

# Food safety & healthy lunchbox ideas for you and your family



A resource booklet for men and their families  
about food safety and healthy lunchboxes



NSW Refugee  
Health Service  
NSW HEALTH



*everyone's family*

This booklet was developed by Uniting Care Burnside, NSW Refugee Health Service and The Smith Family,  
as part of Fairfield Communities for Children, supported by the Australian Government

## **Introduction**

‘Food Safety & Healthy Lunchbox Ideas for you and your family’ was developed as part of the Fairfield Communities for Children Initiative (C4C). In 2008, Fairfield C4C Community Partners ‘NSW Refugee Health Service’ and ‘Uniting Care Burnside’ together with Fairfield C4C Facilitating Partner ‘The Smith Family’ came together to develop a nutrition resource just for fathers.

It was identified during work being undertaken as part of C4C and then through more specific consultations with the community that Father’s were yearning for information about food safety and healthy lunchbox ideas. So the C4C Partners worked to put together a resource to meet this need.

Residents of Fairfield LGA come from over 200 countries, making it a community rich in cultural diversity. Over half of all residents were born overseas, and most were born in a Non-English Speaking Country. Fairfield LGA has more people who speak a language other than English at home than any other Australian LGA, therefore this meant that the resource needed to be appropriate across diversely different cultures.

The resource aims to provide a diverse range of Fathers with valuable information, but also to help Fathers to interact with their children and their peers about this information.

## **Acknowledgements**

### **Resource Working Group**

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*NSW Refugee Health Service*

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*The Smith Family/Fairfield C4C*

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*Student Dietitians*  
*NSW Refugee Health Service*

*Uniting Care Burnside Bilingual Group Facilitators*  
*NSW Refugee Health Bilingual Community Educators*

## **Information**

For more information about this resource please contact:

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Uniting Care Burnside on (02) 9781 3333

### ***A note on copyright...***

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# Food Safety

It is important to keep your food safe from bacteria and germs so you and your family do not get sick. You can keep your food safe by making sure you store, handle and prepare food properly.

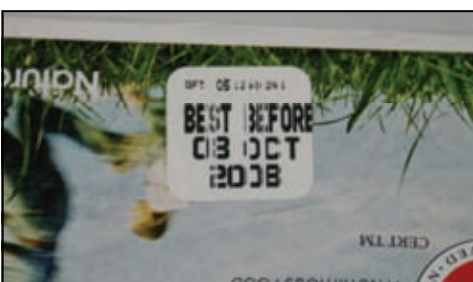
Wash hands with soap before touching food



Wash knives, forks, spoons and chopping boards with soap between preparing different foods.

## Use by date

Do NOT eat food after the use-by date



Try to eat food before the best before date.



# Vegetables

Store fresh vegetables in the fridge.

Wash vegetables before you eat or cook them.



Vegetable Storage			
	Cupboard	Fridge	Freezer
Most vegetables		5-7 days	
Canned vegetables	Up to 1 year		
Frozen vegetables			8 months

Do NOT eat vegetables if they have gone bad



# Fruit

Wash fruit before you eat it



Fruit Storage			
	Cupboard	Fridge	Freezer
Fresh fruit	3-7 days	5-7 days	
Berries		3 days	
Melons	3-7 days		
Canned fruit	1 year		
Dried fruit (unopened)	6 months		
Frozen fruit			8 months

Do NOT eat fruit if it has gone bad



# Meat and Fish

Take meat out of the store pack and put into a plastic container or freezer bag.

Store meat in the fridge or freezer.



## Meat Storage

	Cupboard	Fridge	Freezer
<b>Red meats</b>			
Meat e.g. beef, lamb, pork		3 days	4-12 months
Minced meat		1 day	3-4 months
Lunch meat (e.g ham, salami)		7-14 days	1 month
<b>Chicken</b>			
Uncooked Chicken		1 day	12 months
Cooked Chicken		3 days	
<b>Fish</b>			
Fresh fish		1-2 days	
Frozen fresh fish			3-6 months
Canned fish	1 year	1-2 days	

Defrost frozen meat in the fridge



# Dairy

Store milk products in the fridge.

Do NOT eat milk foods if they are sour.



## Milk product Storage

	Cupboard	Fridge	Freezer
Fresh milk		8-20 days	
Dry powdered milk	Up to 1 year		
Long life milk	1-2 years		
Ice cream			2 months

# Bread

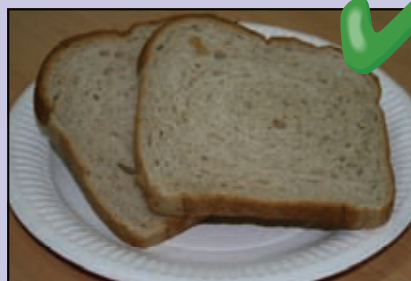


Bread can be stored in the cupboard, fridge or freezer.

## Bread Storage

	Cupboard	Fridge	Freezer
Breads	5-7 days	7-14 days	2-3 months
Pastry with cream or egg		3 days	

Do NOT eat bread if it is mouldy or has blue or green spots





# Eggs

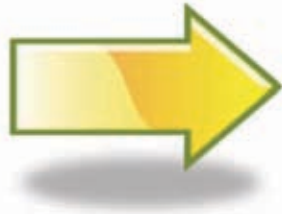


Make sure eggs are not cracked before buying.  
Store in their carton and in the fridge.

## Egg Storage

	Cupboard	Fridge
Raw eggs		4-5 weeks past packing date
Boiled eggs		5 days

# Leftovers



Hot food should be put in the refrigerator as soon as it has stopped steaming.

Place it in a covered container and allow to cool in the refrigerator.

If you have left food out for more than 2 hours after cooking throw it away.

# Lunchbox safety

Use an insulated lunchbox or bag

Put a frozen ice block or frozen drink in the lunchbox

Freeze sandwiches the night before

Chill cooked food in the fridge before packing in the lunchbox

Make kids wash their hands before eating and after the toilet or playing with pets



# Food for lunchbox

## FRUIT

### ✓ Best choices

Fresh or tinned fruit

### ✗ Best left out

Dried fruit bars and 'straps'

## VEGETABLES

### ✓ Best choices

All salad and cooked vegetables

### ✗ Best left out

Chips and packets of potato & 

## DAIRY FOOD

### ✓ Best choices

Cheese slices, cubes or sticks

Yoghurt - natural or fruit yoghurt

Milk - cows milk or calcium enriched soy /rice milk

### ✗ Best left out

'Dairy desserts'

## PROTEIN FOOD

### ✓ Best choices

- Egg or cheese - low fat
- Canned fish such as sardines, tuna and salmon
- Sliced cold meats such as ham, roast beef, ham
- Bean and lentil

### ✗ Best left out

Fatty meats such as salami and devon

## STARCHY FOOD

### ✓ Best choices

- Bread (best wholegrain)
- Rice, pasta, noodles

### ✗ Best left out

- Oven baked' savory biscuits
- Donuts and cakes

## DRINKS

### ✓ Best choices

- Water
- Milk (low fat)

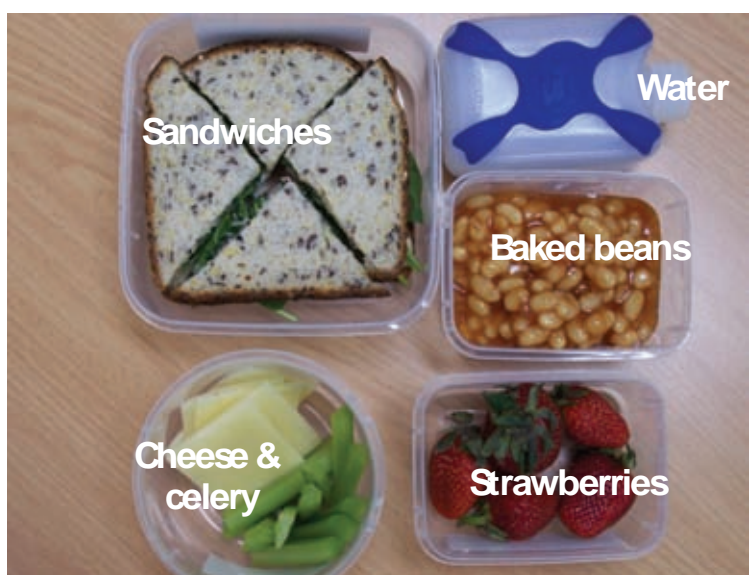
### ✗ Best left out

- Sweet drinks
- Cordials
- Fizzy drinks

Note: Some children can have severe allergies to certain foods, such as nuts, even when eaten by another child. You can ask at your school's office whether any foods are discouraged at your child's school.



# Healthy lunchbox ideas



Note: Some children can have severe allergies to certain foods, such as nuts, even when eaten by another child. You can ask at your school's office whether any foods are discouraged at your child's school.



# Activities with your kids

## Get your Children involved in hand washing

Sing this song to the tune of row, row, row your boat:

*Wash, wash wash your hands  
Wash them everyday  
Tops and bottoms and in between  
To keep the germs away!*

You can teach them the "in between" is between each finger..... where the germs like to hide.



## Make a lunchbox with your kid

# Food Colouring Activities



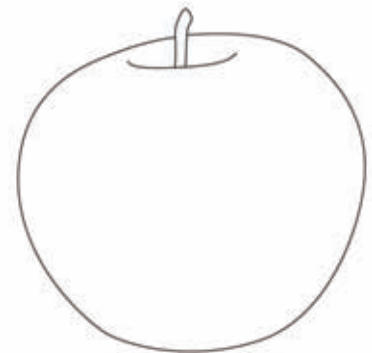
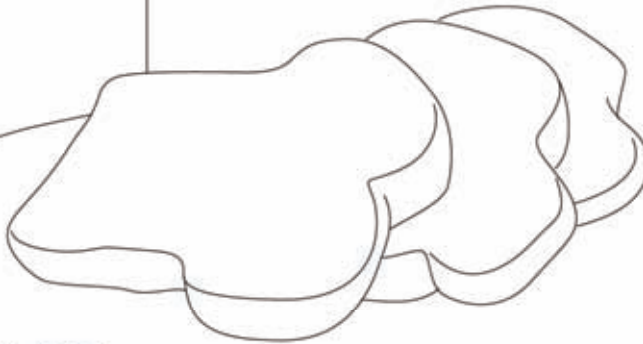
BROCCOLI



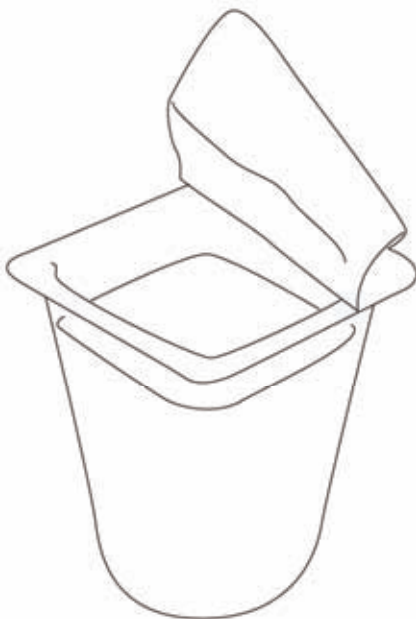
STRAWBERRY



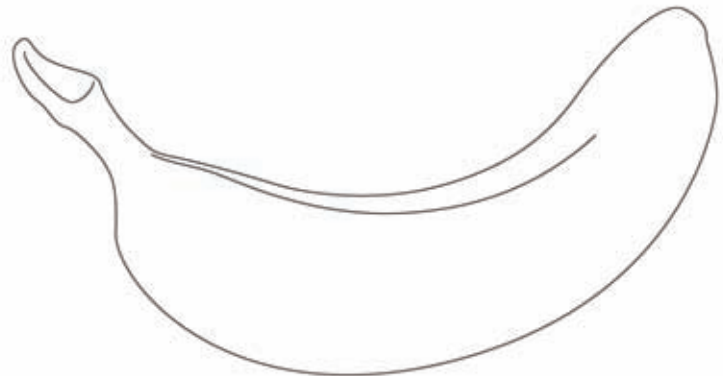
BREAD



APPLE



YOGHURT



BANANA



POTATO



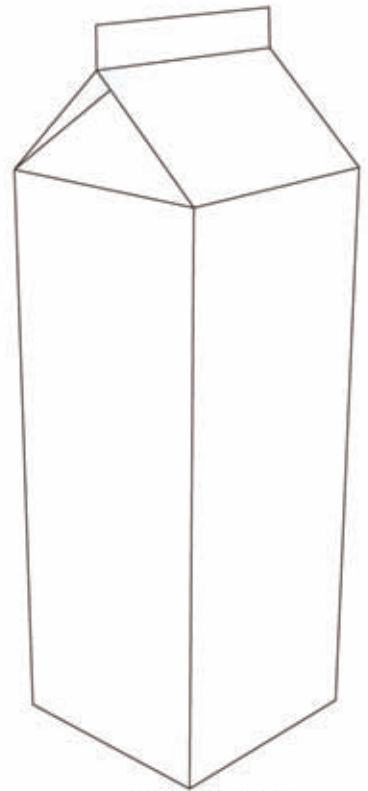
NUTS



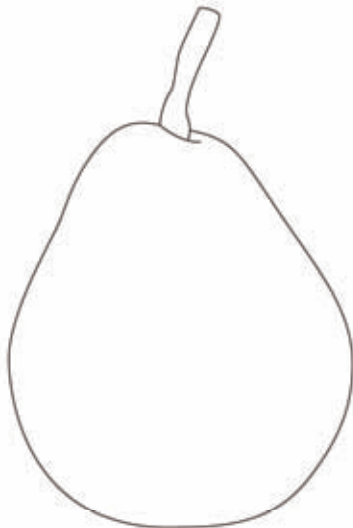
**TOMATO**



**PINEAPPLE**



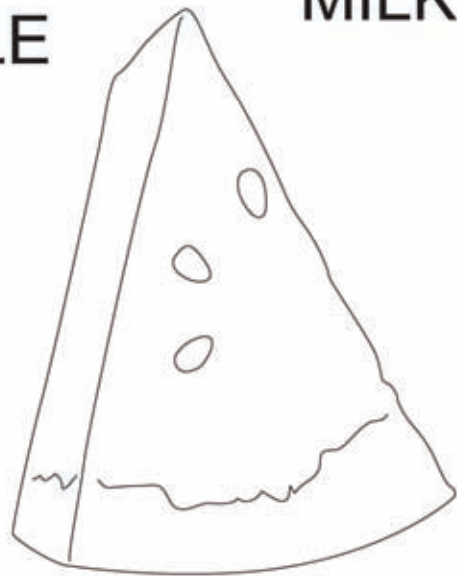
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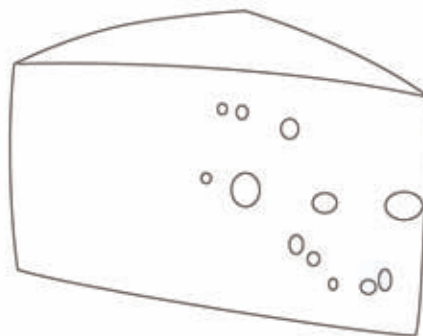
**PEAR**



**CELERY**



**WATER MELON**



**CHEESE**





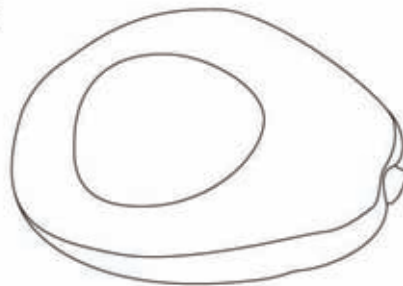
LETTUCE



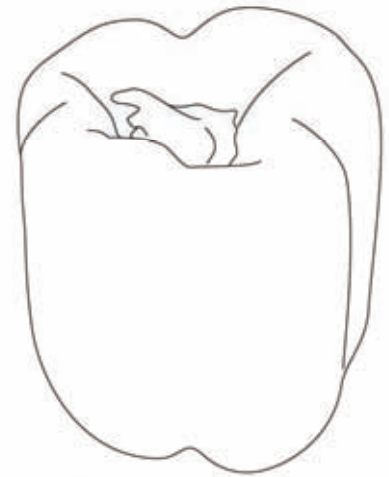
CORN



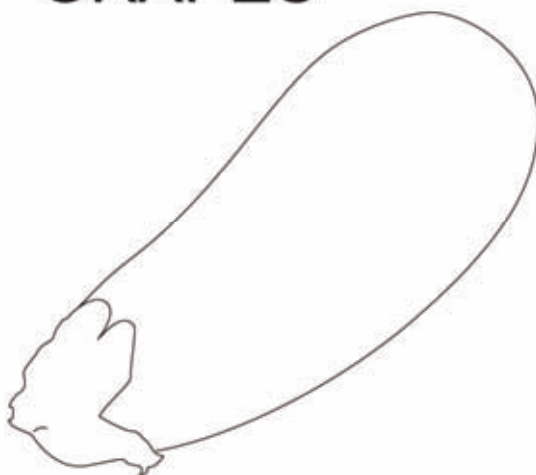
GRAPES



AVOCADO



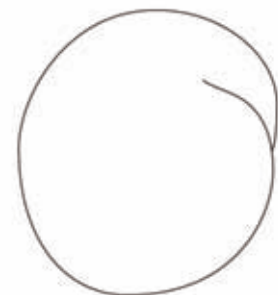
CAPSICUM



EGGPLANT



CARROT

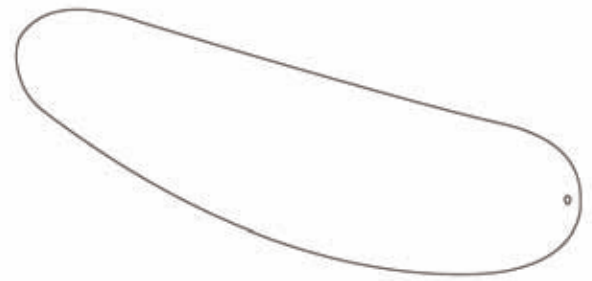


NECTARINE

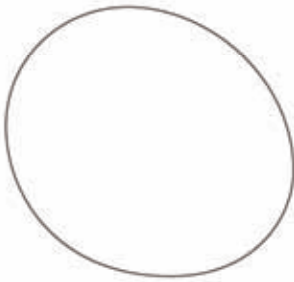




**BEETROOT**



**CUCUMBER**



**EGG**



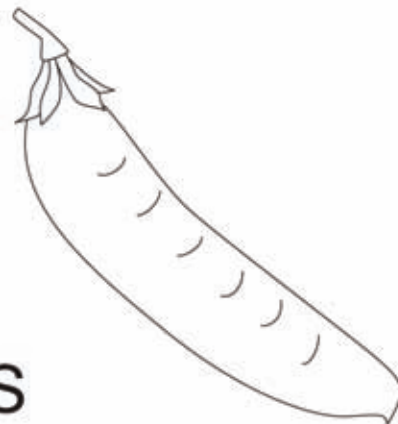
**SPINACH**



**ORANGE**



**ASPARAGUS**



**SNOW PEAS**



**PUMPKIN**