

Celebrate Newsletter 7



Links to articles:

- [Healthy Kids book download](#)
- [Outdoor Exercise Circuit download](#)

	COMMON MEASURES 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@swarh.vic.gov.au

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

Kiosk identifies healthy options

JJ's Kiosk, at Portland District Health, has 'green' or healthy options identified on her kiosk menu, including healthier snacks.



Portland Primary runs the distance

Portland Primary School has a fitness track which they encourage the children to use each morning. Family members are welcome to run with their child. Each lap contributes to the individual child's distance and there is a competition at the end of each term.

Children discover veggies

YMCA coordinator, Belinda, has endeavored to introduce a lot of different fresh food item to the children. On delivering a delicious plate, one of the

boys said "why are you feeding us leaves (Snow Peas)?" Since then she has brought a lot of fruit and veg to the table that the children have never seen or in fact attempted to try.

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

Portland food swap

Portland Workskills, in cooperation with 'Portland Food Swap Group', has introduced a food swap. This activity encourages healthy lifestyle by connecting people who can swap excess home grown produce and gardening tips.



Personal training for all ages

Carrie and Steve are pleased with their new personal training business. Their youngest participant is 16 years old and the eldest is 75 years young. There are a variety of other aged participants that all share the same goal to be healthy and active.



Parents volunteer

Parents from the Portland Primary School community love volunteering to help deliver the weekly 'Kidz in the Kitchen' healthy cooking program. "It's nice to see the sense of accomplishment the kids get from cooking a meal they can take home to share", Paula

PDH gets active in April

Portland District Health participated in Active April. Active April encourages people to think about how active they are throughout the day.

Healthy lifestyle movies

Kelly from Portland District Health's short movies which model healthy Health Promotion Team, has produced lifestyle initiatives in Portland.

Feedback!

"Great work"