



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

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. After attending the August 2016 SEA Change Ambassador workshops, Sid proposed that Portland Surf Life Saving Club no longer serve soft drink and sausages at Nippers!!!! Not only was the proposal adopted, but the committee pledged to offer healthy alternatives!!!

SEA Change Portland

The SEA Change 'Healthy Food Options Task Team' (HFOTT) wanted to make it easier for people with Coeliac Disease to eat safely at community events.

Coeliac Disease affects 144 of Portland's children and adults. In most instances, GF options are not considered when planning special events such as school fetes or planning fundraising activities involving food.

The HFOTT has partnered with Portland Neighborhood House to produce ten kits to give to community volunteers to enable schools and some clubs to cater safely to provide Gluten Free options.

NNAGS

NNAG (North Neighborhood Activity Group) is a small group of volunteers who deliver fun activities for children and families who live in the Mitchell Park area, off Otway St.

NNAG fund's events through community grants, sponsorship, donations and fundraising. Events are low cost, inclusive and fun. Volunteers hold Food Handlers Certificates and Working With Children checks.

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:

Healthy BBQ options

[Glenelg Shire Healthy BBQ Catering Recipes](#)

For more information about the Gluten Free kits, contact lindy.stuchbery.pdh@swarh.vic.gov.au or phone 55221197

<http://www.coeliac.org.au/coeliac-disease/>

For more information about the NNAG or if you would like to become a part of the NNAG, please phone Shanee and Bob on 0422 569 659 or Lindy on 55221197.

Music Played:

- Rivers of babylon- Boney M
- Mr Bojangles- Robbie Williams

