Healthy lunchboxes

The Department of Health and Human Services has created the Pick & Mix 1 – 6 poster that provides families with a range of ideas and practical tips to help create healthy lunchboxes for children. The message is simple: in order to create a healthy lunchbox, simply pick something from each group 1 – 6. This poster serves as a great resource for families to have stuck on the fridge when making school lunches.

To download the poster please visit: http://heas.healthtogether.vic.gov.au/schools/healthy-lunchboxes

Students with younger siblings

BCH Dietitians are offering a Hungry Caterpillars Fussy Eating Group for families where children have a limited selection of foods and this is causing stress at mealtimes.

The group is geared towards 3-6 year olds together with their parent/caregiver.

For more information please see the attached flyer, here. Please pass this flyer on to families with young children.
Numbers you might need to support student mental health

Kids Help Line: 1800 55 1800
Lifeline: 13 11 14
Beyondblue: 1300 22 4636

Referral Services – Looking for support but not sure where to start? Try these numbers:

Banyule Community Health: 9450 2000
Banyule Support & Information Centre: 9459 5959