



The webinar ‘**Healthy eating hacks for busy parents**’ was presented by the Health Promotion Service, South Eastern Sydney Local Health District in partnership with Waverley Council.

Please find below a list of useful resources and webinars as discussed in the session.

Resources

- Health Promotion Service [Parents and carers webpage](#) – parents and carers can find out how to pack a tasty and nutritious lunchbox that will fuel your child and the whole family.
- Australian Guide to Healthy Eating – recommended serving sizes [for children](#) and [for adults](#).
- [Healthy Lunchbox Builder](#) resource developed by the Cancer Council NSW
- Food Switch app [for Apple](#) and [for Android](#) – provides simple health information on a scanned product and suggests healthier alternatives to ‘switch’ to.
- [Label reading pocket guide](#) – to help you choose healthier foods when shopping
- [Live lighter website](#) – meal planning and recipe ideas
- Food Standards Australia New Zealand - [Cool and reheat food safely to the right temperatures](#)
- Starting family foods factsheet [available here](#)

Webinars

- Healthy lunchboxes and snacks made easy – click
- Fussy eating with Paediatric Dietitian Karina Savage - <https://www.youtube.com/watch?v=cJUqSrihCC0>

Further information

Please feel free to direct any healthy eating questions or concerns to SESLHD-HPS-HCI@health.nsw.gov.au

For questions about family wellbeing generally, contact Stella Despinidis, Waverley Family Support on 0481 462 575 or stella.despinidis@waverley.nsw.gov.au