



## Lunchtime Expectations

**We believe all children deserve to grow up in environments that support them to love and respect food and their bodies.**

Lunchtime Expectations will support primary schools to create positive food and learning environments through reflection, capacity building, value alignment and practical skills.

### Consider participating in Lunchtime Expectations if:

- There is concern about the eating behaviours of children
- There is concern from families around lunchboxes (what to pack, waste)
- There is body image concerns within your school
- You notice body teasing, bullying or diet culture norms
- Inappropriate body labelling language being used within the school

### How your school will benefit:

- Facilitated sessions with teachers and families exploring recess and lunch breaks at school
- Work together with teachers, support staff, and families to develop lunchtime value statements and practice guidance
- Support to embed Lunchtime Value Statements in policy and practices
- Capacity building and resource development centred on body image, food and child development

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“Involving families was a key to success in creating the expectations. Families got so many benefits from being involved, information that they could use with their own families and they had a better appreciation of the role of the educators at mealtimes.”



**Please get in touch with the team**



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We work across the Local Government Areas of Bayside, Glen Eira, Kingston, Stonnington and Port Phillip.

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