

# 'CELEBRATE' SEA Change #3



*The third of regular SEA Change updates about what's happening in your community.*

Portland North Primary School has a 'farm' with chooks, fruit trees, veges and a compost bin. The 'farm' is fun and teaches children about healthy lifestyle and sustainable living.

Bev's teaching her grandchildren to cook healthier snacks using the Live Lighter website at [www.livelighter.com.au](http://www.livelighter.com.au). The recipes use nutritious ingredients and are lower in sugar, salt and fat.

The Fawthrop walking group meets weekly. They want to offer guided walks around Fawthrop Lagoon.

Portland Squash and Racquetball Club has introduced healthy fried rice as a fundraiser. It also discourages members buying unhealthy alternatives on the way home from club games.

Glenelg River District Scouts include chicken in their fundraising BBQs and are trialling catering for Gluten Free.

Portland's Safeway staff can sample healthy food in their weekly 'Try it Tuesday' shared lunch.

Tastee Breeze Café has 'green' or healthy options identified on their menu.

PT@home has "That Sugar Film" available for clients to borrow to show to their families.

Portland Soccer Club has a Healthy Eating Policy and have color coded their canteen menu to indicate which are healthier options.

Les has developed a walking app featuring prominent Portland landmarks.

Thanks, Lindy (SEA Change Steering Group Member)

If you would like to include an update of your SEA Change activity, please forward to Lindy at [lindy.stuchbery.pdh@swarh.vic.gov.au](mailto:lindy.stuchbery.pdh@swarh.vic.gov.au)