

## About Barnardos Australia

For more than 130 years Barnardos Australia has been at the forefront of child protection, finding real, permanent solutions for Australian children in desperate need. We believe all children deserve to be loved and protected.

Yet one in 10 Australian children go without food for a whole day once a week<sup>2</sup>.

Your donation could help us provide a child access to services that transform lives such as;

- Breakfast clubs
- Homework support
- Tutorials
- Mentoring
- Life skills

1 in 6 children are living in poverty in Australia<sup>1</sup>

1. Poverty in Australia, 2013
2. Anglicare, 2012
3. Foodbank, 2014

1800 061 000  
barnardos.org.au  
#BYOLUNCH



We  
believe  
in  
children.



## Your lunch can change lives

Your guide to hosting a successful  
BYO Lunch for Barnardos fundraiser



### Remember the excitement of opening a lovingly packed lunch box?

Sadly not all children have this memory. 17.3 % of children are living below the poverty line<sup>1</sup> and one in 10 go without food for a whole day once a week<sup>2</sup>.

BYO Lunch for Barnardos celebrates those sandwich-trading, snack-swapping lunch times and raises funds for Barnardos Australia so we can support those children whose families need a little help.

# We believe you can host a lunch that changes childrens lives



## Steps to host a successful BYO Lunch for Barnardos

1. Choose a date
2. Invite your guests using the invite template provided  
OR  
Put up posters around the office to notify everyone
3. Enjoy your packed lunch – maybe add some fun with the suggested games
4. Donate what you would have spent on lunch to Barnardos Australia

**Two million Australians rely on food relief – around half of them are children<sup>3</sup>.**

## Games

### Lunch Stealing

- Lunches are placed in the centre of the table in brown paper bags
- First player selects a lunch
- Second player has the option to choose a lunch from the table OR steal the lunch from the first player
- If the person's lunch is stolen, that person chooses another lunch from the table
- Continue until everyone has a lunch - try and enjoy what you end up with!

### Blind Tastings

- Ask everyone to bring in a lunch that can be shared
- Taste-test and rate each one
- Try and guess who brought what

### Lunch Scategories

- Healthy lunch box items
- Lunchbox food you can 'dip'
- Homemade lunchbox treats
- Sandwich fillings
- Sandwich spreads
- The categories are endless...

## Theme Ideas

Want to do something a little different? Try a themed lunch?

### Nostalgic lunch

Our favourite lunch theme. Bring the lunch you remember from your schools days. If you have the opportunity why not eat it outside under a shady tree?

### Mystery lunch

Choose or assign partners and pack a lunch for someone else.

### Classy lunch

Host a classy lunch and have everyone bring a plate. Think cucumber sandwiches and tea cakes. Not your usual school lunch but a good one for the grown-ups.

### International lunch

Do you have a multicultural workplace? Ask everyone to bring their typical lunch and try something new OR do some research on lunches in other parts of the world. Ask everyone to bring something different.

### Catered lunch

Ask the local café to donate the food for your lunch, OR if you have a generous boss, maybe they will shout? Still get your colleagues together and ask them to donate what they think the lunch was worth.

### Create your own

You know your team better than we do. Create a fun new theme and post your photos on instagram and tag @barnardos\_au #BYOLUNCH