

Design your FAVOURITE lunchbox!



WITH

2 FRUITS

5 VEGETABLES

A large, thick black outline of a lunchbox. The lunchbox is divided into five empty rectangular compartments: a large one on the top left, a smaller one on the top right, and three smaller ones on the bottom row (two on the left and one on the right).

Bendigo
Community
Health
Services



Name.....

Age.....

Kinder/School.....

National Lunchbox Week competition

National Lunchbox Week aims to inspire Australian families to create enjoyable and nourishing lunchbox meals.

The week helps families, schools and early childhood settings by:

- Inspiring practical lunchbox ideas and recipes
- Supporting positive lunchbox experiences for children
- Embracing the diversity of lunchboxes
- Promoting supportive, judgment-free conversations around food.

The BCHS Health Promotion team is encouraging children to design their favourite lunchbox snacks for a whole day of eating, making sure to include the recommended 2 fruits and 5 vegetables!

- Kindergarten aged children (3+ years) and primary school children (6-12 years) are eligible to enter.
- Entries open Monday, 10th February, and close 5pm, Monday, 3rd March.
- Entries will be judged on the best looking artwork and total number of different colourful fruits & vegetables.
- Winners will be contacted following the cut off date.



To enter, simply submit a copy (either a photo or scan) of your completed pictures to healthpromotion@bchs.com.au