



NEWSLETTER SNIPPETS TERM 3 2020

Please see below a suggested bi-weekly newsletter topic schedule that may assist you in planning your Term 3 school newsletters. Snippets may also be used to post on your schools Facebook page.

The below newsletter snippets are easy to copy and paste, and provide information to families on healthy eating and physical activity.

TERM 3 NEWSLETTER TOPICS
Easy swaps in the lunchbox
Keeping active in winter
Healthy canteen choices
Scavenger hunt
Winter recipe: Minestrone soup
Bush tucker fruit and veg



Artwork: 'The heart of a child'
Lara Went Worimi artist

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EASY SWAPS IN THE LUNCHBOX

Packing healthy snacks in the lunchbox does not have to be time consuming. Swap from some of these common 'sometimes' lunchbox products to easy alternatives that add extra fibre and nutrition to your child's day:

- Chips → Wholegrain rice cracker bites



- Biscuit and cream cheese snack → carrot sticks and hummus



- Muffin or muffin bar → pikelets



- Tiny teddies → Whole grain fruity bites



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KEEPING ACTIVE IN WINTER

It can be tempting to let kids spend more time on screens during the winter months, with cooler temperatures and less daylight hours. But keeping active for **at least one hour each day** is still important, and also helps to keep warm!

Try some these activities that can also be done indoors:

- Make up a dance
- Hula hooping or skipping
- Pretend to move like different animals - scuttle side-to-side like a crab or hop like a kangaroo
- Start a family fitness challenge – who can do the most push-ups, squats, sit ups
- Use a pair of socks or balloon to play indoor volley ball, tennis, soccer or football



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

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HEALTHY CANTEEN CHOICES

It is a great idea to talk to your child about healthy options at the school canteen. Your school may be one of many who has already adopted the NSW state healthy canteen guidelines. **Look out for this logo to see if your canteen menu has met the guidelines:**



Some healthier options you could try might be:

Cold Food:

- 🍎 Sandwiches, rolls and wraps with everyday fillings e.g. grilled or roast chicken, tuna or cheese and salad
- 🍎 Fresh salads, sushi or rice paper rolls

Hot Food:

- 🍎 Fried rice
- 🍎 Spaghetti bolognaise
- 🍎 Corn cob

Snacks:

- 🍎 Fruit salad/fruit cup
- 🍎 Air popped popcorn

Drinks:

- 🍎 Water
- 🍎 Reduced fat milk



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SCAVENGER HUNT

Be active as a family and do the Bicycle NSW Scavenger Hunt. Try it by bike, scooter or skateboard!



1. Long grass



7. Flower



2. Park bench



8. BBQ



3. Water



9. Bin



4. Play equipment



10. Bird



5. Bridge



11. Scooter



6. Dog



12. Person running

For more cycling tips and ideas search bicycle NSW, or visit bit.ly/BNSWCOVID



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WINTER RECIPE: MINESTRONE SOUP

Ingredients:

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, crushed
- 1 medium leek, finely chopped (optional)
- 2 celery stalks, finely chopped
- 2 medium carrot, finely chopped
- 400g canned tomatoes
- 1 litre reduced salt vegetable or chicken stock
- 2 cups green cabbage, finely sliced
- 1 tbsp fresh parsley, chopped
- 1 bay leaf
- 1 tbsp tomato paste
- ¼ cup frozen peas
- ½ cup dried wholemeal pasta (penne, spirals or shells work well)

Serves 4

Prep and cook time: 1 hour



Method:

1. Heat oil in large saucepan over medium heat.
2. Add onion, leek, celery, carrots and garlic. Stir well, cook for 10 minutes or until the vegetables have softened.
3. Add canned tomatoes, stock, cabbage, parsley, bay leaf and tomato paste. Bring to the boil, then reduce heat to low and simmer for 15 minutes.
4. Add frozen peas and pasta, continue to simmer for a further 15 minutes.

Recipe from SWAP IT - <http://goodforkids.nsw.gov.au/primary-schools/swap-it/recipes>

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BUSH TUCKER FRUIT AND VEG

There are lots of Aboriginal bush tucker ingredients becoming more readily accessible and available. Here are a couple of examples to mix things up and get your daily fruit and veg.



LILLY PILLY

Lilly pillies are a popular garden and street tree. They grow in many conditions and can be found all over Australia. The berries have a tart, cranberry-like flavour. Try eating them:

- Fresh and whole - just watch out for the pip inside!
- Chopped and added to salads
- Chopped and added in to muffins, the same way you would blueberries.



WARRIGAL GREENS

Warrigal greens are a herb with arrow-shaped leaves, common in coastal regions. They are a great substitute for spinach, silverbeet or bok choy in recipes. Try adding to:

- Soups
- Stews
- Stirfries
- Omelettes.