



Links to articles:

- [Active April](#)
- [Healthy Kids](#)

YMCA after school healthy snacks

YMCA After School Care, supplies an afternoon tea which is based on the 'Healthy Eating Program'.

Breakfast at Portland North

Portland North has an ongoing Breakfast program every Friday with fresh fruit, juice and a variety of healthy bread to toast.



Kids can pick the veggies

At the Karreeta Peeneeyt Mara Portland Child & Family Complex in Julia St, as part of the educational program children are supported to plant vegetables, water and care for them, which are picked when ready and given to the centre's chef Melissa. Melissa then uses the produce in her healthy catering for the children to enjoy during the day.

*“eat healthy,
sleep well,
breathe deeply,
enjoy life”.*

Healthy lunchbox at kinder

Glenelg Shire Council's kindergarten network staff discuss 'healthy lunchbox items' brought to kinder by the children. The staff model healthy lifestyle by talking about what they eat and using the term 'sometimes food' for the less healthy options.

Portland Secondary's "healthy choices"

Portland Secondary colleges SRC committee has initiated colour coding of the canteen menu. They've also created a small sized card for the students to stamp when purchasing a "healthy food" item which results in students being awarded for the most cards filled with stamps. They're now including articles that focus on healthy choices in the school newsletter.



'Healthy heatups' are the go

Portland Primary School Parents Club have provided each classroom with a microwave to enable the children to bring 'healthy heat ups'.

Kids cooking all the time

Portland Bay School produces such fine cuisine! The students are involved in cooking consistently in class programs and fruit is always freshly available. The children also tend to the fruit trees and vegetable patch.

Neighborhood house helps out

Portland Neighborhood House assisted the cooking program at Portland Primary establishment of the 'Kidz in The Kitchen' School by making a donation.

Feedback!

“Great to see new and old healthy initiatives”

	COMMON MEASURES 100g		
<small>This information is for adult foods (you will see this for liquids also)</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