



Healthy Foods and Celebrations



Welcome to the Good for Kids Newsletter that focuses on sharing information with families, ideas for healthy foods and celebrations.



Share healthy eating and physical activity information with families

- Sharing information and working together with families is something that you already do really well. Helping children develop healthy lifestyle habits is more effective using the whole of family approach.
- Strategies to communicate with families about physical activity and healthy eating can occur in the same way you communicate and engage with families about other aspects of their child's experience at your service.

Why not try:

- Offering children the opportunity to share active games they play at home with their friends.
- Inviting families to attend celebrations and participate in physical activity and healthy eating experiences with their children.

For more ideas check out the following link that has some video case studies of families playing and learning and making healthy nutritional changes:

http://raisingchildren.net.au/articles/play_aboriginal_parents_video.htm



Snack Star Tip

An easy way to get more vegetables into the children's day:

Serve them as a snack. Simply cut vegetables into sticks, arrange them in fun ways. Get creative and see what you can make.



Healthy Food Ideas for Celebrations

As a special treat for National Aboriginal and Torres Strait Islander Children's Day (Aug 4), why not make a fruit and vegetable platter arranged with the colours of the Aboriginal Flag?

See pictures for ideas.

Also try:

- ❖ Fruit kebabs
- ❖ Vegie sticks with low fat dip or salsa
- ❖ Melon balls
- ❖ Mini sandwiches
- ❖ Raisin bread
- ❖ Pikelets
- ❖ Frozen fruits in Summer
- ❖ Uniced fruit buns
- ❖ Fruit in Jelly
- ❖ Make yourself mini pizzas
- ❖ Low fat popcorn (pop it yourself)
- ❖ Mini low fat un-iced muffins



For a healthy balanced lunchbox aim to include foods from all 5 food groups:

- ✓ Mostly breads and cereals and vegetables
- ✓ Some dairy
- ✓ One piece of fruit
- ✓ One serve of meat/eggs*/beans
- ✓ A drink of water

*Check your service's allergy policy



For more information for Families on Healthy Eating and Physical Activity, you can order Get Up and Grow Aboriginal and Torres Strait Islander Resources at:
<http://www.health.gov.au/internet/main/publishing.nsf/Content/gug-indig-brochures>