



Dear Families,

This service supports the following Healthy Eating programs:

- The National Australian Dietary Guidelines
- NSW Ministry of Health *Munch & Move* Program
- Hunter New England Local Health District *Good for Kids* Program



We will support families to pack healthy lunchboxes by:

- Encouraging vegetables in lunch boxes
- Providing guidance for healthy foods to pack and foods best left for treats at home
- Communicating with parents regularly to discuss healthier lunchbox alternatives (this may be a conversation or a lunchbox note for foods that do not meet the recommended guidelines)
- Linking healthy lunchboxes to learning about good nutrition
- Providing resources to assist families to make healthier choices for packaged foods

We look forward to working together to support your child to develop healthy habits for life.