



Eat the rainbow!

- Choose a variety of colourful fruit and veg everyday.
- A colourful diet provides children with various vitamins and minerals that fuel their body – [learn more](#).

More information: www.healthy-kids.com.au





Time-saving lunches

- Use leftover from dinner or bulk foods that freeze well.
- Have healthy lunchbox fillers for last-minute lunches.
- For some [quick & easy lunchbox friendly recipes](#) search 'healthy snacks' at healthylunchbox.com.au.





Health Star Rating

- The Healthy School Canteen Strategy uses the Health Star Rating, you can too!
- Choose the highest rating on similar packaged products.

More information: www.healthstarrating.gov.au





Crunch&Sip®

- Make Crunch&Sip® fun by packing vegetables with different textures
- Try crunchy carrots, juicy tomatoes or crispy capsicum!

More information: www.crunchandsip.com.au





Crunch&Sip[®] Tip

- Worms love Crunch&Sip[®] leftovers, but not the sticker!
- Remember to peel the plastic sticker and put it in the soft plastic recycling not the compost.

More ideas on what to pack for Crunch&Sip[®] visit: www.crunchandsip.com.au





Activity & learning

- Being active each day helps children focus and learn.
- Aim for 60mins/day of activity that makes them ‘huff and puff’ - [Keeping Kids Active resource](#) is here to help.

More information: Search ‘Keeping Kids Active’ at nshealthpromotion.com.au





Screen time & sleep

- Screen time can impact sleep quality and duration.
- Avoid screens 1hr before bed and keep screens out of the bedroom — for more [information and tips](#) search ‘screen time’ at raisingchildren.net.au





Walk Safely to School

- On Friday 20 May 2022 join this community event to promote active travel and safe pedestrian behaviour.
- For how to get involved visit [Walk Safely to School Day](https://www.walk.com.au/WSTSD/)

More information: www.walk.com.au/WSTSD/



CELEBRATE NAIDOC WEEK



- Connect with Country and get outdoors with your family.
- Try the Aboriginal Heritage Walk in Ku-ring-gai Chase National Park or Washtub Gully near Berowra Waters

More information: www.naidoc.org.au and www.nationalparks.nsw.gov.au





Let's Go4Fun!

- Go4Fun is a FREE 10-week program to support your family to make healthy lifestyle changes.
- To register visit www.go4fun.com.au/register





Free Dental Service

- Children with tooth decay can have trouble eating, sleeping and concentrating at school.
- Access a [FREE dental services for children](#).

More information: Search 'Oral Health' at nslhd.health.nsw.gov.au

