



Healthy Relief

Portland Primary School aides and volunteers made relief food packs using healthier ingredients.

Community Lunch

The Baptist Church offers a free community lunch at their hall in Percy St from 12noon to 2.00pm on the first Friday of each month. Volunteers provide the soup and Oven Peel Bakery donate bread and rolls.



Cooking Demonstrations

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.

Big Changes

Portland Surf Life Saving Club's junior, Sid Dent (who is junior club captain) has taken her Sea Change Ambassador Role to an awesome level and got passed at the last meeting that PSLSC will no longer serve soft drink and sausages at Nippers!!!!

*“eat healthy,
sleep well,
breathe deeply,
enjoy life”.*

YMCA Cooking With Kids

Portland YMCA's Vacation Care Program includes healthy eating and physical activity in its regular programming. YMCA Portland Region's Supervisor Belinda Simmonds said "As usual, it has been a fun filled adventure for all

the children. We always set aside a day to be actively involved in the preparation and cooking of a healthy lunch. This time it was a simple but exciting Chicken Tetrazzini. It must have been delicious as several children came back for seconds. Some also asked for the recipe to take home!



No More Sugary Drinks

Many Portland groups have commenced reducing sales and supply of sugary drinks.

Breastfeeding Comfortably

These are cakes Port of Call stock now and again, they probably didn't know about WBW, but they have always been a wonderful venue to have our gatherings at, even if we don't go there all the time! Accommodating of prams, mums breastfeeding, babies playing (there are toys!), flexible with their menu. Many mums would have breastfed in public for the first time

Making a Healthier Choice

Portland Soccer Club has a healthy policy and a healthy canteen menu.

Sugar Level Surprise

Tracy Jensen, South West TAFE teacher, made a display with teaspoons and drinks in the corridor showing how many teaspoons of sugar are in each drink. This has had some positive feedback from both staff and students who were surprised with the sugar levels for each drink.



Contact:

Thanks for the feedback and to those who sent their 'news' in. If you would like to include an update of your SEA Change activity, please forward to Lindy at lindy.stuchbery.pdh@swarh.vic.gov.au

or view our webpage on www.seachangeportland.com.au