



Get creative in the kitchen with a recipe straight out of the OSHC cookbook!

At Camp Australia's OSHC, our programs are all tailored to the children in our service and one of the activities that children love is cooking. In Outside School Hours Care (OSHC) we make sure that the children who attend our programs eat healthy and delicious snacks that are in line with the Australian Dietary Guidelines. We've developed our own recipe book filled with fun and healthy recipes that children can make in OSHC.

Continue the love of cooking and healthy eating at home by making one of our delicious recipes:

Singapore Style Noodles: *Quick and easy!*

Ingredients:

- 6x cakes of rice vermicelli noodles
- 2x cups diced vegetables
- 1x tin of corn
- 1x tin of beans (kidney beans or chickpeas)
- 75g honey
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon
- 1 tin of tomatoes (optional)



Method:

1. Cook vermicelli noodles following the directions on the packet.
2. Cook diced vegetables, beans and corn in a small amount of vegetable oil until soft.
3. Drain water from noodles and add to the vegetables.
4. Add spices and honey, mix it up and eat! Yum!

It's FREE to Register. (and if you want to use OSHC, you first need to register).

Register at pp.campaustalia.com.au/account/login. Once registered, it's easy to make and manage your bookings online via our Parent Portal.

Visit our blog for helpful information and fun activities.

New articles are added each week for parents and cover various topics to help families.

Visit the blog here: <https://campaustalia.com.au/blog>