



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.

Hot Topics

SEA Change Message: Empower groups!

Short Street Café: have color coded their menu to reflect Amber & Green options check out their new menu – Short Street, Portland.

Hallidays butchers have color coded menu indicating their healthy BBQ options when next purchasing your meat ask about it.

SEA Change Portland

Les Horovitz has launched the new Portland Walking Map to view the map click [HERE](#) currently available for iPhone.

Healthy Lunch Box Tip:



NNAGS

North Neighborhood Activity Group

Farmers Market: 30th Jan, for any stall holders 9:30am-2:30pm @ Mitchell Park, Mitchell Crescent.

If you would like a stall site contact Kerrie 0428234294

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.

Recipes discussed:

- Stayed tuned more recipes to follow next edition

Music Played:

- Ric Halstead, Another Perfect Day (Grooveilicious)

Tell your story locally @ 3RPC – SEA Change offers you the chance to share your story with the community

