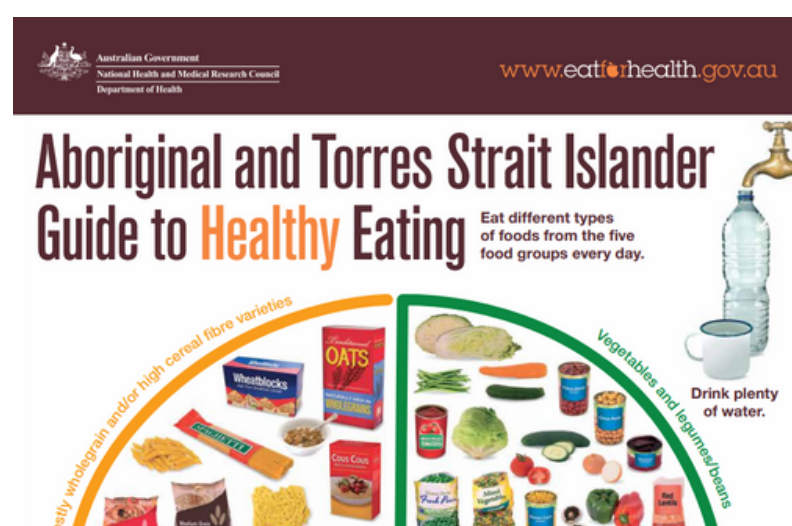




# Aboriginal-specific healthy food and lunchbox ideas



## Aboriginal and Torres Strait Islander Guide to Healthy Eating

A nutrition resource helping to educate Aboriginal and Torres Strait Islander families about choosing a balanced and healthy diet.



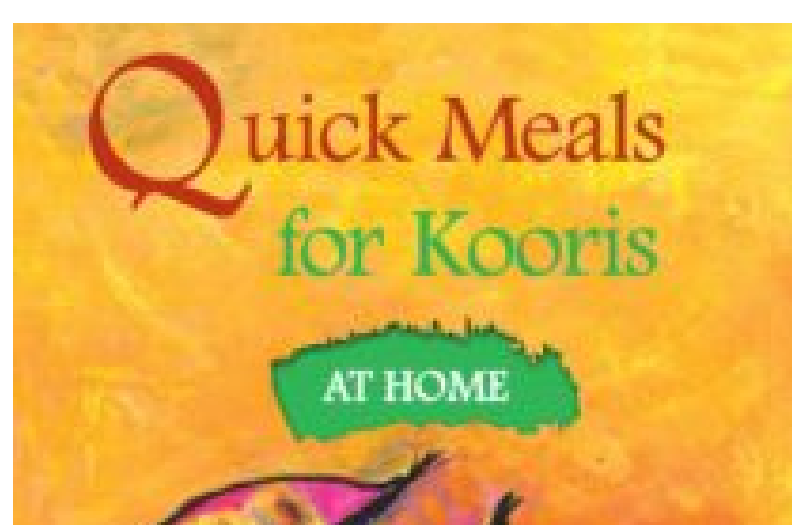
## Tucker Talk Tips 4 Kids – Healthy Lunch Box Ideas

A healthy lunchbox resource that provides useful healthy lunchbox ideas.



## Deadly Tucker Box – healthy alternatives

A resource with tips for Aboriginal & Torres Strait Islander parents to pack a healthy lunch for their pre-school and primary school aged kids.



## Quick Meals for Kooris

A hands-on food and nutrition resource developed to support healthy family food preparation at home.

Videos

Recipe book



## EON Recipe Book

Delicious and healthy recipes to use the fresh fruit and vegetables grown in your EON Edible Garden.

For more information visit [www.swapit.net.au](http://www.swapit.net.au)



Artwork: "The heart of a child" by Lara Went, Worimi Artist





## Get Up and Grow – good drinks for our kids

A booklet providing information for parents and carers of Aboriginal and Torres Strait Islander children about consuming healthy drinks.



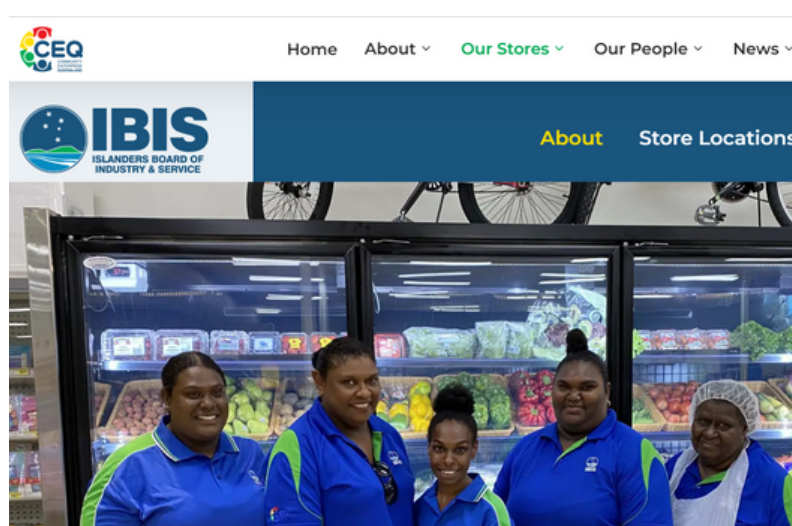
## Get Up and Grow – healthy foods for strong kids 1-5 yrs

A booklet providing information to parents and carers of Aboriginal and Torres Strait Islander children about healthy eating.



## Tucker Talk Tips 4 Kids – 2-13 yrs

A resource that provides information about what foods to choose each day for a balanced and healthy diet.



## Islanders Board of Industry and Service – The IBIS Healthy Food Program

A webpage providing education on healthy food choices and the benefits of exercise to the people of the Torres Strait and Northern Peninsula Area.



## Deadly Choices – Good Quick Tukka Recipes

A resource that provides quick and healthy Tukka recipe ideas for healthy, quick and easy meals.



## Deadly Choices – Nutrition

Nutrition resource that provides quick tips on eating the right foods to promote good health and nutrition.

For more information visit [www.swapit.net.au](http://www.swapit.net.au)



Artwork: "The heart of a child" by Lara Went, Worimi Artist





## Rethink Sugary Drinks

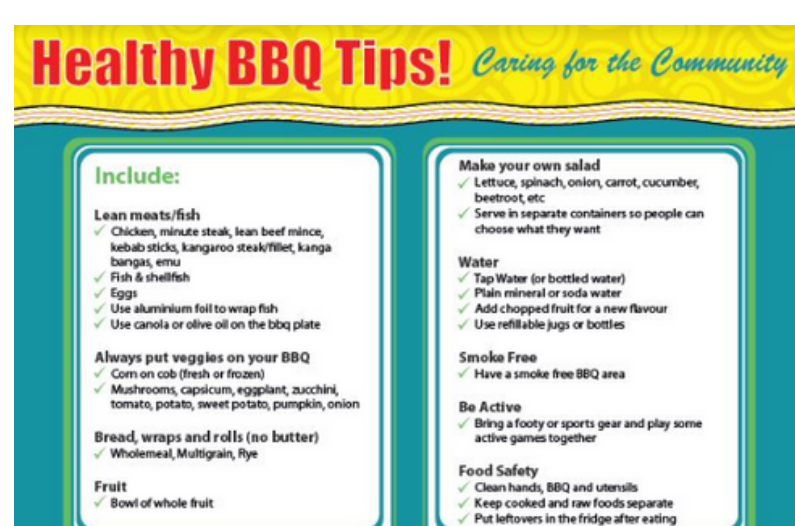
An educational resource that encourages all Australians to rethink their sugary drink consumption.

**Videos:** Victorian Aboriginal Rethink Sugary Drinks  
Sugary drinks are full of crap



## Handy Serve Sizes

A useful guide to demonstrate food portions and serving sizes, with the use of hands as comparison.



## Healthy BBQ tips

A resource that helps identify what to include and what to leave out.



## Which Way – Deadly Nutrition

Resources developed to promote healthy eating and physical activity in a culturally appropriate way within Aboriginal & Torres Strait Islander communities.



## Raising Children – Aboriginal & Torres Strait Islander parents

A resource with reliable, up-to-date and independent information for Aboriginal & Torres Strait Islander parents. Designed for busy families, full of tips and tricks on food and nutrition, breastfeeding and daily care.

For more information visit [www.swapit.net.au](http://www.swapit.net.au)



Artwork: "The heart of a child" by Lara Went, Worimi Artist