



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.

Guest: Carrie Templeton

Carrie talked to us about the positives of healthy options at the Squash & Racquetball Club

Reminder to all teens on holiday's about the Teen Boot Camp - [Click Here](#)

PT@Home have many great programs coming up for 2016 including come and try stand up paddle boarding

Contact Carrie:

www.ptathome.com.au/

0427 317 348

SEA Change Portland

A guide to recipes and tips to help take away the junk food by [Food Cents](#) recipe booklet



Tasty healthy recipes for you to try. (see below for links)

Discussed School canteen planners for schools planning in 2016

Les Horovitz talked about the new Portland walking map app in development, stay tuned for more info

NNAGS

North Neighborhood Activity Group are looking to do an activity program in 2016

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

If you would like a 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:

Lemon ricotta Cheesecake w blueberries [here](#)

Smoked Salmon & asparagus frittata [here](#)



Music Played:

- I am Woman, Helen Reddy
- Walk right in, Dr Hook
- The Twist, Chubby Checker (not played)

Healthy Food Tip:

Fried Rice on the BBQ: Precook the rice first and let cool, pre chop the vegies and place all crunchy in one bowl and all soft in another, heat BBQ, place crunchy 1st then add soft then add rice and flip from the outside to the center – place in cups w spoons and small amounts of soy sauce

Add a few fruit sticks and your good to go!

Contact Kelly @ Touch Football for more info

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