

# RECLAIM THE LUNCHBOX

## HEALTHY EATING AT SCHOOLS



**Nutrition**  
New South Wales

**Sign up for our 2-hour workshop helping parents  
GET THE LUNCHBOX RIGHT FROM DAY 1**



### WORKSHOP INCLUDES:

- **Dietary Guidelines & Portion Sizes for Children**
- **Understanding Food Labels & Picking Healthy Options**
- **Ideas for Affordable, Quick & Healthy Lunchboxes**
- **Strategies for Tackling Fussy Eating**
- **Lunchbox Preparation & Cooking Demonstrations**

**RECLAIM THE LUNCHBOX** is available for bookings through **Preschools and Childcare Centres, Primary Schools, P&C Committees, Out-of-School Hour Care, and Councils.**



Supported by

