

Harmony Day

HEALTHY TUCKSHOP IDEAS

Harmony Day is a celebration that recognises Australia's diversity and celebrates the numerous cultures and backgrounds that make our country wonderful.

Encouraging children to taste foods from different cultures can be a new and exciting experience while encouraging learning and respecting difference.

Celebrating **Harmony Day on 21 March** through the Tuckshop or the OSHC Kitchen has the potential to offer the below numerous benefits.

Engage with the community

Invite members from the school community to **share traditional recipes** that can be adapted for the Tuckshop or OSHC kitchen.



Advertise your Harmony Day meals well in advance.

Showcase different cultures

Ask your volunteers / employees **if there is a cultural heritage that they would like to showcase**. Additional volunteers may be willing to cook or work in the Tuckshop for the day if their culture is celebrated.



Culturally diverse menu

Use Harmony Day as a platform to talk to your school community and check if **your menu meets the local cultural needs**. Consider this feedback in your next menu review.



Homebake

Ask **volunteers to homebake** muffins, slices or snacks that showcase different cultures. Choose recipes that can be frozen to reduce stress on the day.



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RECIPE IDEAS



DEAD-EASY DAHL

This easy [Indian Red Lentil Dahl](#) recipe is a must-try if you love a flavourful and healthy curry.

This recipe was created in collaboration with the Grains & Legumes Nutrition Council.



SUSHI

Add [sushi](#) to your menu as an Asian delight. It's always a crowd favourite and flavours can be changed up based on season and preference.

Tuckshop Tip: Only offer 2 or 3 flavours on the menu.



MEXICAN DISHES

Mexican dishes are always popular with students and are a great way of serving extra veg and / or beans. Give these [Enchiladas](#) or [Mexicana Pizza](#) with [Avocado topping](#) a try!



MANGO LASSI

Use our [Mango Smoothie](#) recipe as a starting point to make a delicious Mango Lassi (or Frozen Mango Lassi). Just add cardamon to pay homage to the popular Indian drink.

SHOWCASE THE COLOUR OF HARMONY DAY

Orange is the colour of Harmony Day, and so having an array of orange fruit and vegetables available is a simple way of celebrating.



Create an orange fruit cup or classroom platter by cutting and serving orange fruit. Think: rockmelon, mandarin, oranges, apricot, mango, peaches or nectarines.



Serving snack packs that include: carrot sticks, orange cherry tomatoes, crackers and a roast pumpkin dip (like this [Roasted Pumpkin Hummus](#) from our friends at Country Kitchens).