



# HEALTHY EATING WORKSHOP





## WORKSHOP OVERVIEW

Foodbank Victoria ran a Healthy Eating Workshop at your school. Our team of Nutritionists covered the following:

- **The five food groups:** foods included in these groups, health benefits and why it's important to eat from all five food groups every day! Here is a link for more information on the five food groups: <https://www.eatforhealth.gov.au/food-essentials/five-food-groups>
- **Healthy lunch box:** how to make a healthy lunch box using foods from all five foods groups, highlighting that the healthier lunch box is tastier and more affordable compared to the 'other lunch box'.
- **Healthy cooking demonstration:** nasi goreng and muesli slice cooking demonstration. These delicious lunch box recipes are affordable, easy and healthy! Recipe cards were given out.

**Takeaway message:** a healthy lunch box is tastier, more affordable and provides important nutrients to keep you healthy. We hope this handout inspires and supports you to have fun creating healthy lunch boxes and to eat from all five food groups every day!



## TIPS FOR PACKING A HEALTHY LUNCH BOX

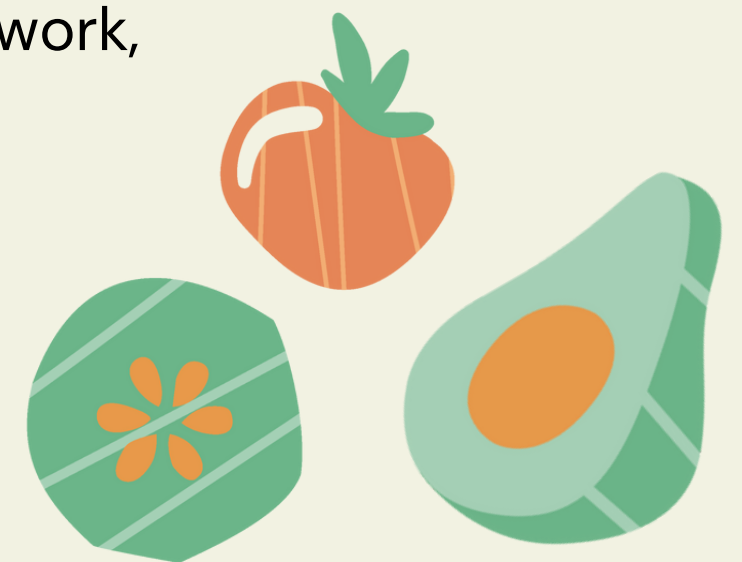
Here are some tips for packing a healthy lunch box:

- **Start with small steps:** make one change at a time. For example, start by swapping out an energy drink for plain water. One week later, swap out a packet of chips for chopped vegetables with hommus and so on.
- **Preparation:** wash and chop up foods for the entire week. For example, wash and chop up fruit, vegetables, cheese cubes etc. for the entire week. Pre-make lunch for the week, portion and store it in the fridge or freezer. Use any leftover dinner for lunch. For example, if there's leftover meat from dinner, put this into a wholemeal sandwich or wrap or combine it with cooked rice or noodles, then add vegetables to turn it into a filling lunch box meal.
- **Get involved:** take part in family meal planning, cooking and shopping. For example, ask your guardian if you can help put together a shopping list or join them when they go shopping. Look up healthy recipes, share these with your guardian and help them with cooking and meal planning for the week.



## TIPS FOR PACKING A HEALTHY LUNCH BOX

- **Buy in bulk instead of individual pre-packaged foods:** it's cheaper to buy in bulk, if possible. For example, instead of buying six-pack small fruit yoghurt tubs or individual yoghurt pouches, buy a one litre tub of plain yoghurt, portion it out for the week and add seasonal fresh or frozen fruit. Instead of buying a pack of pre-packaged cheese and crackers, buy a packet of wholemeal crackers and a block of cheese and cut into cubes.
- **Add colour and make it fun:** try adding different coloured fruits and vegetables to make the lunch box look fun and exciting. Try a different colour fruit or vegetable each week.
- **Keep trying:** it can take time to learn and adapt to lunch box changes. If a change doesn't work, try it again or try it another way the following week and so on.





# HEALTHY LUNCH BOX COST COMPARISON

## OTHER LUNCH BOX



**Total cost: \$9.17**

Jam and Butter Sandwich – Le Snak –  
Doritos – Nutrigrain Bar – Sweetened  
Yoghurt – Up & Go

## HEALTHY LUNCH BOX



**Total cost: \$4.53**

Nasi Goreng – Wholemeal Crackers and  
Cheese – Veggies and Hommus – Fruit –  
Plain Yoghurt – Plain Water with Fresh  
Mint and Fruit

Price savings per lunch box: \$4.64

Price savings per week: \$23.19\*

Price savings per year: \$927.79\*\*

\* Per person, based on 5 days per week

\*\* Per person, based on 40 school weeks per year

# HEALTHY LUNCH BOX IDEAS

## SWAP OUT



Bacon & cheese scroll

Croissant



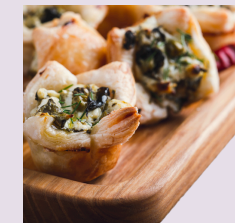
## SWAP IN



Carrot, zucchini & corn muffin



Homemade corn fritters



Spinach & feta cups

## SWAP OUT



Sweetened yoghurt

Cheese stringers



Le Snak

## SWAP IN



Plain yoghurt & fresh fruit

Cheese & wholemeal crackers



Corn thins, tuna & avocado



# SWAP OUT

Jam, ham, nutella  
or vegemite  
sandwich



# SWAP IN



Sushi sandwich

Homemade  
felafels &  
pita bread



Homemade  
frittata

Quesadilla with  
beans, veggies  
& cheese



Baked beans  
jaffle

# SWAP OUT



Takeaway pizza




2-minute noodles



Hot dog



Chicken nuggets & hot chips



Pies, sausage rolls & dim sims

# SWAP IN



Rice balls



Rainbow noodles



Burrito rice




Rainbow pasta & beans




Tofu san choy bow

# SWAP OUT



Raisin toast



Donuts

# SWAP IN



Homemade fruit muffin



Steamed purple sweet potato



Homemade banana bread





## SWAP OUT

Chips or  
savoury  
snack  
biscuits



## SWAP OUT

Cookies or  
sweet biscuits



Lollies

Chocolate  
bars or sweet  
snack bars



## SWAP IN

Plain popcorn



Veggies & tzatziki or  
herb yoghurt dip



Edamame beans



Celery filled with cottage  
cheese & sultanas



Nuts, seeds  
& dried fruit



## SWAP IN



Homemade  
oat cookies, muesli  
bar or bliss balls



Fresh fruit

## SWAP OUT

Flavoured  
milk



Juice



Sports  
drink



Up &  
Go



Cordial



Energy  
drink



## SWAP IN



Plain water  
with fresh  
fruit & mint



Plain milk

# UNDERSTANDING THE INGREDIENTS LIST

- Ingredients appear from largest to smallest by weight.
- Look for products that have few and easy-to-read ingredients lists.
- Look at the first few ingredients listed and watch out for saturated fat, salt (sodium) or added sugar.
- Chemical additives are often listed as numbers. Lots of additives/numbers = product is highly processed.
- Some of the most nutritious foods don't require a food label, like fruit & vegetables!

# how to understand food labels

## What to look for...

Don't rely on health claims on labels as your guide. Instead learn a few simple label reading tips to choose healthy foods and drinks, for yourself. You can also use the label to help you lose weight by limiting foods that are high in energy per serve.

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## RECIPES

For some inspiration on healthy homemade recipes, see below:

**Foodbank Victoria:** <https://schoolbreakfastclubs.org.au/recipes/>

**Nutrition Australia:** [www.nutritionaustralia.org](http://www.nutritionaustralia.org)

**Healthy Eating Advisory Service (HEAS):** [www.heas.health.vic.gov.au](http://www.heas.health.vic.gov.au)

**Dietitians Australia:** <https://dietitiansaustralia.org.au>

**Eatforhealth:** [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

