

# EORA HEALTH MESSENGER

AUTUMN 2026



## INTRODUCING **SHANE DYNEVOR**

**BABANA  
COMMUNITY DAY**

**SAFETALK  
AND ASIST**

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**phn**  
CENTRAL AND  
EASTERN SYDNEY

An Australian Government Initiative

Welcome to the  
**Summer edition**  
of the **Eora Health  
Messenger**.  
I am pleased to be  
sharing an update  
on CESPHN's work.



**MARIAM FARAJ**  
General Manager of Clinical Services

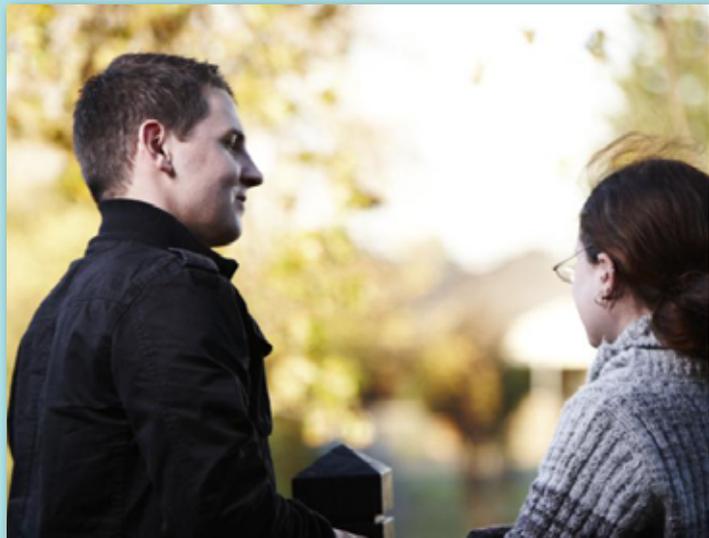
## Integrated Mental Health Hubs

CESPHN has commissioned two new **Help aHead mental health hubs**.

One Door Mental Health will operate the Inner South hub, and Grand Pacific Health will run the Sutherland hub.

**Opening in mid-2026**, the hubs will provide a single, community-based entry point for adults needing mental health, physical health and psychosocial support. Each hub will host multidisciplinary teams offering both clinical and non-clinical supports, including psychological therapies, psychosocial programs and physical health care.

**Help aHead** will deliver trauma-informed, culturally safe and recovery-focused care. The model was co-designed with people with lived experience, GPs, service providers and local health districts to promote hope, connection and empowerment.



## Bondi mental health support package

Following the Australian Government's announcement of the Bondi Mental Health Support Package, CESPHN has received funding to commission a range of services help our community recover. The PHN has moved quickly to put these supports in place.

A Medicare Mental Health Centre was established in Bondi, which opened on 27 January. The Centre is located at JNC at 59 Newland Street, Bondi Junction NSW 2022. The centre offers free, confidential support for anyone in the community, with no referral or appointment required. People can receive support by visiting the centre in person or by calling the national Medicare Mental Health phone line **1800 595 212** for advice and connection to appropriate services.

headspace Bondi Junction has received funding to expand clinical services and extend its operating hours. **From March 2026**, hours will gradually increase to **8.30 am – 7.30 pm Monday to Friday** and **8.30 am – 1.00 pm on Saturdays**. A peer support service, modelled on the **St George Safe Haven**, will also operate **from 6.00 pm – 9.30 pm seven days a week**. Full extended hours will be in place **by 30 June 2026** and continue **until 30 June 2027**.

CESPHN has increased psychological therapy capacity through the [\*\*Psychological Support Service\*\*](#).

CESPHN has also been working with the Department of Health, Disability and Ageing and PHNs around Australia to coordinate funding and ensure Jewish communities receive the help they need. NSW PHNs have agreed that CESPHN will directly fund [\*\*Jewish Care\*\*](#) and [\*\*Jewish House\*\*](#), with additional grants available for other Jewish community organisations across the state.

Contact Jewish Care on **1300 133 660** for support. Contact Jewish House's 24/7 crisis line on **1300 544 357** for urgent support or **02 9386 0770** for general enquiries.



# Calendar of Significant Aboriginal Dates

26 JANUARY

## Survival Day

On 26 January 1788, Captain Arthur Phillip claimed possession of New South Wales and raised the British flag at Sydney Cove. In 1946, this date was officially marked as "Australia Day." However, for many Aboriginal and Torres Strait Islander peoples, it is recognised as "Invasion Day," symbolising the colonisation and dispossession of First Nations peoples. Others observe it as a "Day of Mourning," reflecting on Australia's violent colonial history. "Survival Day" highlights the resilience of First Nations peoples and the enduring strength of their cultures despite the ongoing impacts of colonisation.

13 FEBRUARY

## Anniversary of National Apology Day

On 13 February 2008, Prime Minister Kevin Rudd delivered a formal apology on behalf of the Federal Government to the Stolen Generations. This historic apology acknowledged the forcible removal of Aboriginal and Torres Strait Islander children from their families, which caused deep intergenerational trauma. It remains a pivotal moment in Australia's reconciliation journey.

MARCH

## National Close the Gap Day

Observed on the third Thursday of March, National Close the Gap Day raises awareness of health inequalities faced by Aboriginal and Torres Strait Islander peoples. It advocates for improvements in healthcare, education, employment, and wellbeing to reduce the life expectancy gap between First Nations and non-Indigenous Australians, highlighting the urgent need for systemic change.

21 MARCH

## Harmony Day

Harmony Day celebrates Australia's cultural diversity, promoting inclusivity, respect, and belonging for everyone who calls Australia home. Established in 1999, the day encourages appreciation for the contributions of multicultural communities and fosters national unity.

5 APRIL

## Bringing Them Home Report

On 5 April 1997, the Bringing Them Home report was tabled in Parliament. This landmark document detailed the devastating impact of the Stolen Generations on Aboriginal and Torres Strait Islander peoples. It shared their stories of pain and resilience and called for government action to address the intergenerational trauma caused by these policies.

26 MAY

## National Sorry Day

National Sorry Day, first observed in 1998, acknowledges the impact of policies that forcibly removed Aboriginal and Torres Strait Islander children from their families. Stemming from a recommendation in the Bringing Them Home report, the day is an opportunity for reflection, healing, and a commitment to reconciliation.

27 MAY

## Anniversary of the 1967 Referendum

On 27 May 1967, over 90% of Australians voted "yes" in a historic referendum to amend the Constitution. This change recognised Aboriginal and Torres Strait Islander peoples in the census and empowered the Federal Government to make policies addressing systemic inequalities. For many, it marked a critical step toward equity and inclusion.

27 MAY – 3 JUNE

## National Reconciliation Week

National Reconciliation Week is framed by two key milestones: the 1967 Referendum (27 May) and the High Court's Mabo decision (3 June). The week encourages all Australians to reflect on the shared histories and ongoing journey towards reconciliation, fostering understanding and unity.

3 JUNE

## Mabo Day

Mabo Day commemorates Eddie "Koiki" Mabo's landmark victory in the High Court in 1992, which recognised Native Title rights and overturned the false doctrine of terra nullius. This decision acknowledged Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the land and remains a defining moment in Australia's history.



**1 JULY**

### Coming of the Light

Coming of the Light marks the arrival of the London Missionary Society in the Torres Strait in 1871, which introduced Christianity to the region. Torres Strait Islander peoples celebrate this day with hymns, feasts, and gatherings, reflecting its cultural and spiritual significance.

**MID-JULY**

### National NAIDOC Week

Held in the first full week of July, NAIDOC Week celebrates the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. It is an opportunity for all Australians to engage with local events, learn about First Nations cultures, and honour the contributions of First Nations communities to the nation.

**4 AUGUST**

### National Aboriginal and Torres Strait Islander Children's Day

National Aboriginal and Torres Strait Islander Children's Day celebrates the strength and culture of First Nations children. The date was historically used to mark the birthdays of Stolen Generations children who did not know their birthdates, symbolising resilience and hope for the future.

**9 AUGUST**

### UN International Day of the World's Indigenous Peoples

Celebrated internationally, this day acknowledges the contributions of Indigenous peoples to the world's cultural and environmental heritage. It raises awareness of the challenges faced by Indigenous communities globally, including discrimination, poverty, and human rights violations, while celebrating their enduring resilience and achievements.

**4 SEPTEMBER**

### Indigenous Literacy Day

Indigenous Literacy Day promotes equal access to literacy resources for Aboriginal and Torres Strait Islander peoples in remote communities. The day also celebrates and advocates for the preservation of Indigenous languages, ensuring cultural knowledge is passed down to future generations.

**13 SEPTEMBER**

### Anniversary of the UN Declaration on the Rights of Indigenous Peoples

Adopted by the United Nations General Assembly in 2007, the Declaration on the Rights of Indigenous Peoples (UNDRIP) outlines a framework for recognising and protecting the rights of Indigenous peoples globally. It emphasises self-determination, cultural preservation, and the importance of eliminating discrimination.

**4-7 OCTOBER**

### NSW Koori Knockout

The NSW Koori Knockout, held annually over the October long weekend, is one of the largest gatherings of Aboriginal peoples in Australia. Established in 1971, this grassroots rugby league tournament brings together hundreds of teams from across the state, celebrating community, culture, and sporting excellence. The event is a significant occasion for fostering connections and showcasing First Nations talent on and off the field.

**26 OCTOBER**

### Uluru Returned

On 26 October 1985, Uluru was officially returned to the Anangu people, its Traditional Owners, by the Australian Government. This landmark moment acknowledged the deep cultural and spiritual significance of Uluru to the Anangu. The handback remains a symbol of Indigenous land rights and cultural recognition. Today, Uluru stands as a powerful icon of First Nations resilience and connection to Country.

# YARNUP

[www.yarnup.com.au](http://www.yarnup.com.au)



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# INTRODUCING SHANE DYNEVOR





**It is a privilege to introduce Shane Dynevor, a proud Aboriginal man from the Kullilli and Wakka Wakka nation** who has started a new role at Sydney Local Health District as an Aboriginal Outreach Worker with the Aboriginal Chronic Care Team.

Shane recently moved from Cherbourg, Queensland to Sydney to start in his new role in Sydney Local Health District. The Aboriginal Chronic Care team are based at Redfern Community Health Centre and provide culturally appropriate and effective support to Aboriginal and Torres Strait Islander people across the district. Shane is as one of two Aboriginal Outreach Workers who visit people at home, support them at hospital and specialist appointments, provide support to access the right equipment and liaise with the GP. This approach aims to enhance the management of chronic health conditions by providing cultural support and increasing access to specialist services in a co-ordinated manner.

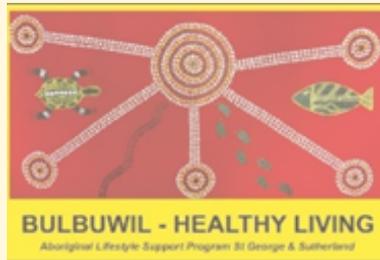
Having worked at both Cherbourg Regional Aboriginal Islander Community Controlled Health Service and Queensland Indigenous Health STaY, Shane brings a wealth of experience to the team and the community.

**Content provided by Shane Dynevor, SLHD Aboriginal Outreach Worker with the Aboriginal Chronic Care Team**





**Brien Holden  
FOUNDATION**



# FREE EYE TESTS

**For Aboriginal and Torres Strait Islander people**

- Having trouble reading or watching TV?
- Getting headaches or tired eyes?
- Have sore or watery eyes?
- Due for your yearly eye test?

**MONDAY 16<sup>TH</sup> FEBRUARY**

**MONDAY 20<sup>TH</sup> APRIL**

**MONDAY 15<sup>TH</sup> JUNE**



*Aunty Annette Webb and Gonzalo Jacome*

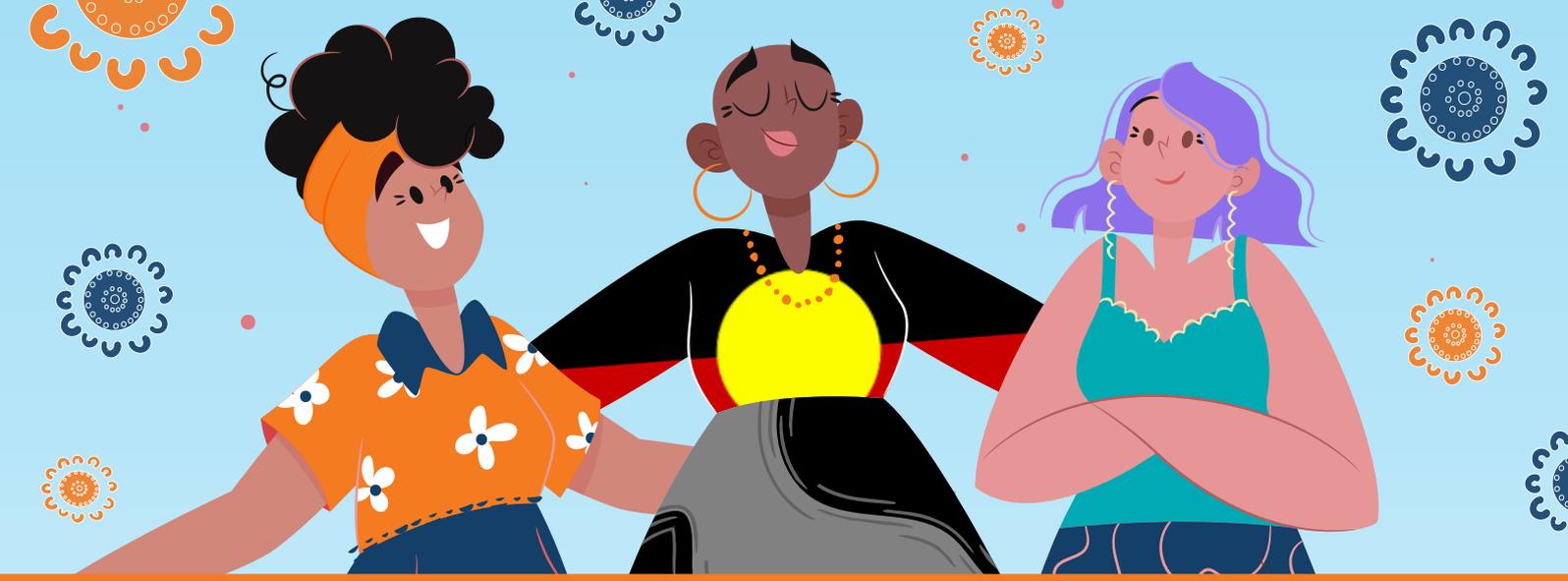
**TO BOOK A SPOT  
GIVE US A CALL**

p: 9540 8181

**HealthOne Sutherland  
126 Kareena Road  
Miranda**

**\*Free Glasses  
Available**

\*Single lens and  
bifocals only



# THE HEALTH & WELLBEING WOMEN'S GROUP

**The Health & Wellbeing Women's Group continues to play an important role in strengthening community connection and supporting women's wellbeing.**

The program provides a safe, inclusive space where women from the community can come together, build relationships, and support one another while focusing on their health and wellbeing.

Through regular sessions, participants have formed strong connections and a sense of belonging within the group. The women actively engage in shared activities and open discussions, creating a supportive network that encourages mutual respect, understanding, and empowerment.

The group has become a place where women feel heard, valued, and connected to their community.

Positive outcomes from the program include increased social connection, reduced isolation, improved confidence, and greater engagement with community supports. The Health & Wellbeing Women's Group continues to foster a strong sense of community, helping women feel more connected, supported, and empowered in their everyday lives.

***Content provided by Dakota Blacklock Tribal Warrior Female Health and Wellbeing Coordinator***



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# SHIELD YOURSELF FROM SHINGLES

**IF YOU'VE HAD CHICKENPOX  
AS A KID, YOU COULD GET  
SHINGLES AS AN ADULT.**

**Get the safe and effective shingles vaccine – for us mob 50 or older, it's free!** Yarn to your health professional about your eligibility for the vaccine or visit [health.gov.au/shield-yourself-from-shingles](https://health.gov.au/shield-yourself-from-shingles)





# BABANA COMMUNITY DAY

## Babana held their first community health and healing event!

Babana held their first community health and healing event for the year **on 13 February**, which was also the **18th Anniversary of the Apology to the Stolen Generations**.

The event had a great turn out including welcoming the Hon Tanya Plibersek MP and Michelle Rowland MP (current Attorney-General of Australia) who were in attendance.

It was a great opportunity for service providers and community to network with each other and participate in some workshops.

Staff from CESP HN were there to join representatives from a wide range of organisations including NEAMI (The Way Back), clinicians from Lily Pilly Counselling, National Indigenous Australians Agency (NIAA), Sydney University and NSW University, Mudgin-gal, staff from SESLHD, SLHD and St Vincent's Aboriginal Health teams.

There were also some stall holders including City Indigenous, Service NSW, Sydney Water, Department of Employment and Workplace Relations (DEWR), Department of Human Services, NSW Transport and Sydney Water.

Four workshops were run on the day focusing on Mental Health and Women's Health, Vicarious Trauma, Chronic Disease and Alcohol and other drugs.

There were also some special guests from an Aboriginal Corporation, in Far North QLD, Ngan Aak-Kunch. They attended the event after reading the Domestic and Family Violence report from a previous Babana day and wanting to learn how they can replicate similar activities for the communities up in Cape York.

It was an extremely successful day which Babana can be proud of organising and hosting.



# SAFETALK AND ASIST

## Suicide Prevention Training In the Community

CESPHN has commissioned the delivery of suicide prevention training courses which includes free access to the following for people living or working in [the CESPHN region](#):

- SafeTALK: a half-day in person workshop, LivingWorks SafeTALK helps participants recognise a person with thoughts of suicide and connects them with resources who can help them stay safe. Participants don't need any formal preparation to attend the training. Anyone aged 15 or older can learn the simple safeTALK steps.
- ASIST (Applied Suicide Intervention Skills Training): a 2-day workshop LivingWorks ASIST has been training people to provide suicide first aid interventions for 40 years. Participants don't need any formal preparation to attend the training professionals and non-professionals welcome. The training is updated continually to reflect new knowledge. This workshop is suitable for people aged 18 or older.

Psychologist [Joe Tighe, PhD](#), will be delivering these workshops.

## WHAT IS THIS ABOUT?

It is widely accepted that providing suicide prevention training to 'community connectors' in the community decreases suicide rates, and it is recommended by the United Nations and the World Health Organisation.

A community connector is a person in a position to recognise a crisis and the warning signs that someone may be contemplating suicide.

Examples of community connectors include sporting coaches, disability workers, teachers, youth workers, pharmacists, aged care workers, hairdressers, and others.



## WHAT DO WE AIM TO DO?

- Educate the community about suicide prevention and suicide intervention.
- Support the community to implement suicide prevention skills.

## WILL I BE PAID?

If you are not being salaried or released from work by your employer to attend the training course, you may be eligible for financial remuneration in the form of a fixed fee eftpos giftcard.

## FUTURE WORKSHOP DATES

			
<b>ASIST</b>	16-17 April 2026 8:30am – 4:30pm	Mascot	<a href="#">CLICK HERE</a>
<b>SAFETALK</b>	22 April 2026 1:00 – 4:00pm	Mascot	<a href="#">CLICK HERE</a>
<b>ASIST</b>	14-15 May 2026 8:30am – 4:30pm	Mascot	<a href="#">CLICK HERE</a>
<b>ASIST</b>	18-19 June 2026 8:30am – 4:30pm	Mascot	<a href="#">CLICK HERE</a>
<b>SAFETALK</b>	24 June 2026 5:00 – 8:00pm	Mascot	<a href="#">CLICK HERE</a>



# INDIGENOUS-LED SUICIDE PREVENTION SKILLS TRAINING

Whilst we have had a number of Aboriginal and/or Torres Strait Islander participants attend the SafeTALK and ASIST workshops, we recognise that community members may wish to participate in workshops dedicated for First Nations communities.



We know that due to factors including the ongoing impact of colonisation, suicide rates for Aboriginal and Torres Strait Islander communities are currently twice that of non-Indigenous communities, with young people particularly at risk. Addressing this requires community-led initiatives that respect cultural protocol and empower Indigenous leadership, working toward a common goal of reducing suicide in Aboriginal & Torres Strait Islander communities.

- Indigenous Trainers leading suicide prevention skills workshops tailored specifically for Aboriginal and Torres Strait Islander peoples.
- Training program developed across 6 years in consultation with 90+ communities in Australia.
- Guided by Cultural Protocol beginning with community consultation to meet a community's individual self-identified needs.

If you would prefer to attend a dedicated I-ASIST workshop please get in contact and put your name down with Lisa by emailing [l.merrison@cesphn.com.au](mailto:l.merrison@cesphn.com.au) or call **0409 549 263** for more information.

We are aiming to run at least 3 I-ASIST training sessions before the end of the year in the region.

**Article provided by Lisa Merrison, Manager, Aboriginal Health and Wellbeing and Suicide Prevention.**

# National Sorry Day

26  
May

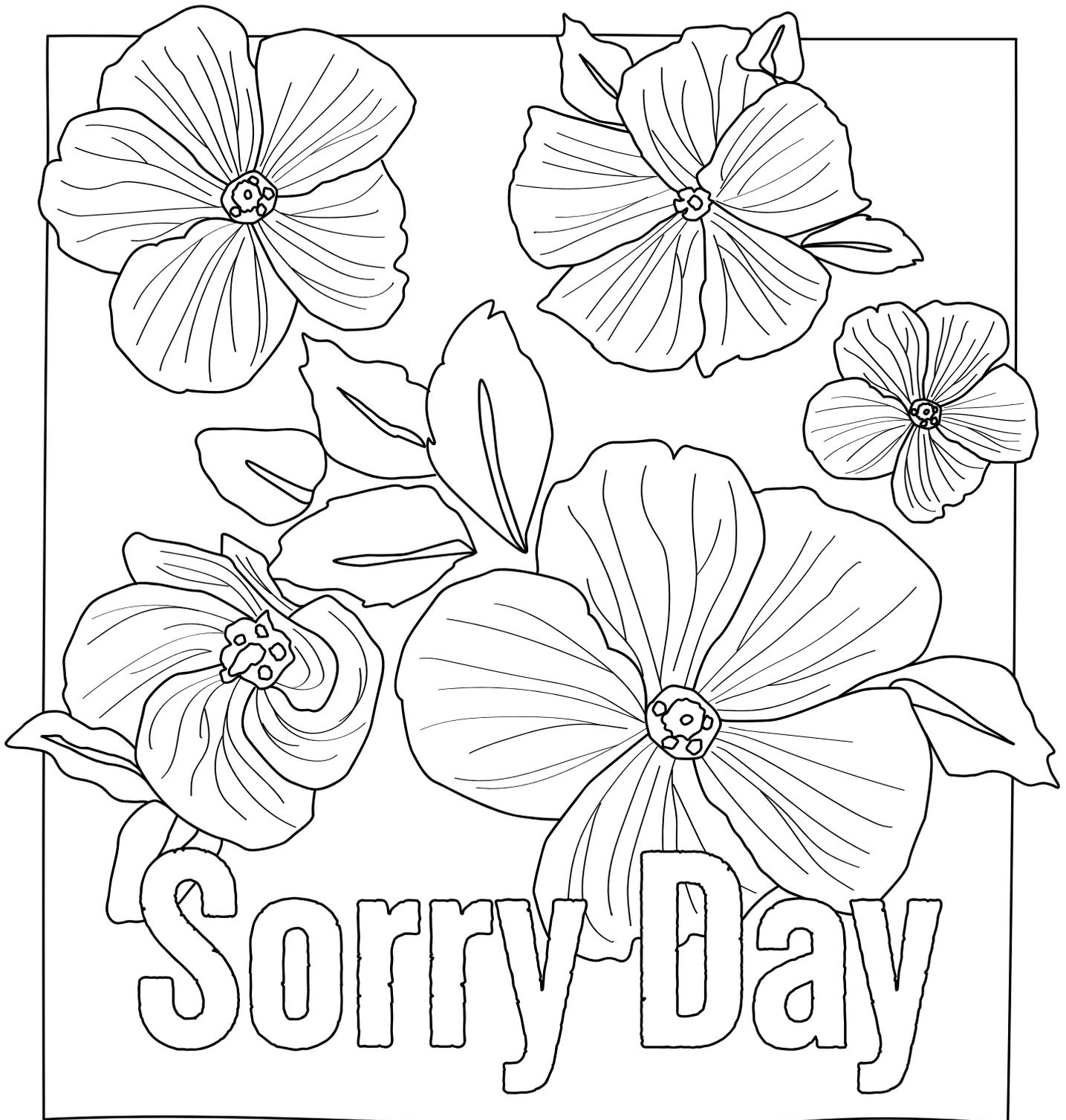


HealingFoundation  
Strong Spirit • Strong Culture • Strong People

## We cannot wait another generation

Did you know? The colour purple symbolises National Sorry Day and represents the Native Hibiscus flower, which is used by survivors of the Stolen Generations to acknowledge their scattering and signify their strength and resilience.

The flower thrives in harsh conditions, and purple is seen as a symbol of compassion and healing. This usage was proposed by the Kimberley Stolen Generation Aboriginal Corporation and endorsed by the National Sorry Day Committee. The flower image is used with permission from the Corporation.



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# DEADLY CHOICES

## HEALTH CHECK SHIRTS

**CESPHN maintains a strong commitment to improving the health outcomes of Aboriginal and/or Torres Strait Islander peoples by providing information and support to access annual *715 Health Assessments*.**

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***715 Health Assessment* is a yearly, comprehensive health check for Aboriginal and Torres Strait Islander peoples, conducted by a GP. It is designed to support physical, social, and emotional wellbeing, helping to identify individual health needs, improve overall health outcomes, and contribute to longer, healthier lives within community.**

***The Deadly Choices* program plays a vital role in supporting Aboriginal health by encouraging community members to complete their *715 Health Assessment* through positive messaging and culturally meaningful incentives.**

Through our partnership with the Institute for Urban Indigenous Health (IUIH), who deliver ***the Deadly Choices*** program, CESPHN is proud to offer access to ***the Deadly Choices*** shirt initiative. Once a ***715 Health Assessment*** has been completed, your GP can submit a form via our website, and a free ***Deadly Choices*** shirt will be sent directly to you.

***Deadly Choices* has released new 2026 designs, celebrating culture, community, and health - perfectly timed to coincide with the 2026 Harvey Norman All Stars game and the start of the NRL 2026 season.**





## CHECK OUT SOME OF THE DEADLY CHOICES SHIRT DESIGNS AVAILABLE FOR 2026!



Visit the website below for more information about **715 Health Assessments**.

**[Aboriginal and Torres Strait Islander health assessments information](#)**

**Content provided by CESPHN Aboriginal Health and Wellbeing team**



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# INFORMATION FOR ABORIGINAL AND/OR TORRES STRAIT ISLANDER CARERS IN NEW SOUTH WALES

Caring can include helping extended family and kin - like aunties, uncles, cousins, Elders and others in the community.

Caring is seen as a **strength** by many Aboriginal and Torres Strait Islander carers.

## WHO DOES CARERS NSW SUPPORT?

Carers NSW supports all **family and friend carers**.

To access our services and support...

- You **do not** need to live with the person you care for or be their main source of care or support.
- You **do not** have to provide care every day.
- You could be **any age**, from **any cultural background**, and **live anywhere in NSW**.

## WHAT DOES CARERS NSW DO?

Carers NSW advocates for better outcomes for carers through our work in policy and research.

We provide information, education and resources to support carers. Additionally, we offer programs and learning opportunities for carers to meet their evolving needs.



A carer is anyone who **supports a family member or friend** living with a disability, health condition, mental illness or who is older or ageing.

## CARER GATEWAY PROVIDER

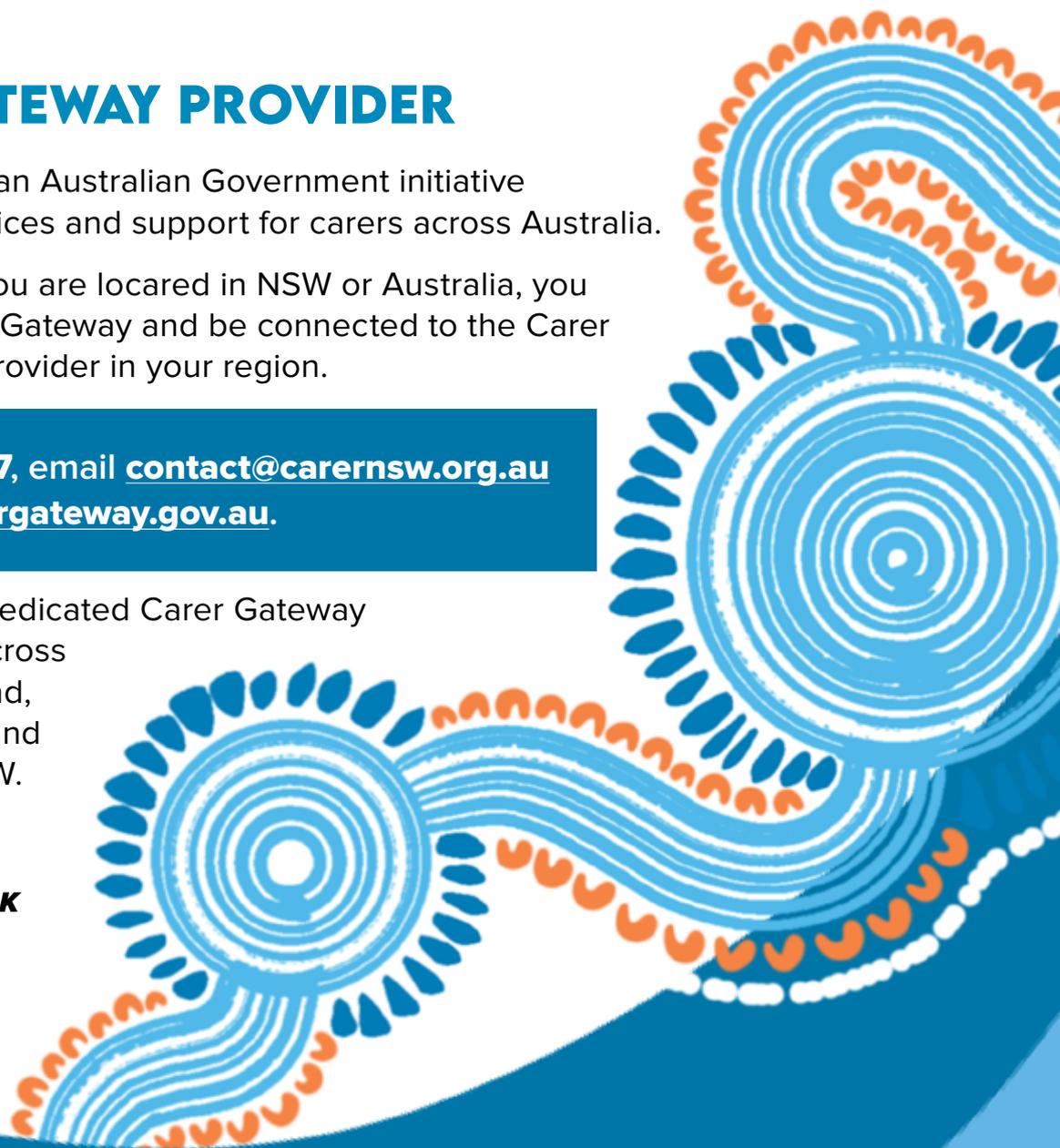
Carers Gateway is an Australian Government initiative providing free services and support for carers across Australia.

No matter where you are located in NSW or Australia, you can contract Carer Gateway and be connected to the Carer Gateway Service Provider in your region.

Call **1800 422 737**, email [contact@carernsw.org.au](mailto:contact@carernsw.org.au) or visit [www.carergateway.gov.au](http://www.carergateway.gov.au).

Carer NSW is the dedicated Carer Gateway Service Provider across Hunter New England, the Central Coast and North Coast of NSW.

**FEATURED ARTWORK**  
*Caring on Country* by  
Courtney Garstang



# 2026 COMMUNITY CHILDHOOD AND ABORIGINAL ADULT FREE IMMUNISATION CLINICS

South Eastern Sydney Local Health District (SESLHD) will be conducting free childhood and Aboriginal adult vaccination clinics throughout the year.

The childhood clinics will be located in **Caringbah, Hurstville, Menai, and Rockdale**. Please call **1300 244 288** to book.

The Aboriginal adult clinics will be located in **Miranda and La Perouse**. Walk ins are welcome, or bookings can be made by calling **9382 8333**.

For further details please see the [2026 SESLHD community immunisation clinics calendar](#).

*Content provided by Callan MacLeod, CESP HN Immunisation Program Officer*



## VACCINATION CLINICS

Free for teens to Elders!



**126 Kareena Rd, Miranda NSW 2228**  
HealthOne Building, The Sutherland Hospital  
**9am-2pm**

Walk-ins welcome

Wed  
10 Dec

Wed  
14 Jan

Wed  
11 Feb

Wed  
11 Mar

Wed  
08 Apr

### Offering:

- ✓ COVID-19
- ✓ Flu

- ✓ Adolescents catch-up
- ✓ Boostrix (for pregnant women)

- ✓ Pneumococcal
- ✓ Shingles

No Medicare needed!

Got questions? Call or text Public Health on 0439 413 094



# Packing a Lunchbox

Our fact sheets provide plenty of tips and ideas on packing positive, enjoyable and nourishing lunchboxes.

### Balance the Box

Help kids to GO, GROW and GLOW by including food from each group in the lunchbox.

**Go foods**

- Wholegrain bread, rolls or wraps
- Processed or fusion bread
- Fruit bread
- English muffins or bagels
- Muffins, scones or rolls
- Quinoa or couscous
- Wholegrain croutons or crackers

**Grow foods**

**FRUIT**

- Whole yogurt
- Cheese sticks, slices or cubes
- Custard
- Soft cheese
- Calcium-fortified soy or other plant based milks

**MEAT & ALTERNATIVES**

- Lamb, chicken, beef, salmon, pork or turkey
- Hard-boiled eggs
- Canned tuna or salmon
- Roasted soy
- Smoked salmon
- Salad beans
- Avocado
- Tofu cubes

**Glow foods**

**FRUIT**

- Whole fresh fruit
- Fruit-Fruit salad
- Full of dried fruit
- Fruit powder
- Dried fruit

**VEGETABLES**

- Cherry tomatoes
- Celery, cucumber, cucumber or carrot sticks
- Corn cobs or broiled corn cobs
- Cooked beans or green peas
- Soft-boiled vegetables
- Lentils, chickpeas or kidney beans

### Packing a Lunchbox

A well-packed lunchbox helps children learn to eat, and stay focused at school, and makes their days for a satisfying experience.

**Meat/Seafood**

**Fruit or vegetable snack**

**Grain-based snack**

**Drink**

**Remember to:**

- Keep the lunchbox cool by using an insulated lunchbox with an ice pack or frozen water bottles.
- Involve children in preparing and packing their own lunchbox.

### Keep it Safe

Lunchboxes often stay in the school bag for several hours in warm conditions, promoting bacterial growth and increasing the risk of food poisoning. Follow these simple steps to keep lunchbox food safe and fresh.

**STAY CLEAN**

- Wash your hands before and after packing food.
- Keep food surfaces and chopping boards clean and dry.
- Ensure lunchboxes and utensils are washed before use.

**STAY COOL**

- Use an insulated lunchbox.
- Check an ice pack, frozen water bottle or frozen yogurt pouch to keep the lunchbox cool.
- Refrigerate the lunchbox where possible.
- Keep the lunchbox out of the sun.

**HIGH RISK FOODS**

Be extra mindful of the following foods, which can lead to food poisoning if not kept cool:

- Meat
- Seafood
- Fish
- Eggs
- Soft cheese such as mozzarella or cottage cheese
- Tofu
- Custard
- Chips
- Custard cream or rice
- High-moisture breads, salads

Crean high risk foods left in the lunchbox at the end of the day should be thrown away.

### Lunchbox Tips for the School Transition

School lunchboxes can be a big change for children starting school, here are some ideas to make the transition easier.

**Check containers are easy to open**

Check that children are able to open the containers and packets that you put in their lunchboxes, some can be tricky!

**Practice before school starts**

In the weeks before school starts it can help to have meals at set times to get your little one used to it. Creating a social environment with other children can help too.

**Letting kids involved**

Some kids have ideas on what they would like in their lunchboxes. Some like to have someone else pack it.

**Practice mealtimes**

Some ideas the lunchbox will finally be reached, when they eat some home energy. Children's interest can be especially in stronger than adults. Fruit may well make up for it at other meals.

**Lunchbox leftovers**

Some ideas the lunchbox will finally be reached, when they eat some home energy. Children's interest can be especially in stronger than adults. Fruit may well make up for it at other meals.

### Lunchbox Swaps

If you're looking for some ideas to get out of old lunchbox habits - try these easy swaps.

**SWAP OUT** (Examples: wholegrain bread, rolls, wraps, crackers, sandwiches)

**SWAP IN** (Examples: wholegrain or fusion bread)

**SWAP OUT** (Examples: highly processed lunchbox meats)

**SWAP IN** (Examples: Tuna, egg, hummus or baked meat meal)

**SWAP OUT** (Examples: canned or commercial joint peppers)

**SWAP IN** (Examples: Water or plain milk)

**SWAP OUT** (Examples: avocado chips)

**SWAP IN** (Examples: Roasted soy or popcorn)

**SWAP OUT** (Examples: bread and bakery products)

**SWAP IN** (Examples: Roasted or wholegrain, must be hot)

**SWAP OUT** (Examples: food sales and vegetables)

**SWAP IN** (Examples: Fruit such as fruit-based muffins)

### Nourishing Grab'n'Go Foods

Here are some lunchbox food ideas for the times when you have no time to sit or write in the fridge or pantry and don't need any prep.

**GRAINS**

**MEAT/ALTERNATIVES**

**DAIRY/ALTERNATIVES**

**FRUIT**

**VEGETABLES**

### Reading Food Labels

HEALTHY STAR RATINGS

HEALTHY STAR RATINGS are a quick and easy way to compare products. Use them to make the healthiest choice.

Remember to always compare products within the same category.

Recommended minimum health star rating of common products

**Ingredient List**

Most packaged foods have an ingredient list and Nutrition Information Panel (NIP). Always check to look for the most of more informed choices.

**The**

- Sugar may be listed as sucrose, maltose, glucose, fructose, honey
- Salt may be listed as sodium chloride, sodium bicarbonate, rock salt
- Labelled fat may be listed as each oil, animal oil, butter, cream, coconut oil

**Nutrition Information Panel (NIP)**

Some items may not have a nutrition information panel for reasons like they are not packaged or they are sold in bulk.

Visit the website for more!





# VEGIE OMELETTE

**Preparation time: 5 mins**

**Cooking time: 10 mins**

**Serves: 1**

## Ingredients

- 2 eggs
- Olive oil
- 1 tbsp red onion, finely chopped
- 2 mushrooms, finely sliced
- ½ tomato, finely chopped
- ¼ small red capsicum, finely chopped
- ½ cup baby spinach leaves, roughly chopped
- ¼ tsp jarred crushed garlic
- 1 tbsp light tasty cheese, grated

## Method

- In a medium bowl, beat the eggs with 1 tablespoon water until combined.
- Lightly grease a medium frying pan with olive oil and heat over medium heat. Add the onion, mushrooms, tomato, capsicum and spinach and cook, stirring, for 2-3 minutes, until starting to soften. Add the garlic and cook for 30 seconds or until fragrant. Push the vegetables into one half of the pan.
- Pour the egg mixture over the vegetables and swirl around the pan to coat.
- Sprinkle the cheese over the vegetables. Season with pepper. Cook for 2-3 mins or until the egg is almost set.
- Use a spatula to fold the egg half over the vegetables and cook for a further 1 minute or until the egg is set. Gently transfer to a serving plate.

**Recipe provided by**

[www.healthymadetasty.com.au/recipes/vegie-omelette/](http://www.healthymadetasty.com.au/recipes/vegie-omelette/)



# BBQ CHICKEN DRUMSTICKS WITH SUMMER GREEN SALAD

**Preparation time:** 25 mins

**Cooking time:** 45 mins

**Serves:** 4

## Ingredients

- 8 chicken drumsticks, skinless
- ¼ cup lemon or lime juice (fresh or constitute)
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 1 tablespoon smoked paprika
- 1 tsp dried oregano
- ½ tsp salt

## Salad

- 2 cups small broccoli florets (about 1 small head)
- 1 tbsp olive oil
- 1 large avocado, diced
- 2 cups baby spinach leaves
- 1 small red capsicum, thinly sliced
- ¼ red onion, thinly sliced
- 2 tablespoons fresh parsley or coriander, chopped
- 2 tablespoons toasted almonds or pumpkin seeds
- Salt + pepper to taste

## Dressing

- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 small garlic clove, crushed
- Salt and black pepper, to taste

## Method

- In a large bowl, mix the garlic, olive oil, paprika, oregano, salt and lemon juice.
- Toss the drumsticks in the marinade, ensuring they're well coated. Cover and refrigerate for at least 1 hour, or up to 4 hours for a more intense flavour.
- Preheat oven to 200°C
- Place the drumsticks on a baking sheet lined with baking paper.
- Bake for 40–45 minutes, turning once halfway through, until golden and cooked through. Alternatively, heat a barbecue plate and cook drumstick for approximately 20-25 minutes, tuning occasionally.
- Whilst chicken is cooking, prepare the salad – Heat a non-stick pan or barbecue plate over medium-high heat. Toss broccoli florets with 1 tablespoon of olive oil and a pinch of salt. Cook for 3-4 minutes, turning occasionally until lightly charred but still crisp-tender. Set aside to cool slightly. Alternatively, line a baking dish with baking paper and bake broccoli in the oven with the chicken. Bake until broccoli is crisp-tender.
- Dressing – In a small bowl or jar, whisk or shake together olive oil, lemon juice, garlic, salt, and pepper until smooth. Set aside.
- Salad: In a large serving bowl, combine charred broccoli, avocado, spinach, capsicum, onion, and parsley (or coriander). Drizzle with the lemon garlic dressing and toss gently to coat. Sprinkle with toasted almonds or pumpkin seeds.
- Serve immediately with Portuguese chicken or chill for up to 1 hour before serving.

**Recipe credited to**

[www.diabetesaustralia.com.au/recipe/bbq-chicken-drumsticks-summer-green-salad/](http://www.diabetesaustralia.com.au/recipe/bbq-chicken-drumsticks-summer-green-salad/)



Central and Eastern Sydney PHN acknowledges the Aboriginal and Torres Strait Islander peoples of this nation. We acknowledge the Traditional Custodians and Sovereign People of the land across which we work. We recognise their continuing connection to land, water and community and pay respect to Elders past, present and emerging.



# BUTTERMILK PUDDINGS WITH FRESH BERRIES

**Preparation time:** 5 mins

**Cooking time:** 10 mins

**Serves:** 6

## Ingredients

- Vanilla bean, 1 bean(s), split
- Buttermilk, 600 ml
- Gelatine powder, 7 teaspoon(s)
- Equal, Granular, ¼ cup(s)
- Low-fat yoghurt, vanilla, 250 g
- Mixed berries, fresh, 600 g

## Method

- Place vanilla bean and half the buttermilk in a small saucepan and bring to a simmer. Remove from heat and add gelatine, stirring well to dissolve. Allow to cool slightly, stir in Equal, then strain through a fine-mesh sieve.
- Place yoghurt and remaining buttermilk in a bowl and add buttermilk-gelatine mixture. Stir gently, then pour into 6 small ramekins or glasses. Refrigerate for 2 hours, or until set.
- Serve puddings either in the ramekins or turned out onto plates, and with fresh berries.

**Recipe credited to**

[www.totalwellbeingdiet.com/au/recipes/healthy-dessert-recipes/buttermilk-puddings-with-fresh-berries/](http://www.totalwellbeingdiet.com/au/recipes/healthy-dessert-recipes/buttermilk-puddings-with-fresh-berries/)



# OVEN-BAKED MARGHERITA SPAGHETTI

**Preparation time:** 10 mins

**Cooking time:** 50 mins

**Serves:** 4

## Ingredients

- 250 g wholemeal spaghetti
- 1/3 cup dried red lentils
- 2 cloves garlic, crushed
- 1 onion, finely chopped
- 2 teaspoons dried oregano
- 1 tablespoon olive oil
- 400 g jar tomato passata with basil
- 400 g can no added salt cherry tomatoes
- 1 cup grated pizza cheese blend
- 1/2 cup fresh basil leaves

## Method

- Break spaghetti in half. Arrange over the base of a large, deep rectangular ovenproof dish (4 L capacity).
- Sprinkle lentils, garlic, onion and oregano over spaghetti. Pour over oil, passata, tomatoes and 3 cups hot water. Season with pepper. Stir well to combine.
- Cover dish with foil and bake in a 200 °C preheated oven for 40 minutes, stirring halfway through cooking time.
- Remove dish from oven, uncover and stir well. Sprinkle with cheese. Return to oven. Bake uncovered for a further 10 minutes or until spaghetti is tender, cheese is melted and top is lightly browned.
- Sprinkle with fresh basil leaves, to serve.

**Recipe credited to**

[www.heartfoundation.org.au/recipes/oven-baked-margherita-spaghetti](http://www.heartfoundation.org.au/recipes/oven-baked-margherita-spaghetti)



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Please mark any correspondence in relation to this publication for the attention of the CESPHN Aboriginal Health Team



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