

## GRAINS & LEGUMES NUTRITION COUNCIL (GLNC)

### Bring Back the Sandwich - Social Media Toolkit

Join us in celebrating our third Bring Back the Sandwich campaign, 28 January-7 February. We're excited to share delicious new recipes, plus our popular lunchbox planner and top tips to help you create a balanced and tasty sandwich - to make that first week back to school or work a breeze! We'd love you to get involved and spread the word over social media - simply click on the images below to save and then copy to your own account, and feel free to adapt or copy our prepared posts. To help boost engagement, please tag our social media accounts and use the following hashtags:

   @GrainsLegumesNC

#bringbackthesandwich #lookforthewholegrain #livelongerwithlegumes



Stuck for easy and nutritious lunchbox ideas? Bread has long been a staple of most Australian diets and it's easy to see why! Grain foods like whole grain or wholemeal bread contain B-group vitamins, folate, thiamine, zinc, vitamin E, fibre and antioxidants. Swap to a whole grain bread to make their sandwich and pair with nutritious snacks like homemade 'trail-mix' for a fun, healthy lunchbox the kids will love! Find inspiration on GLNCs website... <https://www.glnc.org.au/recipes/sandwiches>

#bringbackthesandwich



A sandwich is a great way to increase your child's intake of nutritious whole grains and using two slices of whole grain or wholemeal bread ticks off two whole grain serves. It can be a daunting task wondering how you're going to reach their daily target so check out our handy whole grain serve size guide here to see just how easy it is... [https://www.glnc.org.au/wp-content/uploads/2018/09/Whole-Grain-Serve-Sizes\\_.pdf](https://www.glnc.org.au/wp-content/uploads/2018/09/Whole-Grain-Serve-Sizes_.pdf)

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Sandwiches aren't the only way to get nutritious whole grains into your kids while they're at school - packing well chosen whole grain snacks will ensure they get the benefit of the whole grain and will help keep them fuller for longer. Top choices include unsalted, air-popped popcorn, whole grain crackers and cheese, a handful of whole grain breakfast cereal or a muesli bar with a Health Star Rating of 4 or more. Check out GLNCs mix and match lunchbox planner for snacking inspiration... <https://www.glnc.org.au/wp-content/uploads/2019/01/Lunchbox-Planner.pdf>

#bringbackthesandwich



Breads, wraps and rolls are all great vehicles to help you add essential nutrients to your kids' diets - choosing a whole grain variety means they'll benefit from more than 25 different nutrients including vitamins, minerals, protein and antioxidants. If you're lacking lunchbox inspiration this new school year, check out GLNCs delicious recipes to find sandwiches and snacks you and the kids will love... <https://www.glnc.org.au/recipes/sandwiches/>

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