



# တၢ်ဟ့ၣ်ကူၣ်တဖၣ် Tips



ထံလၢအဟဲလၢထံပီၤနိးန့ၣ်မ့ၢ်ဝဲထံအီၤအဂ့ၢ်လၢနဖိအဂီၢ်န့ၣ်လီၤ.  
ဟ့ၣ်သဆၣ်ထီၣ်နဖိခံလၢကလဲၤစီၢ်ထံဒၢလၢတၢ်မၤပဲၤထီၣ်ကဒါက့ၤအီၤသ့ဆူက့ၢ်  
ကိးနံၤဒဲးတက့ၢ်. ဟးဆဲးတၢ်ထံလၢအဆၢသ့ၣ်တဖၣ်ဒ်အမ့ၢ် တၢ်သူတၢ်သ့ၣ်အထံ,  
တၢ်ဆၢထံ ဒီးတၢ်န့ၣ်ထံလၢအပၣ်ဃုာ်ဒီးအရီၣ်သ့ၣ်တဖၣ်န့ၣ်တက့ၢ်.

Tap water is the best drink for your child. Encourage you child to take a  
refillable drink bottle to school every day. Avoid sugary drinks like fruit  
juice, soft drinks and flavoured milk.

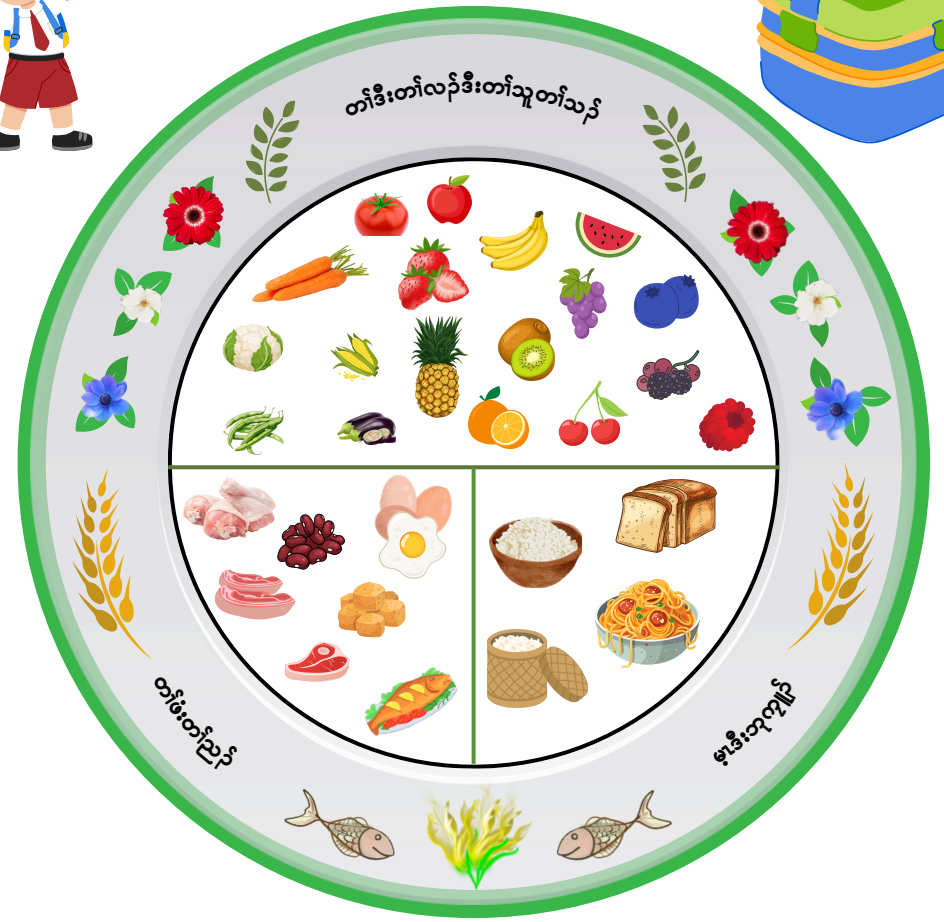
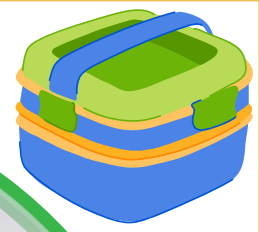
မ့ၢ်သ့န့ၣ်ဂုၢ်ကျဲးစးဘိၣ်ထီၣ်တၢ်အီၣ်လၢအသီသီတဖၣ်လၢ  
တၢ်ဒၢပူၤ ဒီးတၢ်ဒၢလၢတၢ်ဘံးတံၢ်ဃၢ်အခိၣ်ဒီးတၢ်က့ၤသူ  
ကဒါက့ၤအီၤသ့သ့ၣ်တဖၣ်အပူၤတက့ၢ်. တၢ်သ့ၣ်တဖၣ်အံၤ  
ဂ့ၢ်ဒိၣ်ဝဲဒၣ်လၢခိၣ်ဃၢၤန့ၣ်ဆၢၣ်အဂီၢ် ဒီးညီစ့ၢ်ကိးလၢဖိသ့ၣ်  
ကအိးထီၣ်ဒီးသူဝဲအဂီၢ်န့ၣ်လီၤ.



Where possible, try to pack fresh foods in  
containers and reusable zip lock bags. They're  
better for the environment and easier for kids to  
open and handle.



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## မ့ၢ်ထူၣ်တၢ်အီၣ်လၢအန့ၢ်ဂံၢ်န့ၢ်ဘါအဒၢတၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖး လၢဖိသ့ၣ်အဂီၢ်

### Healthy Lunch Box Ideas for Children



နကျဲးစားဗုထာဘဉ်တၢ်အိၣ်အမ့ၢ်စူစံၣ်, တၢ်ဒီးတၢ်လၢၣ်စံၢ်ဗၢ, အံၣ်တလံၣ်ခီနီ, မ့ၢ်ဒီးခီနီတက့ၢ်. ကိၣ်စံးဒီးကိၣ်လၢတၢ်ဘဉ်အီၤအိၣ်ဒီးအဆၢလၢအပူၤအကလၢတဖၣ်ကမ့ၢ်တၢ်လၢနဖိသးအိၣ်ဝဲသ့စ့ၢ်ကီးန့ၣ်လီၤ.

Choose foods like sushi, salads, pasta, rice and noodles. A variety of sandwich or wrap fillings can keep your child interested too.



ဟးဆဲးတၢ်ဘိၣ်အိၣ်(တဘျီတခီၣ်)တၢ်အိၣ်အမ့ၢ်အၣ်လူဆဲးသိ, ကိၣ်ခူး, ကိၣ်ဘူးစံကူး ဒီးဒီးကလဲးန့ၣ်တက့ၢ်. တၢ်အိၣ်သ့ၣ်တဖၣ်အံၤန့ၣ်အိၣ်ပုၤဝဲဒီးတၢ်လၢအသိအါ, အံၣ်သၣ်ဆၢ ဒီးအံၣ်သ့ၣ်တဖၣ်လီၤ.

Avoid packing 'sometimes' foods like chips, cakes, biscuits and chocolate. These foods are high in saturated fats, sugar and salt.



လၢကဘိၣ်မ့ၢ်ထူၣ်တၢ်အိၣ်လၢအန့ၢ်ဂံၢ်န့ၢ်ဘါအဂီၢ်ပဟ့ၣ်ကူၣ်ဘဉ်တၢ်လၢလၢတဖၣ်အံၤန့ၣ်လီၤ.

To pack a healthy lunch box we recommend the following:

ဘိၣ်ဗျၢန့ၢ်တၢ်အိၣ်တခါစုၣ်စုၣ်လၢအအိၣ်လၢလၢသ့ၣ်တဖၣ်အံၤလၢနဖိမ့ၢ်ထူၣ်တၢ်အိၣ်အဖၢအပူၤတက့ၢ်.

Include foods from each of the food groups below in your child's lunch box.

**01** Vegetables  
တၢ်ဒီးတၢ်လၢၣ်

**02** Fruits  
တၢ်သ့ၣ်တၢ်သၣ်

**03** Milk, yoghurt or cheese  
တၢ်န့ၢ်ထံ, တၢ်န့ၢ်ထံအဆံၣ်, တၢ်န့ၢ်ထံလီၤသကၢ

**04** Meat, kidney beans and tofu  
တၢ်ဖဲးတၢ်ညဉ်, ပထီၣ်ဂီၤချံ, ဒီးထီၣ်နီၣ်ကိၢ်လိၣ်

**05** Grain or cereal foods  
ဘုကူၣ်မ့ၢ်တမ့ၢ်ဘုကူၣ်အချံ အသၣ်လၢပုၤအိၣ်ဒီးတၢ်န့ၢ်ထံ