



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.

Healthy Fundraising at Portland Scouts

The Portland Scout's Jo and Laurel believe healthy BBQ is important and easy to do, even for kids! The Scout Leader and District Governor have been trialing healthy options at their monthly fundraisers for about two years and believe they've now got it down pat.

What do they do? They included with the usual sausage in bread, a small portion of chicken thigh fillet in a tortilla wrap or on multi grain bread. They have also worked out how to deliver GF food safely for people with Coeliac Disease, by having separate preparation, cooking and serving protocols. Signage alerted people to the different choices and they invited feedback.

How do they get consistency? Laurel produced a resource booklet modelled on the Glenelg Shire's G2G 'Healthy BBQ Catering' booklet.

Why did they do this, as well as increasing water and fruit consumption? Because they are aware of the escalating overweight and obesity levels in children and because they believe people should have a choice.

What did they learn while trialing healthy catering? Kids of all ages understand very quickly, what healthy food means. They also proved that you can influence children to drink water and eat fruit.

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.

Links for above articles:

For catering resources, visit <http://www.glenelg.vic.gov.au> and see the links on the 'Healthy Communities Initiative' page.

Songs:

Crowded House- Chocolate Cake

Feargal Sharkey- A Good Heart

John Farnham- Matilda

