



SUPPORTING NUTRITION IN THE EARLY YEARS

A Digital Toolkit for
Educators and Families



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Purpose

‘Supporting Nutrition in the Early Years - A Digital Toolkit for Educators and Families’ has been developed to support Ballarat Community Health’s Strategic Pillar 2 - Health and wellbeing for children and young people.

Whilst this resource is intended to support kindergartens and families to create healthy learning environments to increase fruit and vegetable intake, we also acknowledge the need to diversify our resources to families from different backgrounds.

By focusing on early interventions and long-term solutions to nutritious eating habits, this toolkit intends to equip educators and families with the necessary tools to support children’s nutrition and wellbeing.

Introduction

In Australia, there are concerning statistics that only 1.5% of 4 to 8-year-olds are meeting both their recommended fruit and vegetable intake.¹

Fruit intake has generally been well met due to the low serve size required. However, a decline in intake can be seen as children age. Vegetable intake remains low regardless of age, with only 2.1% of 4 to 8-year-olds meeting their recommended vegetable intake.¹

Over the last decade, the proportion of children who do not eat fruits daily has also doubled, whilst the proportion of children who do not eat vegetables daily has tripled.

Why kindergarten children?

Early intervention plays a vital role in shaping healthy eating habits during the formative years of a child's life. The kindergarten stage is a key period where children begin developing their taste preferences and attitudes toward food.

Optimal nutrition gives children the energy they need to play, grow, and stay focused throughout the day. It also supports better learning and concentration by fueling brain development during critical early years.

Introducing children to a variety of fruits and vegetables at this age can help make it a regular and enjoyable part of their diet. By encouraging positive early experiences with fruits and vegetables, we can support children in building lifelong healthy habits that contribute to their growth, development, and overall wellbeing.



Reference:

1. <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/dietary-behaviour/latest-release#childrens-fruit-and-vegetable-consumption>



GENERAL HEALTHY EATING ADVICE

Australian Guide to Healthy Eating

The Australian Guide to Healthy Eating is a visual food guide that helps Australians make healthy food choices every day. It shows the five core food groups we need to eat, for a balanced diet.

For children, it is especially important to eat a variety of foods to support their growth, learning, and energy needs throughout the day.

- **Vegetables**

Vegetables are packed with essential vitamins, minerals, and fibre that support overall health and wellbeing. Both fresh and frozen vegetables are suitable.

- **Fruits**

Fruits are naturally sweet and packed with important vitamins, minerals, and fibre that help children grow and stay healthy.

- **Grain (Cereal) foods**

Wholegrain bread, rice, pasta, and crackers give people energy and keep them full for longer.

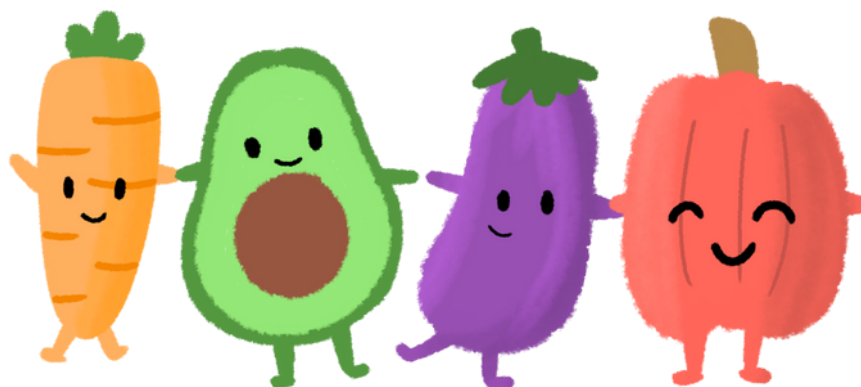
- **Lean Meats and alternatives**

Protein helps with growth and muscle development. They're also rich in nutrients like iron, zinc, and vitamin B12, which support energy levels and brain development.

- **Dairy and alternatives**

Milk and dairy foods are rich in calcium, which is essential for building strong bones and teeth in growing children.

The guide also recommends limiting discretionary foods, like chips, lollies, and sugary drinks, as they're often high in salt, sugar, and fat, and don't support children's nutritional needs.





Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Use small amounts













Only sometimes and in small amounts



[DOWNLOAD](#)

Recommended Serves

For children (4-8yr) & adults (19-50yr)

					
Vegetables		6	5	4.5	4.5
Fruits		2	2	1.5	1.5
Grains/ Cereal		6	6	4	4
Meat		3	2.5	1.5	1.5
Dairy and alternatives		2.5	2.5	2	1.5
Discretionary		0 - 3	0 - 2.5	0 - 2.5	0 - 1



Australian Government
Department of Health and Aged Care

Official resource:

[Recommended serves for adults](#)

[Recommended serves for children and adolescents](#)

What is a serve?

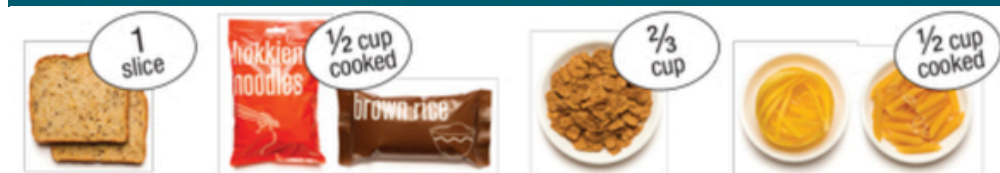
What is a serve of vegetables*?



What is a serve of fruit?



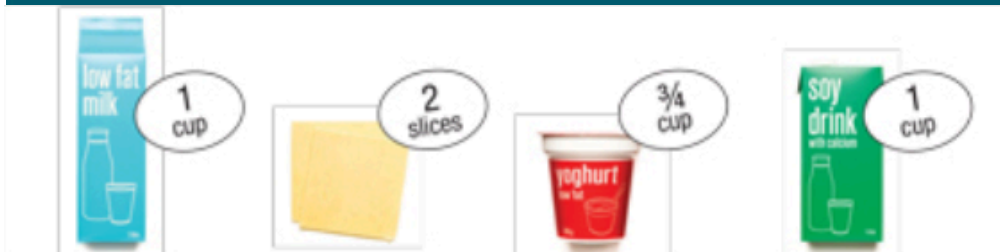
What is a serve of grain* (cereal) food?



How much is a serve of lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans*?



How much is a serve of milk*, yoghurt*, cheese* and/or alternatives?



Australian Government
Department of Health and Aged Care

Official resource:
[Serve Sizes - eatforhealth.gov.au](http://eatforhealth.gov.au)

Additional Resources

- **Eat for Health – What’s a Serve?** (Australian Government)

National Guidelines on Serves - Explains how much of each food group is needed daily, with examples like “1 serve of fruit = 1 medium apple.” Based on Australian Dietary Guidelines.

Great for: Family meal planning, understanding daily nutrition targets, school lunch preparation

- **Queensland Health – Portion Size Guide** (Australian Government)

Visual Portion Size Guide - A printable PDF filled with realistic food portion visuals helpful for teaching children and adults about appropriate serving sizes.

Great for: Meal portion control, nutrition education in schools, fridge/kitchen printouts.

- **Harvard Kids’ Healthy Eating Plate Guide** (UK government)

Visual Guide to Balanced Meals - A colourful plate model designed just for kids. It shows ideal proportions of vegetables, fruits, whole grains, and proteins, with simple tips to reduce sugary drinks and stay active.

Great for: Visual learners, parents packing lunchboxes, building everyday healthy habits.

- **Healthy Portions for Toddlers – Health for Under 5s** (UK government)

How Much Is Enough? - Clear photos and advice showing how much food toddlers really need. This helps prevent overfeeding and supports healthy growth based on age and appetite.

Great for: Parents of toddlers, child care workers, meal portion reassurance.

- **KidsHealth – MyPlate for Kids** (US government)

US-Based MyPlate Made Simple - Breaks down the MyPlate model into kid-friendly language. This includes tips on making meals balanced and fun, with sections for parents and caregivers.

Great for: Quick meal structure, simple reminders, and interactive food education.



EDUCATORS' RESOURCE

Seasonal Produce Posters

We've created a "Seasonal Produce" poster for each season. These posters are designed to show which fruits and vegetables are in season and have a plentiful supply.

These posters can be displayed around the classroom as a handy guide for parents to see what is currently in season.



[DOWNLOAD](#)

A note on seasonal posters: Changes in weather each year can alter harvest dates. Farmers are also constantly striving to extend the harvest season on each end with new growing techniques and crop varieties. These posters give a general guide to what's in season with some variability in availability.

Why Shop Seasonal?

Buying fruits and vegetables that are in season is cheaper, tastier and better for the environment. Here's why:



Fresher & Tastier

- Seasonal produce is picked at its peak and is full of flavour.
- It ripens naturally, meaning juicier and sweeter fruits and vegetables.
- Produce that travels long distances is often picked early to prevent rotting, affecting taste and nutrients.



Cheaper

- In-season produce is usually 2 to 4 times cheaper because it's more abundant and doesn't need expensive storage or transport.²
- The Herald Sun (2023) reported that eating seasonally could save a family of five up to \$50 per week.³



Greener

- Seasonal food requires less transport and cold storage, reducing greenhouse gas emissions.
- In-season crops are more resistant to local pests and conditions, often requiring fewer pesticides and fertilisers, which helps preserve soil and water quality.

Reference:

2. <https://www.abc.net.au/news/rural/2024-11-03/how-to-save-money-eating-seasonally-fresh-produce/104535778>

3. <https://www.heraldsun.com.au/lifestyle/smart/buying-inseason-fruit-and-vegetables-could-save-a-family-50-a-week-on-the-food-bill/news-story/e85bebf5db8cc3d5aa43973fb67d89>

Tips for Buying Seasonal Produce

- Look for “**Grown in Australia**” labels at the supermarket



- Shop at **farmers’ markets** and **local green grocers**
- Ask your green grocer if it was **grown locally**
- Use **seasonal charts** and guides to stay informed

Supporting resources

Look at what is in season

- [Seasonal Food Guide](#)
- [Market Fresh Food Guides](#)

Find your local farmers market

- [Find your local farmers market](#)
- [What’s coming up in Ballarat](#)

Tips on picking seasonal produce

- [“How to Pick Seasonal Produce”](#) - 3min YouTube video

Here are some recipes you can make with your seasonal produce

- [Healthy seasonal recipes](#) - recipes can be filtered by season and can be searched by ingredients.

A helpful guide to explain country of origin labels in supermarkets

- [Country of Origin Labelling Guide](#) - Use this to identify what fruits and vegetables are locally grown or imported.

Eat a Rainbow - Let's Eat Poster

Each of the six posters focuses on a primary colour and includes graphics of the most common fruits and vegetables. Intended to increase exposure by encouraging children to try different types of produce. These posters can be placed around the classroom.



[DOWNLOAD](#)

Fruits & Vegetables Songs

Below are some engaging music-filled videos that promote healthy eating habits in young children through fun and simple movements. These are easy and catchy songs which children can engage with.



[Gracie's corner - "Veggie Dance"](#)



[The Wiggles - "Fruit Salad Yummy Yummy"](#)



[Justine Clarke - "Watermelon"](#)



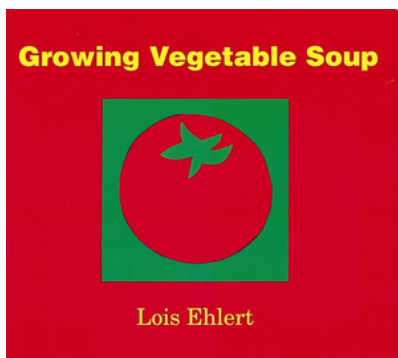
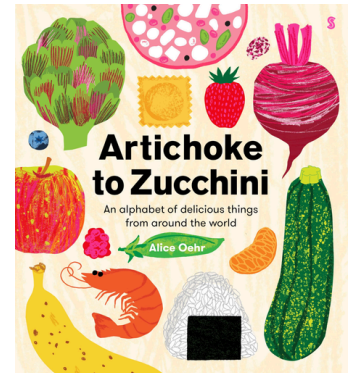
[Lingokids - "Veggie Song"](#)

For additional videos, you can search "fun fruits and vegetables songs for children" on the internet or YouTube for more ideas.

Books about Fruits & Vegetables

- **Artichoke to Zucchini - Alice Oehr**

A vibrant and visually rich alphabet book that takes readers on a journey through various fruits and vegetables, and dishes from around the world. Each letter introduces a different food item, to spark discussion around diversity in produce, taste, colour and culture.

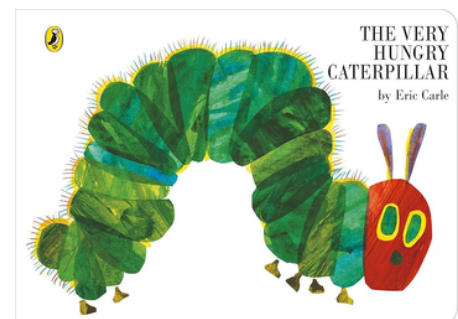


- **Growing Vegetable Soup - Lois Ehlert**

Vibrant and simple picture book that follows a family as they plant, grow, harvest and cook vegetables to make soup.

- **The Very Hungry Caterpillar - Eric Carle**

A classic children's book where the story follows a small caterpillar as it eats its way through various foods.



- **Off to the market - Alice Oehr**

This picture book will allow children to follow a lively trip to a bustling market filled with colour, people, and delicious fresh produce. The story highlights the sights and smells of a local market experience, encouraging sensory learning and an appreciation for fresh food.

Educational Nutrition Activities

• Healthy eating games and activities for Early childhood services - HEAS

The healthy eating advisory service has a great resource to provide ideas for games and activities on healthy eating. These activities will teach children to recognise different foods and encourage them to experiment with new tastes, flavours and textures. More details on how to conduct the activities can be found on the website.



• Fruit and veggie sorting game - Team Pick a Produce

Children are required to sort a bunch of produce into two boxes, fruit box and veggie box. The items could be actual produce or fruits and veggies plushies. The execution method is flexible as the ultimate goal is to teach them how to distinguish between fruits and vegetables.



• Fruit and Veggie Guessing Game - Nutrition Australia

This game helps children learn about different types of fruit and vegetables, what they feel and look like. To expose them to different produce. More information about how to conduct the game can be found on the website.



• Fueling your Brain Memory Game - Gin Program

This fun and interactive game teaches children about the link between healthy foods and brain function. By matching different foods to their benefits, kids learn how different types of food can help them focus, learn, and grow. It's a playful way to boost food literacy and encourage positive food choices from an early age.



Additional Resources

- **[Supporting Nutrition for Australian Childcare \(SNAC\)](#)**

A support site by Edith Cowan University in WA for early years' educators and childcare centres to support nutrition education. It hosts a range of resources such as fact sheets, recipes, videos, quizzes and discussion forums.

- **[Healthy Eating Advisory Service \(HEAS\)](#)**

It is a government-funded program that provides support and resources to help organisations create healthier food environments. Supporting early childhood services in promoting nutritious eating habits among children is one of the key focuses. Additionally, training modules and programs are provided to help educators and service staff implement best practice guidelines in nutrition, fostering positive attitudes toward healthy foods and creating supportive mealtime environments.

- **[FreshSNAP](#)**

A state-wide initiative in Western Australia that helps schools create healthier food environments and promote nutrition education. It offers practical support for educators, canteen staff and families. This includes curriculum-aligned teaching resources, online training and tools like FoodChecker to improve food provision.

- **[VegKit \(Long day care: Tools & resources\)](#)**

VegKIT is a national project in Australia focused on increasing vegetable intake among children. It is a collaboration between CSIRO, Flinders University, Nutrition Australia and Hort Innovation. The project offers resources tailored for educators, cooks and service managers. These resources include best practice guidelines, curriculum-integrated activities, mealtime strategies, engagement with families and training for educators to support nutritious, healthy habits of children in long day care.



PARENTS' RESOURCES

Simple Tips to Increase Fruit and Vegetable Intake

The following information provides parents with easy, practical tips to boost their child's nutrition. These small changes can help children develop healthy eating habits that support their growth and wellbeing over time.



Child Participation

Children are more likely to eat fruits and vegetables when they help wash, cut, or prepare them. Participating in grocery shopping also allows for fruit and vegetable exposure.



Enhance Presentation

Fun shapes, colourful arrangements, and easy grab-and-go options make fruits and vegetables more appealing. Cookie cutters can be used to cut fruits into different shapes.



Parental Involvement

Role modelling of family members is essential to encourage children's fruits and vegetable consumption.



Reinforcing Exposure

Repeated exposure to the same fruits and vegetables in different ways helps children accept and develop likings.



Healthy Mealtime Practices

Encourage children to sit at a table for meals and reduce distractions so they can focus on the meal. This is also an opportunity to teach them about fruits and vegetables.



Visual Lunchbox Guideline

This simple guide helps parents build a balanced and nutritious lunchbox by choosing a variety of foods from the five food groups.

It offers clear, practical suggestions for what to pack like fruits, vegetables, whole grains, dairy, and lean proteins, making it easy to create healthy, appealing meals for children.



FOR A HEALTHY LUNCHBOX PICK & MIX SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p>FRESH FRUIT</p> <ul style="list-style-type: none"> Apple Banana Mandarin Orange quarters Peach/nut halves (with spoon) Watermelon, honeydew, rockmelon chunks Pineapple chunks Grapes Plums Nectarines, peaches, Apricots Strawberries Cherries Avocado halves (with spoon) Pear <p>MIXED FRUIT</p> <ul style="list-style-type: none"> Fruit salad Fruit kebabs <p>DRIED FRUIT</p> <ul style="list-style-type: none"> Dried fruit, nut, popcorn "mix" <p>TINNED FRUIT/SNACK PACKS/CUPS</p> <ul style="list-style-type: none"> In natural juice (not syrup) 	<p>FRESH CRUNCHY VEGGIES</p> <ul style="list-style-type: none"> Corn cobs Carrot sticks Cauliflower sticks Cucumber sticks Green beans Celery sticks Shaw peas Broad beans (big cherry and Roma tomatoes) Mushroom pieces <p>Can serve with either:</p> <ul style="list-style-type: none"> Hummus Tomato salsa Tzatziki Beetroot dip Natural yoghurt <p>SALADS</p> <ul style="list-style-type: none"> Coleslaw and potato salad (reduced fat dressing) Mashed bean, tomato, lettuce and cheese salad Pesto pasta salad* <p>BAKED ITEMS</p> <ul style="list-style-type: none"> Grilled roasted vegetables Wholemeal vegetable muffins or scones Vegetable slice (with grated zucchini and corn) Popcorn <p>SOUP (in small thermos)</p> <ul style="list-style-type: none"> Pumpkin soup Potato and leek soup Chicken and corn soup 	<ul style="list-style-type: none"> Milk Calcium-enriched soy and other plant-based milks Yoghurt (frozen overnight) Cottage <p>Tip:</p> <ul style="list-style-type: none"> Freeze the night before to keep cool during the day <p>Can serve with either:</p> <ul style="list-style-type: none"> Cheese cubes, sticks or slice Cottage or ricotta cheese Cheddar cheese Tzatziki dip <p>Can serve with either:</p> <ul style="list-style-type: none"> Fruit Wholegrain cereal, low in sugar Vegetable sticks Rice and corn cakes Wholegrain wheat crackers 	<ul style="list-style-type: none"> Tinned tuna or salmon in springwater Lean roast or grilled meats (e.g. beef, chicken, kangaroo) Yoghurt (frozen overnight) Chickpea balls Lean meat or chicken patties Tinned tuna or salmon patties Grilled fish Lean deli meats (e.g. ham, sliced chicken) Boiled eggs Boiled beans (canned) Tofu cubes Hummus dip Lean meat or chicken kebabs sticks Peanut butter* <p>Can serve with:</p> <ul style="list-style-type: none"> Wholegrain sandwich, roll, pita or wrap (bread with seed) Rice and corn cakes Wholegrain wheat crackers Slice salad Vegetable fritata Skinless chicken drumsticks Savory muffins/scones (e.g. lean ham, cheese and shallot) Homemade pizza with lean (not) or deli meats and vegetables <p>Can serve with:</p> <ul style="list-style-type: none"> Slice salad Steamed or roasted vegetables 	<p>MAINS</p> <ul style="list-style-type: none"> Wraps Sandwiches Rolls Toasted sandwiches <p>Tip:</p> <ul style="list-style-type: none"> Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white rice-enriched, soy and steamed, rye, rye, bagel, focaccia, fruit bread and English muffins. <p>Sweet and savoury snack foods (e.g. muesli, fruit bar, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p> <p>SAVORY BAKED ITEMS</p> <ul style="list-style-type: none"> Homemade pizza Wholemeal savory muffins or scones (e.g. from cheese and corn muffins) Vegetable based muffins Pasta or noodle bowls <p>SWEET BAKED ITEMS</p> <ul style="list-style-type: none"> Fruit loaf Wholemeal fruit based muffins <p>SNACKS</p> <ul style="list-style-type: none"> High fibre, low sugar cereal (e.g. muesli) English muffins Crackers Crispbreads Rice cakes Corn flins Wholemeal scones Pasta Crumpets Hot caps bars (no kiosk) 	<ul style="list-style-type: none"> Take a water bottle (for refilling throughout the day) <p>Tip:</p> <ul style="list-style-type: none"> Freeze overnight to keep foods cool in lunchboxes

For more information about healthy eating and for many tasty recipes, visit the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>

[DOWNLOAD](#)

The second page of the Visual Lunchbox Guideline includes more examples of foods in each food group, offering extra inspiration and variety to help build balanced and nutritious lunchboxes.

Time Efficiency

Meal Plan

Sometimes it can be hard to put together the best lunchbox for your children when you are in a rush.

Meal plans could be helpful in brainstorming and preparing ahead of time. Pair the weekly meal plan with a shopping list to keep track of your grocery purchases.



The image shows a 'Weekly Lunchbox Planning Record' form. It features a grid with columns for 'Monday', 'Tuesday', 'Wednesday', 'Thursday', and 'Friday', and a 'Shopping List' column. The rows are labeled 'Sandwich/Salad', 'Dairy', 'Fruit/Veggies', 'Snacks/Treat', and 'Notes/Comments'. A 'Week beginning' field is at the top left. A green leaf icon with the text 'ink saving Eco' is positioned at the bottom right of the form.

Week beginning _____	Monday	Tuesday	Wednesday	Thursday	Friday	Shopping List
Sandwich/Salad						
Dairy						
Fruit/Veggies						
Snacks/Treat						
Notes/Comments						

[DOWNLOAD](#)

Freezer

The freezer comes in handy when you are running out of time for daily cooking. Keeping cooked food frozen is an effective way to extend shelf life and allow you to grab the portion you need conveniently.

Advantages of freezing cooked food include:

- Extended shelf life: Low temperatures slow down bacterial growth.
- Nutritional values: Freezing your food does not significantly impact vitamin and mineral contents.
- Batch size: You can cook in large quantities to reduce cooking time throughout the week.

Some easy-to-freeze recipe ideas are provided on the following page.

Easy and Simple Recipes

General recipes to include more fruits and vegetables:

[Cancer Council NSW - Healthy Made Tasty Recipes](#)

- Hundreds of healthy and nutritious recipe ideas. Click [Filter recipes] to sort by recipe types, allergies, time, etc.

[Raising Children Network - Quick healthy meals for kids: in pictures](#)

- Quick and healthy recipe ideas for 2 to 8-year-old children

[USDA - MyPlate Kitchen](#) (US Government)

- Everyday recipes with easy-to-follow steps.

Freezer-friendly recipes for busy parents:

- [Taste.com.au - 30 healthier freeze-ahead school lunchbox ideas](#)
- [Cancer Council NSW - Easy to Freeze](#)



Easy and Simple Recipes

Sandwiches recipes and filling ideas:

Sandwiches are nutritious and easy to prepare. Ideally, sandwiches should be made fresh every day, but they can still be kept in the refrigerator for a longer shelf life with appropriate storage methods.

- [Sandwich fillings for kids | Good Food](#) - Sandwich fillings and recipes for kids
 - [44 Vegetarian Sandwich Recipes | Good Food](#) - Vegetarian sandwich ideas to include more fruits and vegetables in the sandwiches
-

Sandwich fruits/vegetables for reference:

- *Vegetables*: Salad leaves, lettuce, grated carrots, capsicum, cucumber, tomatoes, artichokes, corn, sprouts, radish, avocado, beetroot
- *Beans*: Edamame, chickpeas, green peas
- *Herbs and spices*: Onions, basil, parsley
- *Mixes/sauces*: Guacamole, tabbouleh, pesto

Avoid wet ingredients such as cucumber and tomatoes if the sandwich is not planned for consumption within half the day.



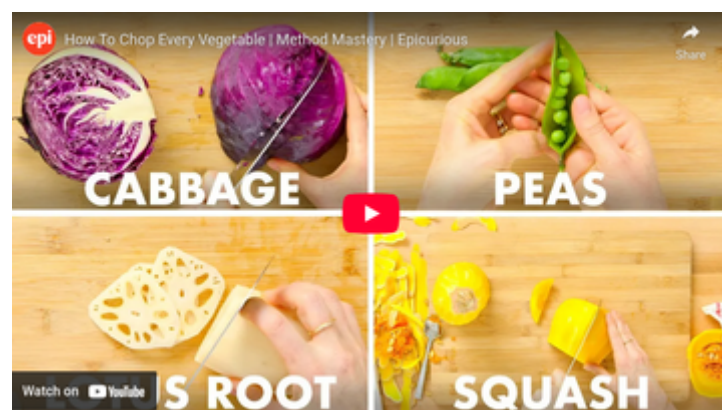
Cutting Up your Fruits and Vegetables

It is important to include a variety of fruits and vegetables in the day to fulfil the nutrient needs of your children, but figuring out the most efficient way to cut them into bite-size portions can be a challenge.

These are videos that show how to cut up common fruits and vegetables, plus some uncommon ones. To look for a specific fresh produce, click on the description for a precise timestamp.



[How To Slice Every Fruit | Method Mastery | Epicurious](#)



[How To Chop Every Vegetable | Method Mastery | Epicurious](#)

Remember, cookie cutters are always good tools to make the fruits more visually appealing!

Keeping Lunchboxes Fresh

Perishable items in lunchboxes need to be kept fresh due to food safety concerns. Here are some tips to maintain lunchbox freshness.

Tip 1: DIY ice pack with sponge

Dampen a clean sponge and freeze it in a reusable food storage bag or ziplock bag. Preferably placed next to perishable items. If not, put it in the bottom of the lunchbox or lunch bag.

Tips 2: Frozen blocks

Ice packs and/or blocks keep food cool. Preferably placed next to perishable items . If not, put it in the bottom of the lunchbox or lunch bag.

Tip 3: Frozen bottles

Half-fill a water bottle and let it freeze overnight. Fill the rest with cold water before putting it in the lunch box to make sure there is water to drink with.

Tip 4: Insulated food containers and bags

Good for yoghurts, puree, meat, salads, and cheeses.

Tip 5: Air-tight bags/containers

Store fruits like apple slices to prevent browning. Salads can also be stored this way to keep fresh.

Tip 6: Layering lunchboxes

Consider using a lunchbox with layers to create barriers for food items to stay at the right temperatures.

Tip 7: Use the fridge

If the kindergarten/daycare facility has fridges provided, always put lunchboxes and/or food that needs to be refrigerated in the fridge when your children arrive at the facility.



Multicultural and Translated Lunchbox Resources

SWAP IT

This website has a variety of factsheets, resources and ideas for healthy lunchboxes that are available to download in other languages. Many resources are easy to use at home or in the classroom.

The screenshot shows the website's navigation bar with the logo 'swop it everyday in the lunchbox' and links for 'ABOUT', 'RESOURCES', 'CONTACT', 'FAQ'S', and a 'Register' button. The main heading is 'Multicultural and Translated Lunchbox Resources'. Below this, a paragraph states: 'See below a wide variety of factsheets, resources and ideas for healthy lunchboxes that are available to download in other languages. Many of the resources are easy to use at home or in the classroom.'

The resources listed are:

- The Australian Guide to Healthy Eating (includes serve information):** A two-page flyer showing the recommended proportions of each food group in the diet, what a standard serve is and how many standard serves are recommended each day for adults and children.
- Healthy Lunchboxes Posters:** Available in Arabic, Bengali, Chinese Simplified, Chinese Traditional, Hindi, and Nepali.
- Food for school:** A handout with pictures of how to pack a healthy lunchbox for school.
- Food for school videos:** 2-3 minute long videos explaining how and why to pack a healthy lunchbox in simple English. Links include: Sam's Lunchbox, How to make a school lunchbox, How to make a healthy sandwich, and Importance of healthy school lunchboxes.
- Fruit and Vegetables in Mildura booklet:** An 8-page booklet with pictures, names and phonetic spelling of vegetables commonly available in Australia.

Project Partners: SWAP IT was developed by NSW Health and the University of Newcastle in collaboration with our partners and stakeholders - including Health and Education, schools (teachers, principals), multicultural and Aboriginal Health, industry partner Audiri and parents. Implementation and scale up support provided by NSW LHDs and the following partner organisations as part of externally funded scale-up trials:

Logos for NSW Government, Government of South Australia (Preventive Health SA), Cancer Council Victoria, and health wellbeing Queensland are shown.

A disclaimer states: 'Whilst brands may be depicted in these images and videos, SWAP IT and Good For Kids has no affiliation and do not endorse any specific food brand. We do not warrant that the information we provide will meet individual health, nutritional or medical requirements, or individual school policy.'

A row of ten circular artworks is displayed, with the caption: 'Artwork: "The heart of a child" by Lara Went, Worimi Artist.'

The footer contains four sections:

- swop it everyday in the lunchbox**
- MORE INFORMATION:** SWAP IT is a free evidence-based healthy lunchbox program for primary schools. The program supports parents and carers to SWAP what is packed in their child's lunchbox from sometimes foods to everyday foods. SWAP IT was developed in conjunction with the Good For Kids, Good For Life program.
- QUICKLINKS:** Contact, Register, School Resources, Parent Resources, Aboriginal Resources, SWAP IT Schools, Privacy Policy.
- EXTERNAL LINKS:** Good For Kids, Good for kids good for life (with logo).

Thank you for using the ‘Supporting Nutrition in the Early Years - A Digital Toolkit for Educators and Families’

If you have any feedback on this toolkit, please contact the Health Promotion Team at Ballarat Community Health at healthpromotion@bchc.org.au



- Resource by Monash University Placement Team 2025