

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.



Healthy Lunchbox Posters:

Arabic

Bengali

Hindi

Chinese Simplified

Chinese Traditional

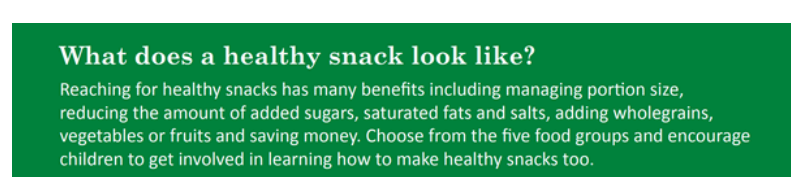
Nepali



Food For School

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

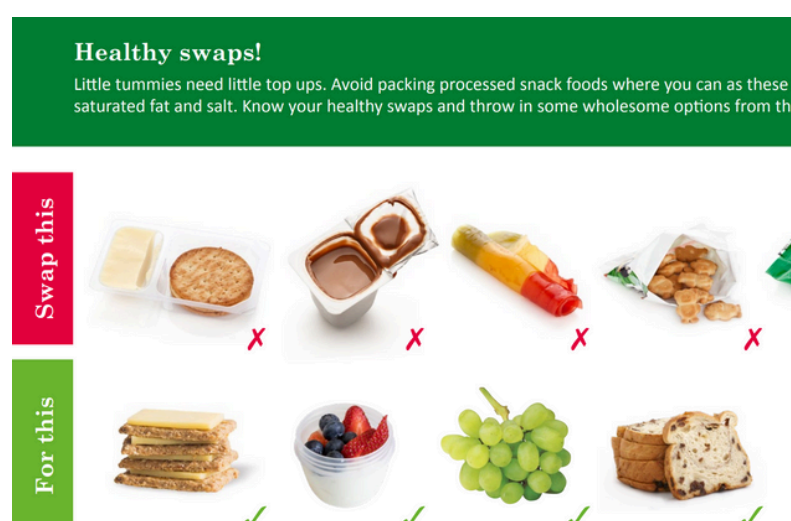
Download Resource



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 resource:

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

Download resource





Food for school videos:

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

- [Video: Sam's Lunchbox](#)
- [Video: How to make a school lunchbox](#)
- [Video: How to make a healthy sandwich](#)
- [Video: 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)



Safe Food, Safe Kitchens:

A one-page visual resource to encourage safe storage of foods. Available in Amharic, Arabic, Dari, Dinka, Farsi (Persian), French, Karen, Kirundi, Kurmanji, Somali, Sorani, Swahili and Tigrinya.

[Download Resource](#)



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](#)



[Healthy and Tasty Challenge CALD Recipe Competitions](#)

A cookbook from Chinese, Filipino, Italian, Samoan, Sri Lankan and Tongan language groups.

[View Resources](#)



[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](#)



[Refugee Health Network Queensland](#)

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](#)



[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.](#)

