



SEA Change Portland

3RPC Radio Update

Tune in Monday from 1-2PM where SEA Change Portland host an hour segment on SEA Change Portland activities, interview local champions, provide information, tips and tools to provide a new approach to healthy eating and active living.

IGA Cooking Demonstration

Daly's Supa IGA Portland and Carrie Templeton demonstrated to the public how to cook healthy, nutritious, quick and easy meals. Many people stopped for a chat and a taste of the Fried Cauliflower Rice with Carrie and Lindy at IGA Supermarket in Portland last Thursday. Lots tips for how to cook healthy meals at home, more cheaply and while saving time! Thanks also to Portland IGA for donating the ingredients and helping to promote the event.

Food and Drink Marketing in the ACT

The ACT government conducted a community consultation on ways to increase the availability and promotion of healthy food and drinks, and reduce the marketing of unhealthy food and drinks, particularly marketing aimed at children. The consultation found that there was strong community support for reducing the marketing of unhealthy food and drinks and increasing the availability and promotions of healthier options. Supporting sporting clubs and organisations to transition towards healthier choices and access to drinking water was also supported by the community.

Increased Water Sales

Many Portland groups have commenced reducing sales and supply of sugary drinks. Sugar in drinks is a major contributor to overweight in teens. Portland Squash & Racquetball Club has completed a study which proves they can increase water sales, reduce supply of sugary drinks and maintain their profit margin.

SEA Change Portland (Sustainable Eating & Activity Change)

A new approach to healthy eating and active living developed by the Portland community, specifically for the Portland community.

Satay Chicken

- 500g Skinless Chicken Breast Fillets
 - 1 Tbsp. Red Curry Paste
 - 2 Tbsp. Crunchy Peanut Butter
 - ¼ Cup (190ml) Cream
1. In a non-stick pan, over medium, heat the red curry paste until fragrant, 1 minute.
 2. Chop chicken into cubes. Add the chicken and seal, stirring to evenly cook.
 3. Add the peanut butter and mix through.
 4. Then add the cream, stir to combine. Reduce heat and simmer until the chicken is cooked, about 4 minutes.

Music Played:

- Paul Young- Love Hurts
- Annie Lennox- No More 'I Love You's'
- Daddy Cool- Eagle Rock

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every Monday**