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Giving Kids healthy messages

Glenelg Shire Councils kindergarten network staff Googled 'healthy birthday cake alternatives' and made a display of the pictures. Families have responded by bringing in their own versions. Karen (GSC)



So do the NNAG's

The North Neighbourhood Activity Group or NNAG's, as they call themselves hold free events for kids in the North Portland area.

At their Farmers' Market in January, they served healthy BBQ foods like vege burgers and fruit.

Bayview creates its own 'café

Australia's cafe culture is proving a hit with a growing number of young people and it seemed timely to introduce a space where the students of Bayview College can come together to bring healthy meals from home to eat whilst sharing conversation with friends. Over the school holidays, a laneway space was refurbished by Bayview College staff along with 'Parent and Friends' to give it a fresh lift. Tables and chairs were purchased and art hung on the walls, courtesy of the fund raising conducted by the P&F.

A team of students, on a rotating roster will provide support and access to microwaves, fridges, food warmers and sandwich presses. "It's great the school is providing this area for the students. I know my friends and I are looking forward to bringing a range of healthy foods from home to heat up", said Kya.

Shelby is equally excited. "When the weather gets a little colder it will be great to hang out with my friends in a warm space, instead of a normal classroom."

The laneway was opened up on the first day of school and is already proving to be extremely popular. Café will open in the coming weeks.

*"eat healthy,
sleep well,
breathe deeply,
enjoy life".*

'Don't know what lollies are'

"Great to see that my granddaughter and my great niece don't know what lollies etc are. They both have a healthy diet". Richard

Portland Bay Schools' 'sugar' wall

"I have started a 'sugar wall' at Portland Bay school to show our students and staff how much sugar is in some of their favourite drinks". Casey



Portland Bay School

	consumer energy 100g		
	best choice	Okay choice	POOR choice
SATURATED FAT	0-1.5g	1.6-5g	5g+
SUGAR	0-5g	5.1-15g	15g+
SODIUM (salt)	0-120mg	121-600g	600mg+

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@swarth.vic.gov.au

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

Take-away can be healthy

Once upon a time it was a real challenge to find something on a take-away menu that is a healthier choice. Now with childhood obesity on the radar of VicHealth and SEA Change, one parent knew it was time to make a change. "Thankfully there are healthier choices... McDonald's Kids Meal Deal- seared chicken wrap, no chips and either water or diet coke instead of frozen coke. Salad with seared chicken and balsamic dressing, water or diet coke or a skinny latte for me". Fiona

Feedback!

"Brilliant! Great little snippets to keep people interested", CT