

MEDIA RELEASE

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Lunchboxes made easy with a simple swap

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- The Grains & Legumes Nutrition Council are helping inspire parents to pack simple, nutritious lunchboxes with their Bring Back the Sandwich campaign.
- The campaign aims to breathe new life into sandwiches and the wider lunchbox, while maximising nutrition and keeping lunchbox stress to a minimum.
- Bring Back the Sandwich runs from 18-31 January.

The new school year is nearly upon us, and many parents are dreading the onslaught of school lunches. The Grains & Legumes Nutrition Council (GLNC) is running their annual campaign, Bring Back the Sandwich, to inspire parents to create simple sandwiches with just a few ingredients and pack simple, nutritious lunchboxes.

“Bring Back the Sandwich helps make packing the lunchbox a simpler task, while ensuring kids get the best of both worlds – a balance of good nutrition and tasty options” says Jaimee Hughes, Accredited Practising Dietitian and Nutrition Manager at GLNC.

“Making the swap to whole grain is one of the easiest things parents can do to benefit their family’s health - global evidence suggests that swapping to whole grain comes just second behind lowering dietary salt in providing real health benefits for all ages¹. A simple whole grain or wholemeal sandwich is an often overlooked, yet convenient and delicious source of nutrition” says Hughes.

Including a wholemeal sandwich and one or two whole grain snacks in their lunchbox can ensure they easily hit their daily whole grain target. George Georgievski from The School Lunchbox will be sharing his top tips for making the swap to whole grain during the campaign... “I like to mix things up by using whole grain wraps when creating my infamous ‘springwich’ and swap to whole grain crackers, popcorn and whole grain muesli bars for morning and afternoon tea.”

For a stress free, balanced sandwich, simply follow George’s four easy steps...

1. **Choose your base** - whether you choose a roll, wrap or good old sliced bread, use whole grain, wholemeal or high fibre varieties where possible.
2. **Add flavour** - use vegemite, hummus or avocado to add a pop of flavour, colour and nutrients. Or mix things up with a bright beetroot hummus.
3. **Add your veggies** - use a handful of salad or any other raw or cooked vegetables you have at home. This is the perfect time to use up last night's leftover roast pumpkin or zucchini.
4. **Finally, choose your protein power** - quick and easy sources of protein like cheese, tuna, boiled egg, mashed beans or leftover poached chicken are great for sandwiches.

For more sandwich and lunchbox ideas for all ages, follow GLNC [on social media](#) or download the social media toolkit [here](#).

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For more information, images, or to arrange an interview, contact:

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Get involved

Access the Bring Back the Sandwich social media toolkit, images and weekly planner [here](#).

Campaign background

Bring Back the Sandwich is an initiative of the Grains & Legumes Nutrition Council which supports and inspires parents to pack stress free healthy lunchboxes for their children. Find out more information on the campaign and access resources [here](#).

About the Grains & Legumes Nutrition Council (GLNC)

As the independent authority on the nutrition and health benefits of grains and legumes, GLNCs mission is to promote grains and legumes nutrition as part of a balanced diet through evidence-based information. Visit the GLNC [website](#) for recipes, factsheets and up-to-date information on the latest evidence around grains and legumes, and connect with GLNC on Facebook, Twitter and Instagram via [@GrainsLegumesNC](#).

Reference

1. GBD 2017 Diet Collaborators. Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017. *The Lancet* **2019**, 393 1958–1972, doi:10.1016/S0140-6736(19)30041-8.