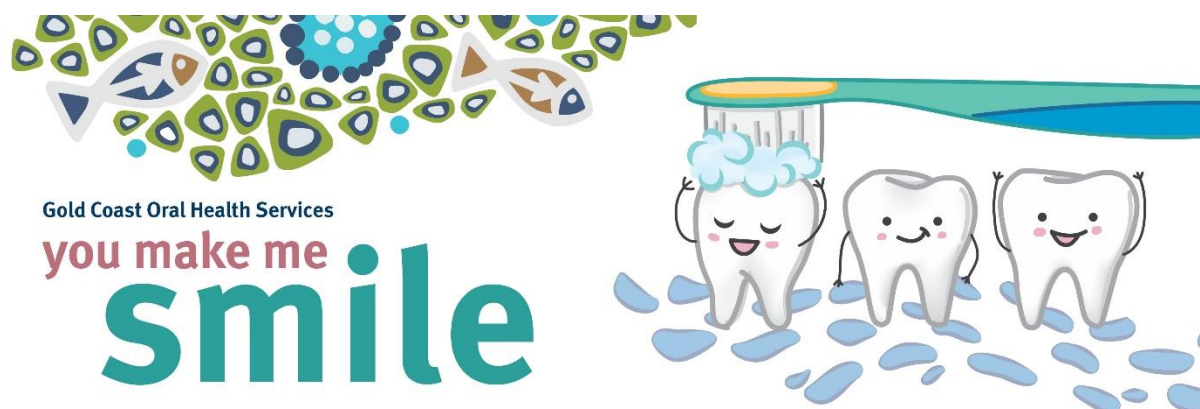


Internal email message for teachers:



Teacher resources

Take your class on a Healthy Lunchbox Week adventure!

Each adventure includes five pit stops to help the class complete their lunchbox journey by the end of the week.

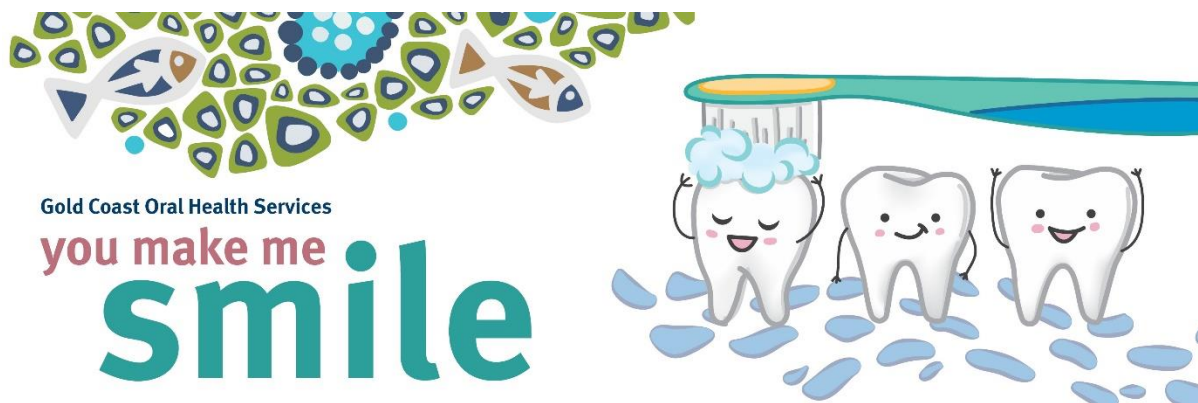
Gold Coast Oral Health Service are encouraging teachers to utilise the resources on www.HealthyLunchboxWeek.org.au to encourage healthier food choices which helps students have healthier teeth and bodies.

The Healthy Lunchbox Week teacher resources have been developed by Accredited Practising Dietitians from Nutrition Australia ACT with advice from early childhood and primary school teachers. The intention of the adventure activities is for children to have positive exposure and engagement with healthy food and drink that could be applied to their own lunchboxes. It is not intended for teachers to judge or rate children's lunchboxes nor for children to compare their own lunchbox contents among their peers.

Teachers are encouraged to adapt these activities to suit their students and classes.

Each classroom adventure kit contains teacher notes, activity templates, pictorial guides, adventure planning map and class certificate of completion. To access these free resources simply complete the [registration form](#) below.

School Newsletter article:



Gold Coast Oral Health Service is supporting #HealthyLunchboxWeek by encouraging families to get set for a year of healthy lunchboxes.

If you are looking for fresh ideas visit www.healthy lunchbox week.org.au for recipes, tips, hacks and inspiration.

Book your child's free dental check-up and learn the benefits of healthy food choices for healthy mouths and bodies.

Book an appointment on **1300 300 850**.



HEALTHY LUNCHBOX WEEK

5-11 February 2023

www.healthy lunchbox week.org.au



School Facebook Post:



WE ❤️ HEALTHY LUNCHBOXES as does Gold Coast Oral Health Service.

Book your child's free dental check-up and get tips on how healthy lunchboxes help kids have healthy teeth.

Contact **1300 300 850** to book a free dental check-up today.



**WE ♥
HEALTHY
LUNCHBOX
WEEK**

5-11 February 2023

www.healthylunchboxweek.org

 **Nutrition
Australia**

