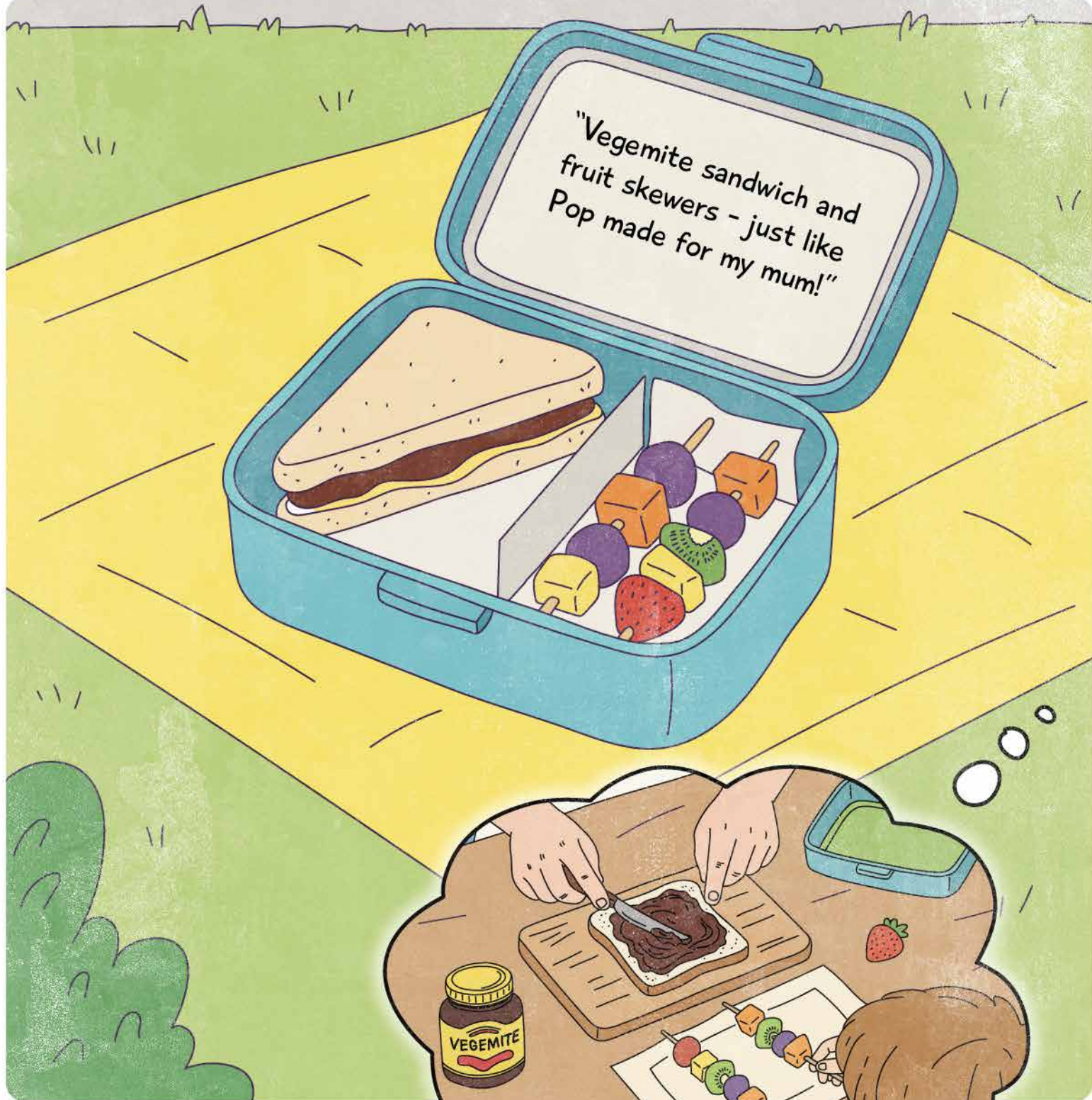


Everyone grabs their lunchbox and
finds a spot together. What's inside
today? Let's take a look...

★ Activity time ★

Draw a picture of the things you like to include in your lunchbox.
It's nice to have food and drink packed in the lunchbox that you enjoy.

FUN FACT! Water helps your brain stay sharp and your body
feel strong - and yes, plain tap water is great (and safe!) to drink!



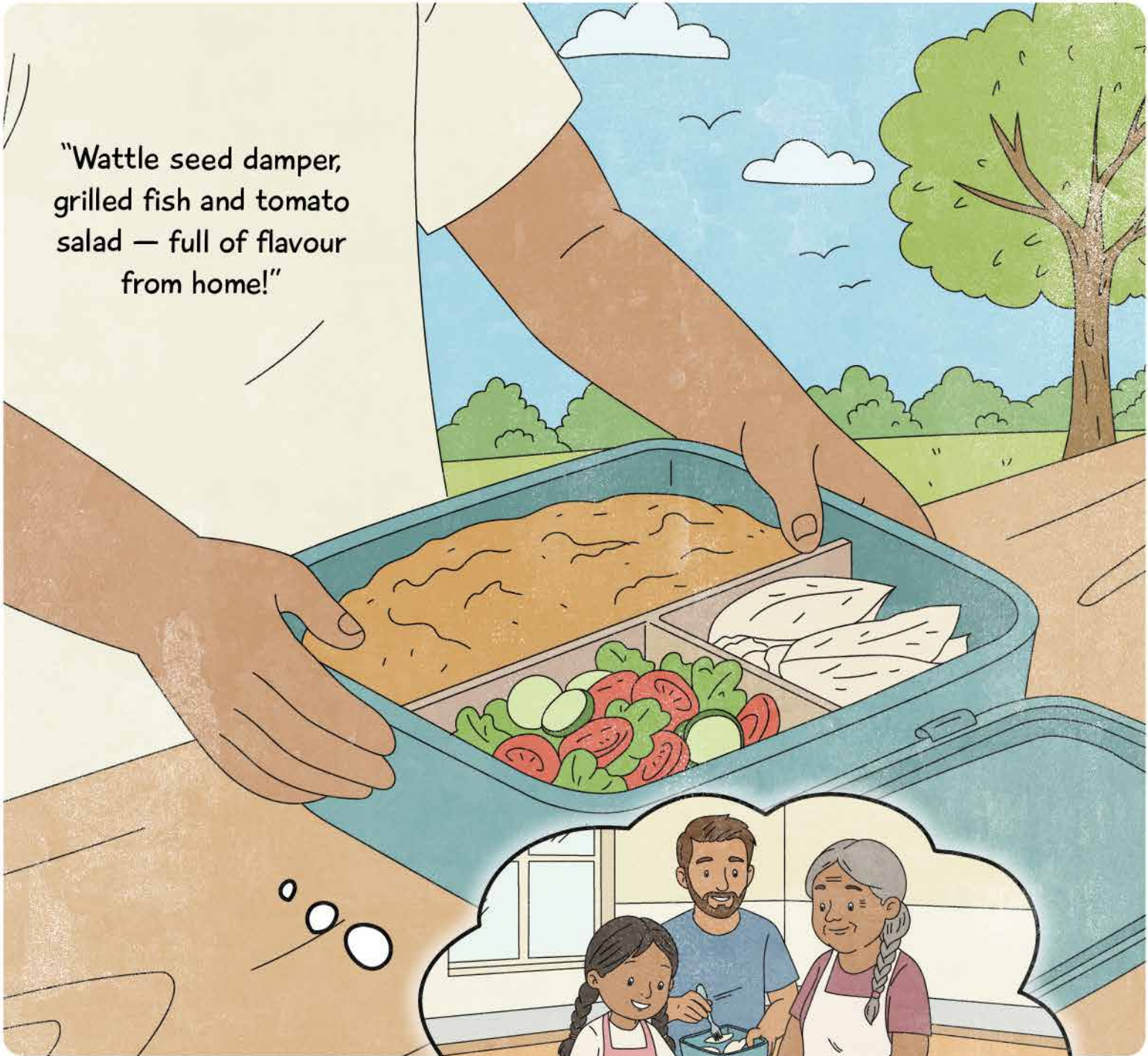
★ Activity time ★

'Sandwich Shape Up' - Sandwiches are a lunchbox memory.

Use fun-shaped cookie cutters and child-safe utensils to encourage your child to turn their favourite sandwich into their own creative creation. Do the same with the sandwich ingredients.

Jack spreads butter while Pop adds a thin layer of Vegemite and packs fresh fruit.

"Wattle seed damper,
grilled fish and tomato
salad — full of flavour
from home!"



★ Activity time ★

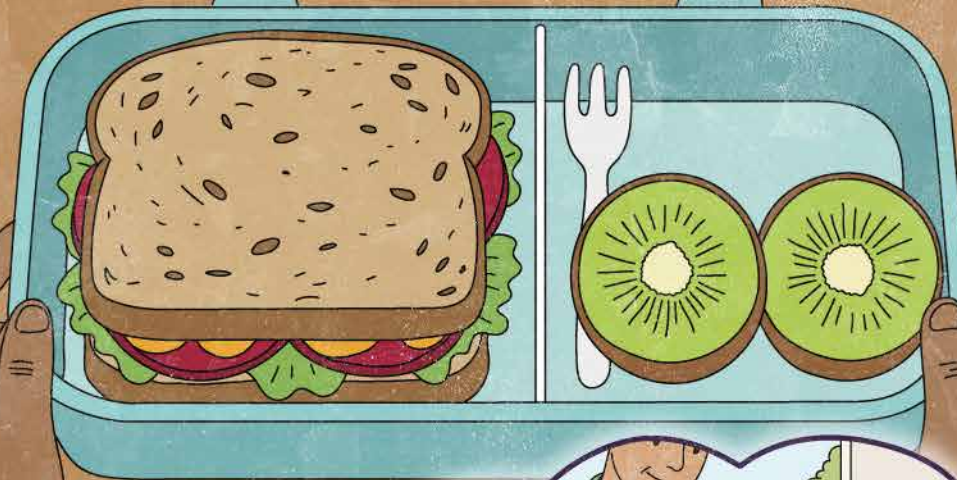
'Neighbourhood Native Food Nature Walk' - Next time you are on an outdoor family walk, go on a hunt for some native bush foods found on local Country. Add these to make your own bush tucker at home.

Kaya helps Nana shape the damper while Dad flakes grilled fish into a container.

NOURISH & NURTURE YOUNG MINDS:

Go the extra mile to learn more about Indigenous food traditions - books at your local library can be a great place to find some inspiration.

"Roast veggie sandwich and
kiwi fruit -Dad says it powers
me through the day!"



Aroha and Dad stack roast kumara
and beetroot into soft bread with lettuce.

Activity time

'Veggie Vocabulary'-
Veggies come in all sorts
of shapes, sizes, colours
and flavours. Let your
child lead you on a
sensory journey to
discover more about a
vegetable they are
curious about.

Pick a vegetable and support your child
to describe it's sensory features:

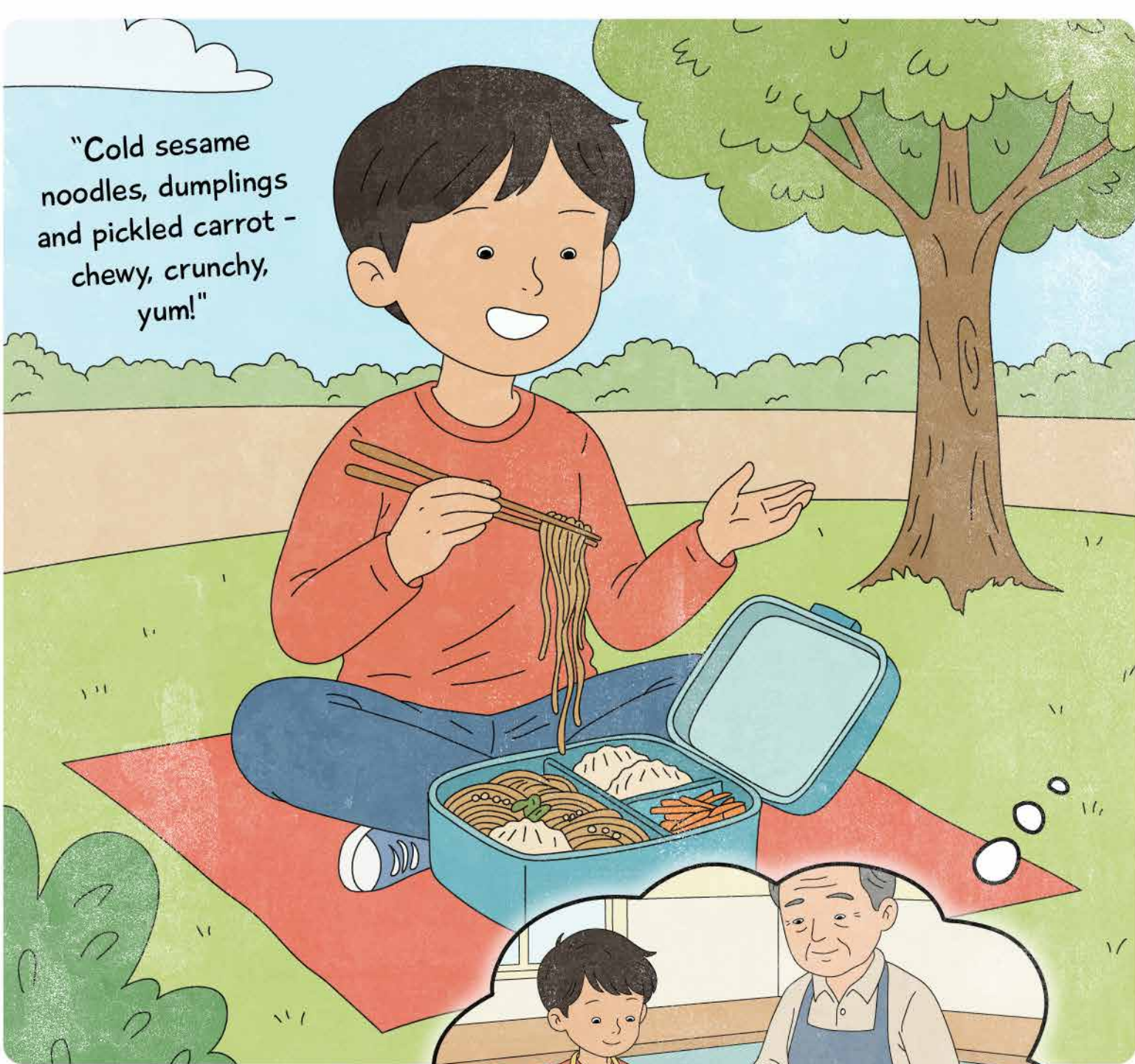
Vegetable name _____

It smells: earthy, fresh, grassy, sweet, peppery
It looks: wonky/irregular, round, long/tall, shiny, matte
It is: red, orange, yellow, green, blue, indigo, violet, brown, etc.
It feels: bumpy, smooth, wet, dry, fuzzy, rough
It tastes: sweet, bitter, mild, salty, spicy
It sounds: loud, soft, crisp, crunchy, juicy

NOURISH & NURTURE YOUNG MINDS:

While you might worry your child is not
eating enough variety of fruits or
vegetables yet, the most important thing
you can do is let them take the lead to
explore without the pressure. Children
learn through their own positive and
playful experiences.

"Cold sesame
noodles, dumplings
and pickled carrot -
chewy, crunchy,
yum!"



★ Activity time ★

'Create a Food Face' - Next time you are cooking dinner, give your child some of the main ingredients you are cooking with, and invite them to play with them and make a food face!

ASK

"What is your food face feeling today?"
This can open up an important chat about emotions and how food can make us feel.

Mei folds dumplings while Baba
sprinkles grated carrot and stirs the noodles.



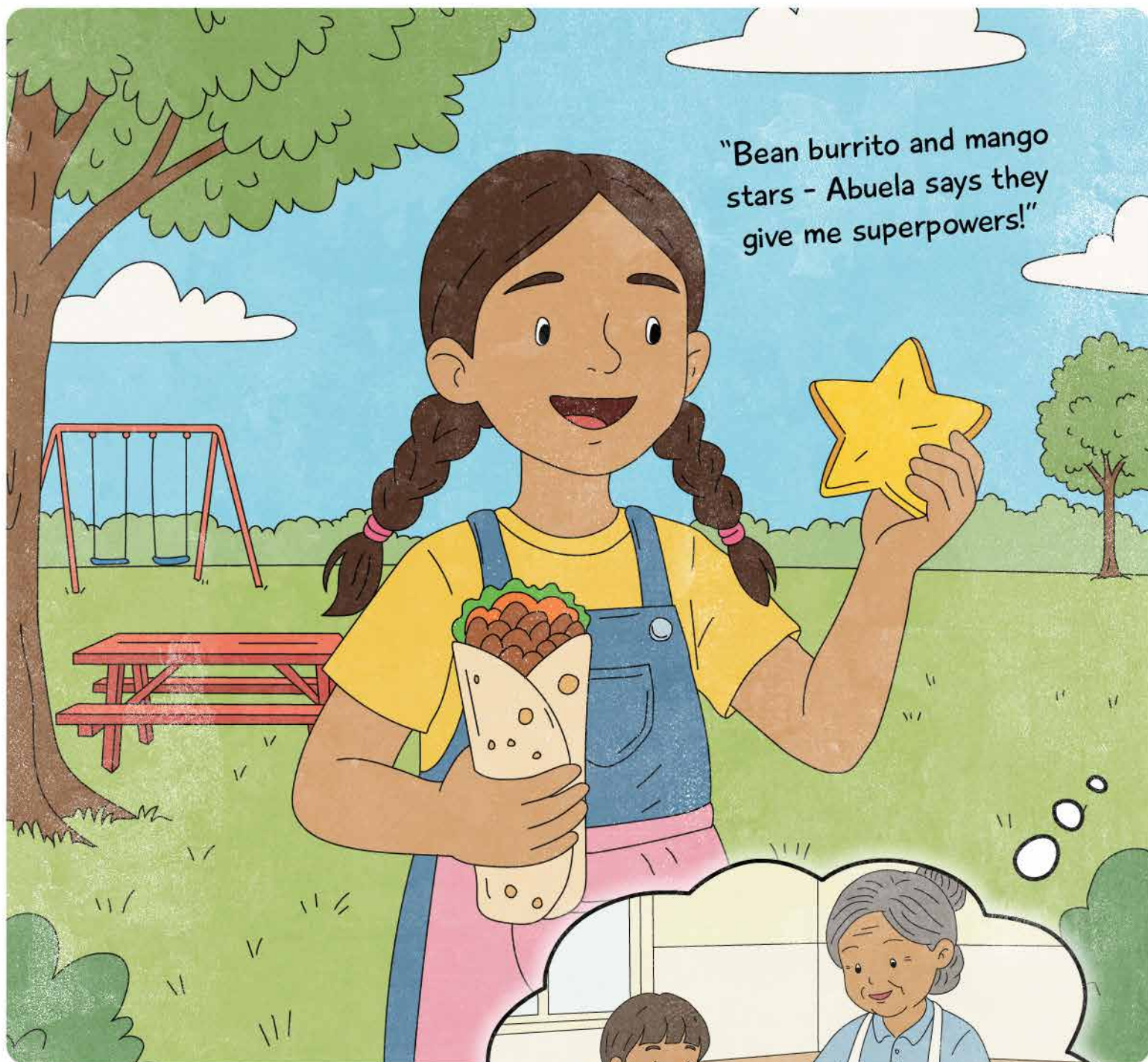
Oliver helps Granny layer egg and lettuce into soft bread, then sneaks a strawberry.

★ Activity time ★

'Fruity Fun' - Find 2 - 3 different fruits. Create your own fruit skewers to pack as a lunchbox snack.

FRUIT FACT

Fruit can be found fresh, frozen, in a tin/can, or dried. They are all wonderful choices our minds and bodies will love.



★ Activity time ★

'Food Fiesta Time' - Serve your next family meal, buffet style!

Serve all cooked ingredients in individual plates or bowls. Invite everybody to choose what they would like to eat, how much they would like to eat, and where they would like to eat.



Sofia fills warm tortillas with beans, cheese and roast vegetables while Abuela slices mango into stars.

NOURISH & NURTURE YOUNG MINDS:

Deciding what children will eat and when, and letting children decide if they would like to eat what you have served, and how much can support everyone to feel more calm at mealtimes in respecting personal food choices.



Samir spreads hummus into flatbread while Mama crunches pickled veggies into jars.

★ Activity time ★

Food Market Adventure Time! Visit your local fresh food markets or a cultural supermarket you haven't been to before.

Play a game of 'I spy my little eye' to spot all the wonderful things that might capture the interests of your curious child!

Feeling really adventurous? Try a freshly cooked or pre-packaged food from a culture different to your own to learn about.

"Turkey wrap, veggie sticks, and apple chips - it's the perfect mix!"



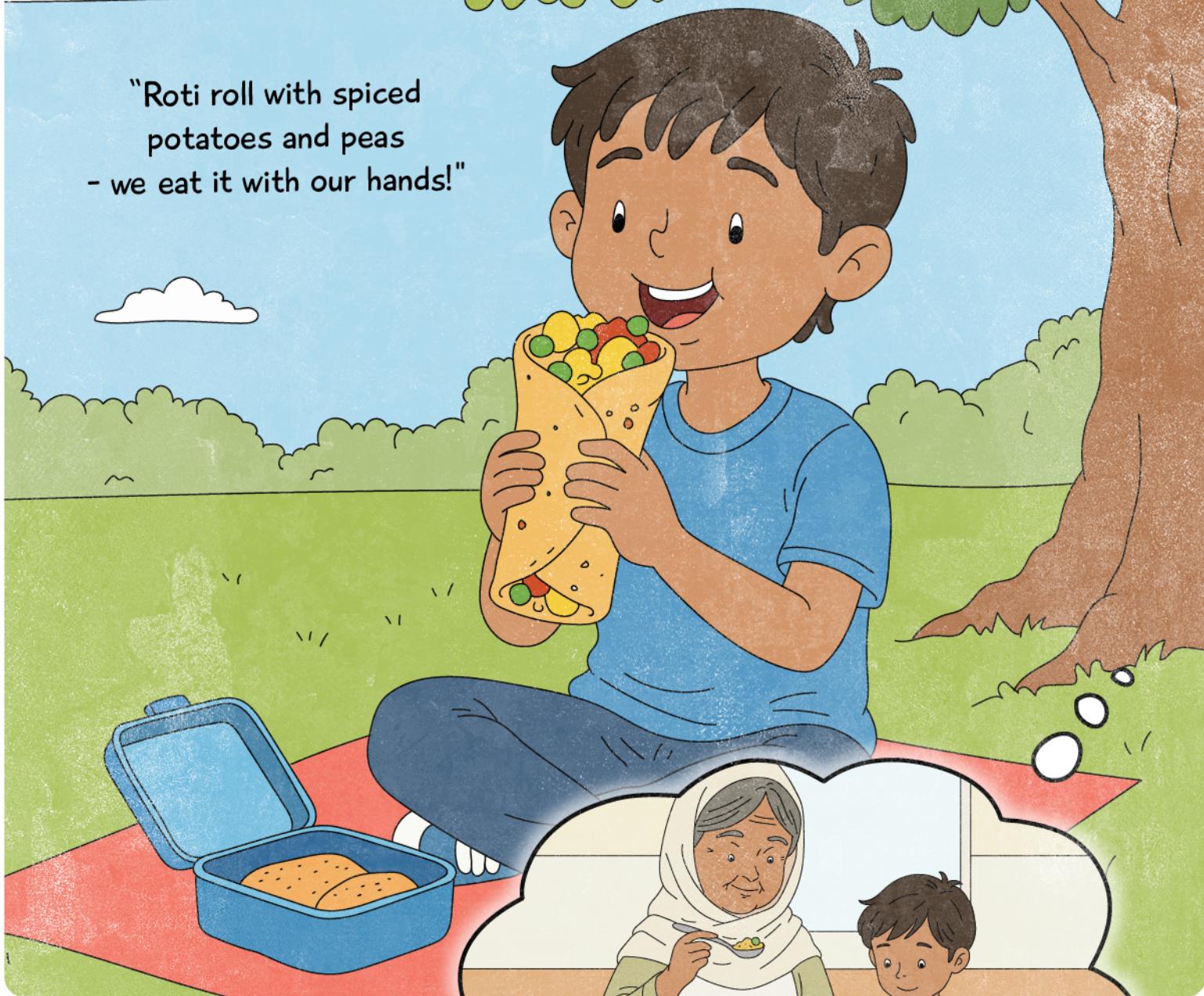
Activity time

Food journey maze -
Complete the food journey
maze with the help of an
adult to learn about where we
can source our food from.



Riley rolls turkey, cheese and lettuce into a wrap
while Grandma hums and packs veggie sticks.

"Roti roll with spiced potatoes and peas - we eat it with our hands!"



★ Activity time ★

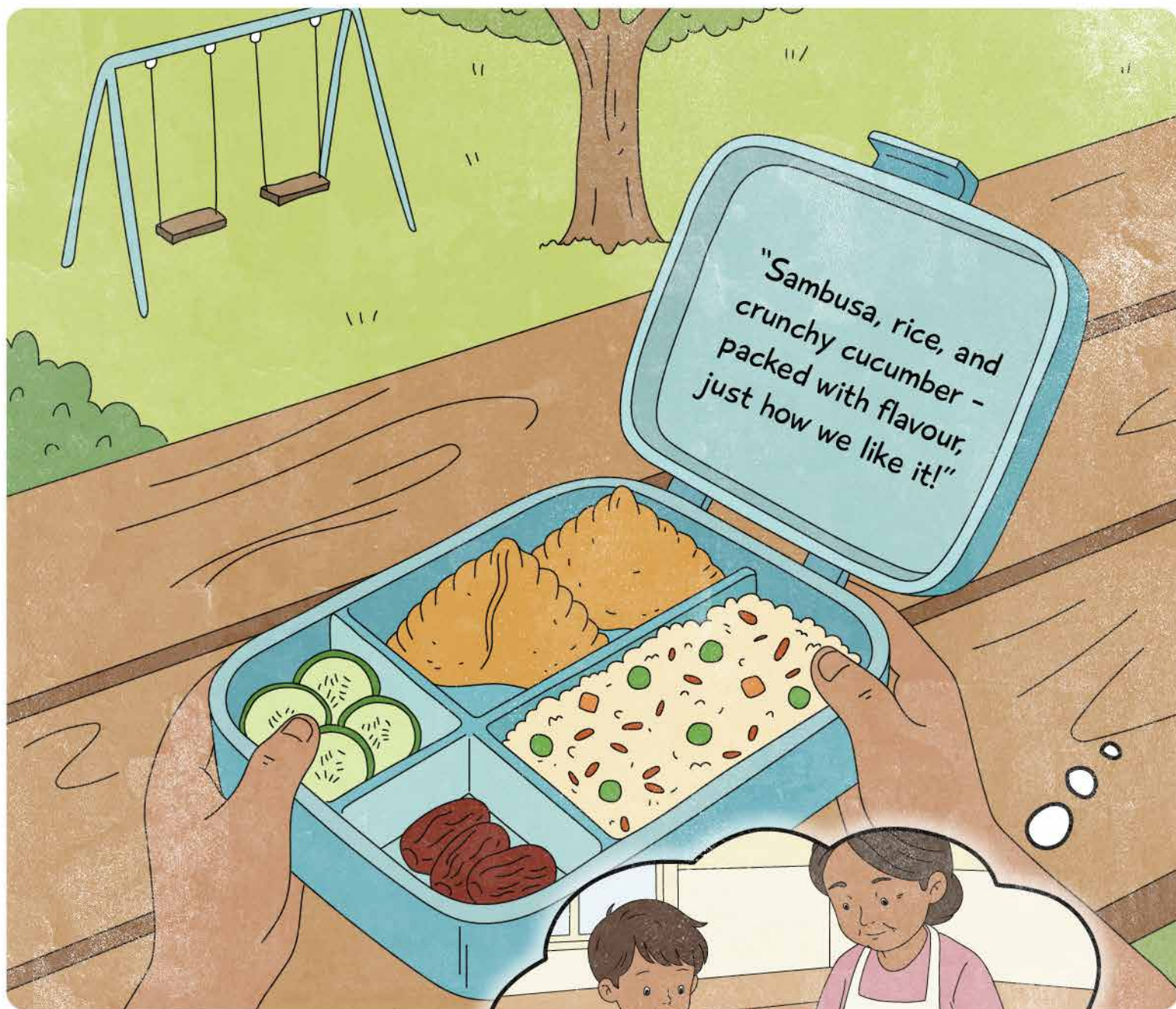
Save the food, don't waste the food!

Staple foods like potatoes, rice, bread and fresh fruits and vegetables are delicious, but can easily go to waste. Invite your child to think about how you can use up leftover foods throughout the week, and serve them as leftovers in their lunchbox. Add different herbs and spices for extra flavour, nutrients and variety.

Aarav rolls the roti while Nani tastes the potato mix. "Just a pinch of salt - not too much!"

KEEPING MEALTIMES SUSTAINABLE

Re-thinking leftovers is not just great for our planet, but great for our health too - and can help you save money.



★ Activity time ★

The 'Food Joy' Generation -
There is nothing more special
than having family food
traditions be passed down from
one generation to the next.

Abdi helps Mama seal sambusa while she fills a container with spiced rice and slices of fresh cucumber.

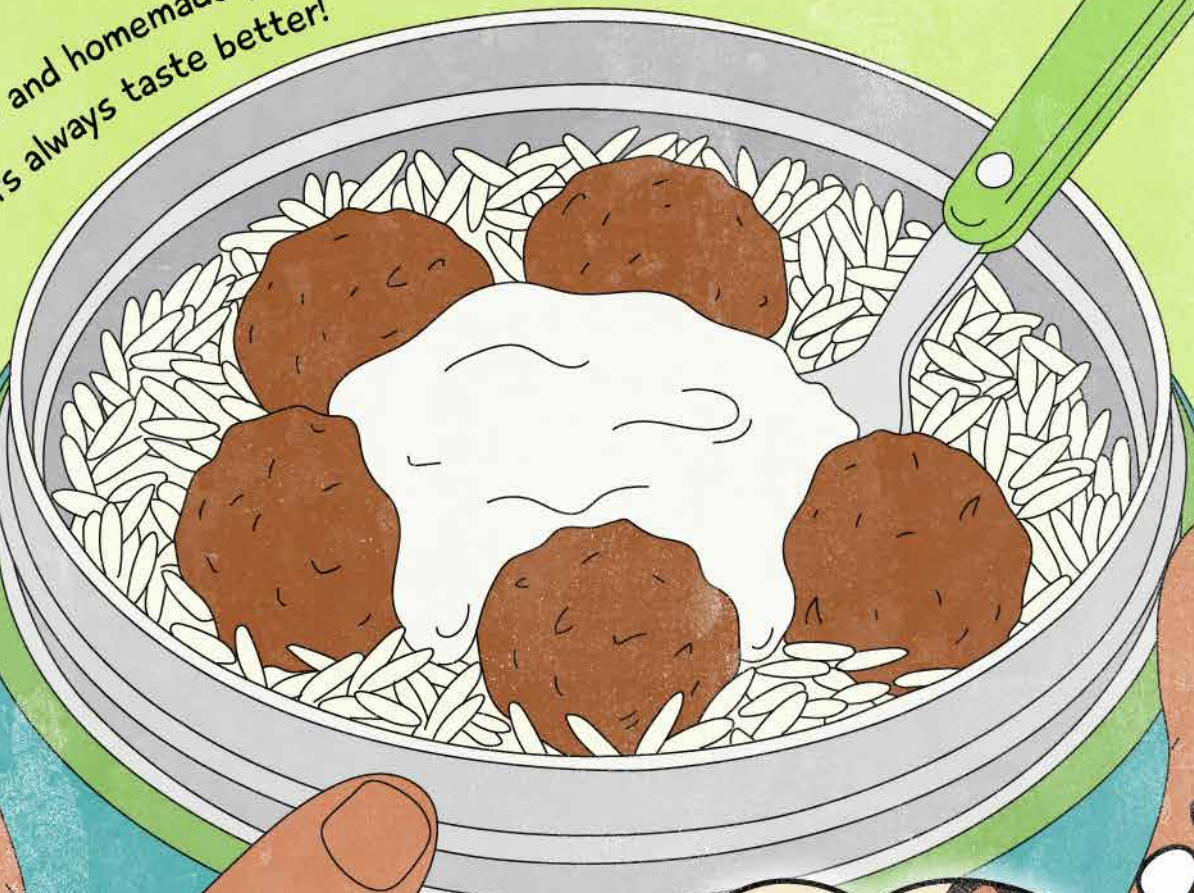


Invite your child to learn to cook a dish from your culture that is meaningful to you and your family. While making the dish, talk about what you are doing and why the dish is so special.

Start a family food memory scrapbook or recipe book so your child can have this as a keepsake for years to come.



"Kofta chawal and homemade yogurt
- leftovers always taste better!"



Activity time

What's in My Thermos?

Instructions:

Draw or colour what you'd pack in
your thermos for lunch — or
breakfast!

It can be warm, cold, plain, spicy,
or your favourite leftovers.

There's no "wrong" time to eat
the food you love.



Zahra scoops rice and kofta into her
container while Mama adds tangy yogurt on top.



Everyone's lunch looks a little different — and that's more than okay. Because every lunchbox tells a story. And when we talk about food, we share and celebrate a little piece of home and around the world.

★ Activity time ★

'Learn about your friend's lunchbox'

Now that you've explored what you like to pack in your own lunchbox, 'show and tell' with your school friends to learn about what is special about their lunchbox.

FOR PARENTS



Lunchbox ideas



Lunchbox tips, planners,
resources and posters



Reducing Food Waste



No Pressure Lunchboxes



Allergies/how to support
others with allergies