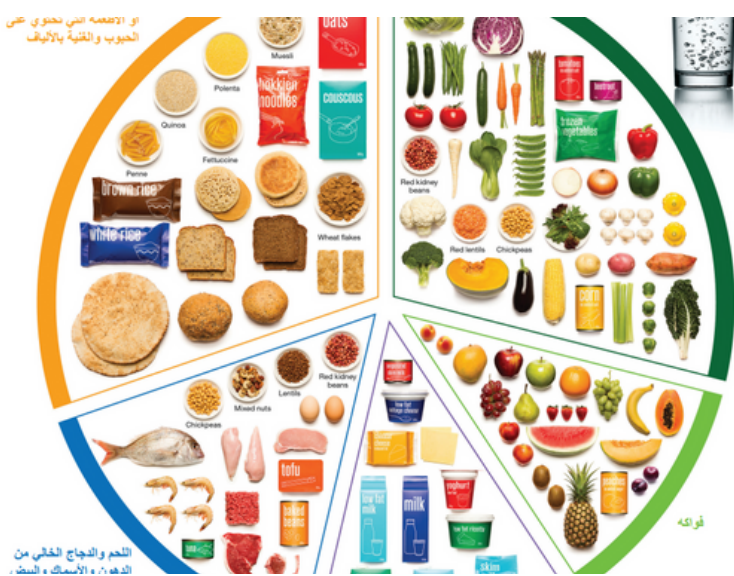


Multicultural Lunchbox Resources

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 Australian Guide to Healthy Eating:

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.

[Download Resource](#)



Healthy Lunchbox Posters:

[Arabic](#)

[Bengali](#)

[Hindi](#)

[Chinese Simplified](#)

[Chinese Traditional](#)

[Nepali](#)



Food For School

A handout with pictures of how to pack a healthy lunchbox for school.

[Download Resource](#)



Fruit and Vegetables in Mildura booklet:

An 8-page booklet with pictures, names and phonetic spelling of vegetables commonly available in Australia:

[Download Resource](#)





Food for school videos:

2-3 minute long videos explaining how and why to pack a healthy lunchbox in simple English:

- [Sam's Lunchbox](#)
- [How to make a school lunchbox](#)
- [How to make a healthy sandwich](#)
- [Importance of healthy school lunchboxes](#)



Healthy drinks handouts:

A one-page visual resource to encourage consumption of water and milk instead of other drinks. Available in Amharic, Arabic, Dari, Dinka, Farsi, French, Karen, Kirundi, Kurmanji, Somali, Sorani, Swahili, Tigrinya, and English

[Download resource](#)



Healthy Eating Video:

A 10-minute healthy eating video available in Arabic, Italian, Greek, Simplified Chinese, Vietnamese and English, which teaches about healthy eating, the five food groups, portion sizes, and tips for healthy cooking:

[Healthy eating video \(healthtranslations.vic.gov.au\)](http://healthtranslations.vic.gov.au)



Healthy Eating Guides and Food Label Guides:

This resource teaches about healthy eating and the five food groups. Available in English, Greek, Urdu and simplified Chinese:

[Nutrition Literacy Resources](#) | [Nutrition Australia](#)



Healthy living in Australia booklet:

An A4-page booklet about how to eat well, maintain good bowel health, healthy teeth and the importance of physical activity. Available in Arabic, Italian, Greek, Chin Hakha, Chinese, Dari and Karen:

[Download resources](#)





[Healthy lunches video:](#)

A short 8-minute video explaining the difference between cooking and eating meals at home versus buying meals from outside the home. It covers topics like the cost, convenience and nutrition. Filmed in Dari and available in Karen, Tibetan, Arabic and English:

[\(Arabic\) Healthy Lunches video](#)

What does a healthy snack look like?
Reaching for healthy snacks has many benefits including managing portion size, reducing the amount of added sugars, saturated fats and salts, adding wholegrains, vegetables or fruits and saving money. Choose from the five food groups and encourage children to get involved in learning how to make healthy snacks too.

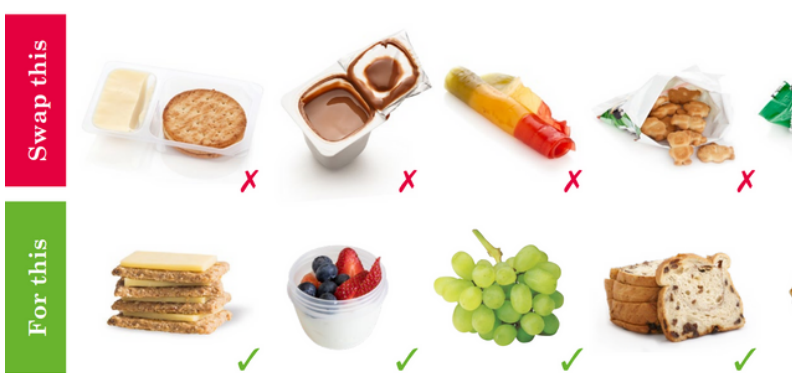


[Healthy snacks handout:](#)

A simple one-page handout of healthy snack options. Minimal text in English with the main messages shown through pictures:

[Download resource](#)

Healthy swaps!
Little tummies need little top ups. Avoid packing processed snack foods where you can as these are saturated fat and salt. Know your healthy swaps and throw in some wholesome options from the



[Healthy swaps resource:](#)

A one-page handout with pictures of everyday lunchbox swaps (minimal text and main messages shown through pictures):

[Download resource](#)



[Shopping for healthy food in Australia video:](#)

Multilingual education videos promoting healthy eating. Filmed in Arabic and available in English, Dari, Tibetan and Karen:

[Watch videos](#)

Buying fruit and vegetables

Many fresh vegetables and fruit are available all year. They usually cost less when they are in season.

Most fresh vegetables and fruit are priced 'per kilogram/per kg'. 1000grams equals 1kg.

You can buy more or less than 1 kilogram. For example:

125grams 1kg 1kg 2kgs

[Victorian Refugee Health Network](#)

Resources for buying and preparing fruits and vegetables, cooking vegetables, and ensuring food safety. Available in Amharic, Arabic, Somali, Khmer, Dari, Tigrinya, and English:

[Download resources](#)

Want tips for healthy kids?

Turn off screens & get active
Get active each day
Eat more vegetables
Choose healthy snacks

DOWNLOAD FACTSHEETS IN **9 LANGUAGES**

[Healthy lifestyle factsheets:](#)

Information on healthy eating and active living for children and families. Tips for supporting your child (0-12 years) with being active, healthy eating and screen time.

[Available to download in 9 languages.](#)

