

# Celebrate Newsletter 8



## Links to articles:

- [Portland YMCA](#)
- [h30 Challenge](#)
- [Healthy kids](#)

	consumer reference 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](mailto:lindy.stuchbery.pdh@swarh.vic.gov.au)

or view our webpage on [www.seachangeportland.com.au](http://www.seachangeportland.com.au)

## Community assistance needed

Some members of our LOCAL community need assistance during this cold winter to keep warm and well fed. So there is a call for blankets and non-perishable food. These items will be distributed to those in need by our local Salvation Army. Collection boxes are located in the executive administration corridor and the PDH dining room. Please have donations in by Friday 15th July, Thank you.

## Lunchbox competition

Portland Primary School has a lunchbox competition where students are encouraged to pack healthy food using biodegradable wrappers and reusable containers to store their food. Students can gain points for having fruit/vegetables in their lunchbox, at the end of the term the points will be added up, the class that has the most points will all win a lunchbox.



## Morning tea at TAFE

Portland's South West TAFE offer a morning tea program once a fortnight providing their students with a morning tea to help them kick start their day. This is to educate about the important of a nutritional first meal of the day. The program is also affordable and demonstrates easy alternatives from eating innutritious foods.

## YMCA's chicken Tetrizzini is a hit

Portland YMCA's Vacation Care Program includes healthy eating and physical activity in its regular programming. YMCA Portland Region's Supervisor Belinda Simmonds, said "As usual, it has been a fun filled adventure for all the children. We always set aside a day to be actively involved in the preparation and cooking of a healthy lunch. This time it was a simple but exciting Chicken Tetrizzini. It must have been delicious as several children came back for seconds. Some also asked for the recipe to take home!"

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

## H2O is the go!

3RPC committee has removed its sugary drinks and now provides free water for presenters



## Sharing ideas

Richard shares an experience of his from volunteering at the Mission to Seafarers where he met a cook from Manila and built a friendship with him and his friends and now they regularly share healthy ideas.

## Setting goals

Intention Seekers is a self-help group which used the 'mind mapping' technique to develop a 'healthy meal planning' goal for one of the participants. The group meets monthly and supports participants to set life goals.

## Healthy catering

The North Neighborhood Activity Group serves healthy items like veggie burgers, soups, fruit and water at their events.



## Feedback!

"Keep up the good work" - Richard