

# Weipa's Sonny shines in Aussie lunchboxes challenge

By CHISA HASEGAWA

FRESH produce is not always easy to come by in remote parts of Cape York, but a Weipa mother-and-son duo has proved that with a little organisation and creativity, you can create a winning healthy lunch.

Western Cape College student Sonny Brooks has been named the Queensland winner in Australia's Healthier Lunchboxes challenge after impressing judges with his colourful and nutritious lunch.

Mum Elisa Brooks said living in Weipa presented unique challenges

with fresh and healthy food availability, adding that creative meal planning was key in their family.

"Our main road usually closes off during the wet season, so we rely on the barge from Cairns; if the weather is bad, it gets delayed," she said.

"We always have a lot of frozen vegetables on hand, and we eat a lot of fish; both the boys love their fishing.

"My husband has been making zucchini fritters and muffins for both dinner and school lunches; we get bored with sandwiches."

Ms Brooks said Sonny was keen on healthy eating habits and entering the challenge.

"Our entry was a true team effort. I asked Sonny if he wanted to do the challenge with me, and he was so excited when he found out he'd won," she said.

The Australia's Healthier Lunchboxes challenge is an annual campaign delivered by children's charity Life Ed in partnership with Woolworths.

This year, 890 families participated in the challenge, with six winners across the nation receiv-

ing a \$1,000 Woolworths e-Gift card, and each winning child's school also receiving a \$2,000 Woolworths e-Gift card to support healthy eating initiatives.

"Children learn best by doing, which is why hands-on initiatives like this are so powerful," Life Ed Queensland chief executive officer Michael Fawsitt said.

"It takes learning beyond the classroom, encouraging families to work together to embed healthy habits; what kids eat today impacts their health both now and in the future."



**Weipa's Sonny Brooks has taken the top prize in the Australia's Healthier Lunchboxes challenge.**