

MEDIA RELEASE



**Grains &
Legumes
Nutrition
Council**

Cultivating Good Health

HEALTH EXPERTS CALL FOR PARENTS TO BRING BACK THE SANDWICH

19 January 2018

- Nutrition Australia is thrilled to announce the launch of Healthy Lunchbox Week (January 22-29, 2018) alongside its major supporter the Grains & Legumes Nutrition Council.
- With more than 200 lunchboxes made yearly for a school-aged child, the week will support parents in making healthy lunches with simple recipes, downloadable resources, and a free webinar.
- The two health promotion charities are encouraging parents to 'bring back the sandwich,' to maximise nutrition, but keep 'lunchbox stress' to a minimum.

With Australian families gearing up for another school year, Nutrition Australia, in collaboration with the Grains & Legumes Nutrition Council (GLNC), are easing the stress of school lunches, with the newly launched Healthy Lunchbox Week campaign (January 22-29, 2018).

Parents on average make around 200 lunches for each of their primary-aged kids each year, so the pressure linked with creating nutritious, tasty lunchboxes is understandable. Healthy Lunchbox Week will arm parents with the know-how to tackle school lunches, offering simple, nourishing recipes, downloadable resources, and a free lunchbox webinar.

Leanne Elliston, Nutrition Australia Spokesperson said, "Healthy school lunches are crucial for kids, so they can thrive and achieve their full potential."

"Kids eat around a third of their daily food at school, so what goes in the lunchbox matters, but preparing them can be a source of stress and frustration for parents," said Elliston, a mother of two.

A key focus of Healthy Lunchbox Week is keeping things simple, which is highlighted in a free webinar created by GLNC and available on [Nutrition Australia's website](#) from Wednesday 24 January, titled 'Bring Back the Sandwich.'

Felicity Curtain, Nutrition Manager with GLNC said, "Bread is a valuable food for growing kids.

Grain foods like bread are the main source of seven key nutrients in Australian kids' diets, including fibre, B vitamins, and iron, and it's a great vehicle for other healthy foods, so you can feel good about packing a humble sandwich in your kid's lunchbox."

Elliston's golden rule for keeping lunchboxes stress-free is involving the kids.

"There is nothing more frustrating than an uneaten lunch coming home. Involving kids in the planning, shopping, and preparation stages is a great way to spur their interest in food, and means they're more likely to take ownership and enjoy their lunch."

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Background:

Healthy Lunchbox Week is an initiative of Nutrition Australia that aims to support and inspire parents to pack stress free healthy lunchboxes for their children.

About Nutrition Australia:

Nutrition Australia is a registered charity that aims to inspire healthy eating for all Australians.

Visit the [Nutrition Australia website](http://www.nutritionaustralia.org) for recipes, nutrition information and to learn how to become a member. Connect with NA on Twitter and Facebook via **@NutritionAustralia**

About the Grains & Legumes Nutrition Council (GLNC):

As the independent authority on the nutrition and health benefits of grains and legumes, GLNC's mission is to promote grains and legumes nutrition as part of a balanced diet through evidence-based information cultivating good health.

Visit the [GLNC Website](http://www.glnc.org.au) for recipes, factsheets and up-to-date information on the latest evidence around grains and legumes, and connect with GLNC on Facebook, Twitter and Instagram via **@GrainsLegumesNC**