



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.

What are Healthy Snacks?

Snacks originated at a time when people expended a lot more energy throughout the day. They were much more active, there were no washing machines, no cars, and people had to walk to places. Many of us now work in sedentary jobs. Here are some nutritious alternatives: a handful of nuts, an apple with a tablespoon of nut butter, Chopped up non-starchy vegies such as carrot, cucumber and celery with hummus and homemade soups

'Walk to School Month'

Portland South Primary School is participating in October 'Walk To School Month' initiative. VicHealth's Walk to School Month encourages primary school children to walk, ride or scoot to and from school throughout October, to help them get the 60 minutes of physical activity they need each day. October is a great time to start walking, because Victoria's fabulous spring sunshine makes it a pleasure to get out of the house, and the car! Children who take part will be building healthy habits for life – and could win some great prizes for their family and their school.

What is protein?

Protein is a macronutrient that is essential to building muscle mass. It is commonly found in animal products, though is also present in other sources, such as nuts and legumes. You need protein daily. A balanced intake of protein, low GI carbs and good fats at breakfast are the key to sustaining your blood sugar levels throughout the day.

SEA Change Portland **(Sustainable Eating & Activity Chnage)**

A new approach to healthy eating and active living developed by the Portland community, specifically for the Portland community.

Links for above articles:

Walk to School Month

<http://www.walktoschool.vic.gov.au>

What are healthy snacks?

https://www.totalwellbeingdiet.com/community/blog/but-i-just-ate/?utm_source=twd-campaign&utm_medium=email&utm_content=161012-hungry-at-3pm#FTJeGd8GpyfywWYi.99

