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| **Title of Research Presentation:** From Home, To school and Back Again |
| **Background/Objectives**  Banyule Community Health conducted an action research with a local school in a low socio economic disadvantaged community. Teachers were concerned that lunchboxes coming to school each day were not reflective of healthy eating and oral health messages. They felt the lunchbox nutrition value was impacting on students’ energy and ability to learn, grow and play to their full potential. School lunchboxes were full of ‘junk’ food, and they were seeking guidance as to how to support parents/carers to make healthier food choices. The project target group is parents and teachers, yet places focus on the child.  **Methods**  Conduct a literature review, analyse local data, interview the school leadership, survey parents and teachers, conduct information session with teachers and parents, collect photo lunchbox photo evidence from students. Calibrate and feedback. Develop meaningful co-designed strategies to provide increased information and awareness, adding to health literacy.  **Results**   * Parents confused with the Australian Dietary Guidelines (ADG’s) and nutritional needs and the impact on child’s development and long-term health. * Parents unsure of the relationship between health and educational outcomes. * Identified areas of interest: fussy eating, how food effects mood, storage of food and practical ideas of packing a heathy, cost effective lunchbox. * Lunchboxes reflective of national data, that 39% of children’s energy comes from discretionary food. * Message about fruit is being well received, inclusion of fruit in lunchboxes was high * Consumption of adequate vegetables and grains below ADG recommendation.   **Discussion**   * School Policy - relationship of health and education * Working in partnership with parents and teachers * Lunch boxes contents in line with national average * Develop life-long healthy eating habits * Parents empowered to be positive role models for their children and other families by developing skills, knowledge and confidence to provide healthy food and drinks. * School setting better able to support families’ healthy lifestyles choices. * Students are better placed ready to learn and participate in school. * Children have improved health outcomes, oral and healthy eating.   **Keywords**  Healthy school lunchboxes  Local data/action research  Fruit and vegetable consumption  Fussy eating  Healthy food choices  Australian dietary guidelines |