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- Portland [YMCA](#)
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PSPC Vege garden

Portland South Primary School's vege garden is producing fresh produce for the children to use in their healthy cooking programs.

YMCA & the Dietician

The YMCA is assisting customers to maximise their program by offering free nutritional consultations with a Dietician on Wednesday 17th February, as part of Healthy Weight Week.



Ptld Child & Family Complex

Glenelg Shire's Karreeta Peeneeyt Mara nutrition policy ensures healthy meals and healthy eating messages are 'everyday practice' and families have access to recipes to trial at home. Portland Child & Family Complex educators provide a balanced program of healthy eating and active play for children aged four weeks to six years. Their

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

PDH funding ABF membership

Portland District Health's Midwifery team have funded Australian Breast Feeding Membership for their first four birthing Mum's under the new twelve months drive to link mums to supportive environments. The women were happy to join after hearing about the supports and benefits available through ABA.

YMCA vacation care

The first week of YMCA's 'OSHC and Vacation Care Program' saw the kids helping prepare their fried rice lunch, then helping with cleaning and putting away as well. They got active and with some Zumba, then some boxing, even wearing the Sumo suits. They finished the week with a huge day of scooter and bike riding followed by more sports activities. Fun, laughter and great team work.



Healthier options for sports clubs

Portland Touch Footy introduced Fried Rice cooked on the BBQ when catering at a club event.

SNAP Fitness FREE info session

SNAP Fitness are assisting their customers to maximise their individual program by providing 'how to read food labels' education to enable them to find the healthiest supermarket items. This free, 45min session as part of Healthy Weight Week, will be delivered by an accredited Dietician, on Tuesday 14th February.

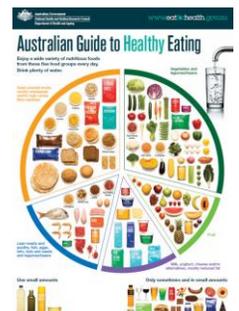
Water Stations Free Access

SEA Change's 'Walk to Water' Task Team is pleased to report, Wannon Water now provides water bottle refill stations for use at community events.

Healthier club choices

Portland Scouts' January holiday program included activities such as kite making and flying, cloud experiments and water rockets. It also provided healthy snacks.

Portland Secondary College canteen manager identified healthy options on the canteen menu.



Australian Guide to healthy eating

	COMMON MEASURES 100g		
<small>This information is for adult foods (young children will have lower intakes)</small>	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@swarh.vic.gov.au

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