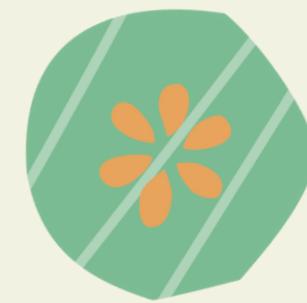




HEALTHY EATING WORKSHOP





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

Price savings per lunch box: \$4.64

Price savings per week: \$23.19*

Price savings per year: \$927.79**

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

* 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

Homemade corn fritters



Carrot, zucchini & corn muffin



Spinach & feta cups

SWAP OUT



Sweetened yoghurt

Cheese stringers



Le Snak

SWAP IN

Cheese & wholemeal crackers



Plain yoghurt & fresh fruit



Corn thins, tuna & avocado

SWAP IN

SWAP OUT

Jam, ham, nutella
or vegemite
sandwich



Sushi sandwich



Homemade
falafels &
pita bread



Homemade
frittata



Quesadilla with
beans, veggies
& cheese



Baked beans
jaffle

SWAP OUT



SWAP IN



SWAP OUT



SWAP IN



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

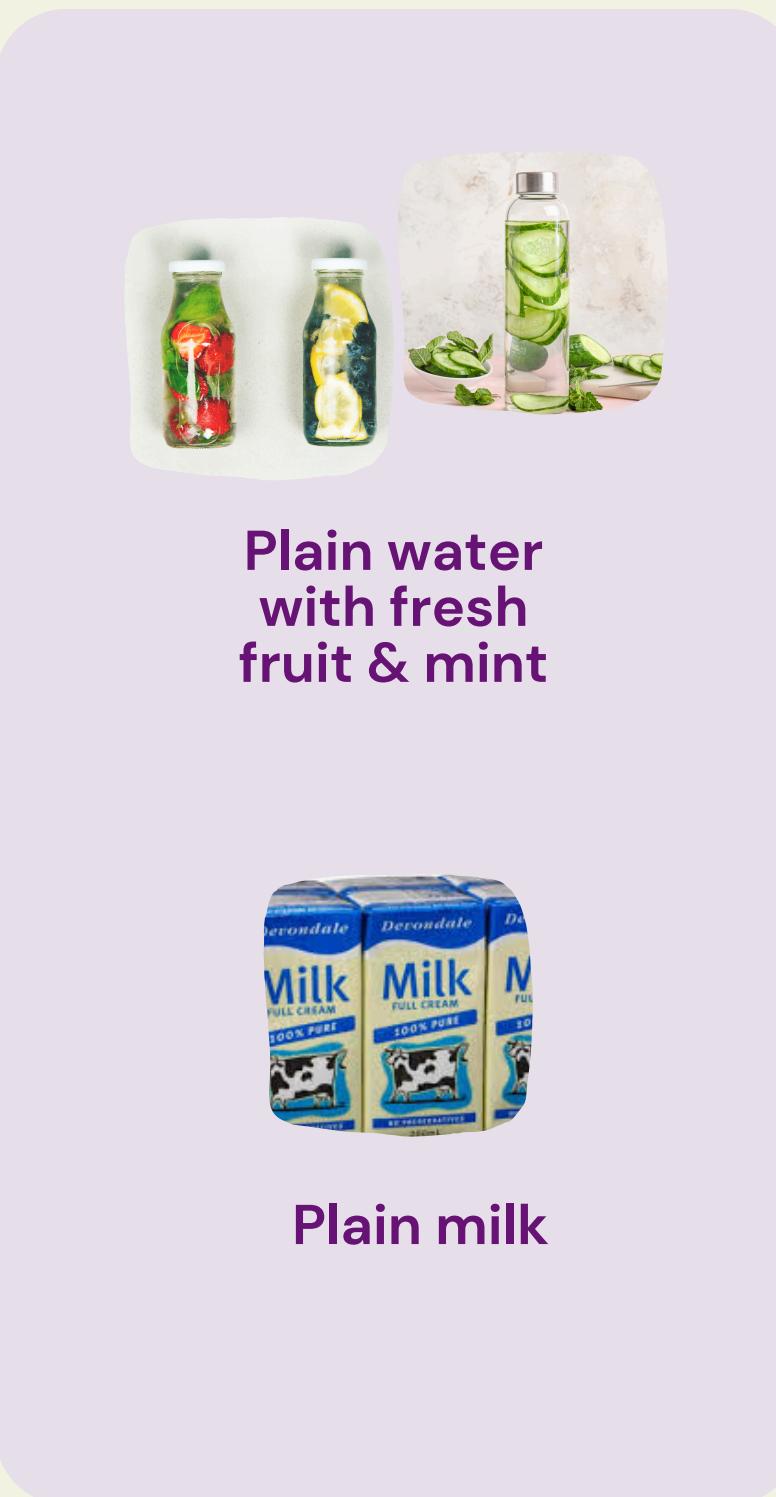


Fresh fruit

SWAP OUT



SWAP IN



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.

Nutrition Information		
Servings per package – 16 Serving size – 30g (2/3 cup)		
	Per serve	Per 100g
Total Fat ▶ Generally choose foods with less than 10g per 100g. For milk, yogurt and icecream, choose less than 2g per 100g. For cheese, choose less than 15g per 100g. Saturated Fat Aim for the lowest, per 100g. Less than 3g per 100g is best.		
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre ▶ Not all labels include fibre. Choose breads and cereals with 3g or more per serve	6.4g	21.2g
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.		
Ingredients ▲ Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.		

◀ 100g Column and Serving Size
If comparing nutrients in similar food products use the per 100g column. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

Energy
Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

Sugars
Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.

Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

◀ **Sodium (Salt)**
Choose lower sodium options among similar foods. Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.

Other names for high salt ingredients:
Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.

www.eatforhealth.gov.au



RECIPES

For some inspiration on healthy homemade recipes, see below:

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

Nutrition Australia: www.nutritionaustralia.org

Healthy Eating Advisory Service (HEAS): www.heas.health.vic.gov.au

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

Eatforhealth: www.eatforhealth.gov.au

