

- Choose a variety of colourful fruit and veg everyday.
- A colourful diet provides children with various vitamins and minerals that fuel their body—learn more.

More information: www.healthy-kids.com.au







Time-saving lunches

- Use leftover from dinner or bulk foods that freeze well.
- Have healthy lunchbox fillers for last-minute lunches.
- For some <u>quick & easy lunchbox friendly recipes</u> search 'healthy snacks' at healthylunchbox.com.au.







Health Star Rating

- The Healthy School Canteen Strategy uses the <u>Health</u> <u>Star Rating</u>, you can too!
- Choose the highest rating on similar packaged products.

More information: www.healthstarrating.gov.au







Crunch&Sip®

- Make Crunch&Sip® fun by packing vegetables with different textures
- Try crunchy carrots, juicy tomatoes or crispy capsicum!

More information: www.crunchandsip.com.au



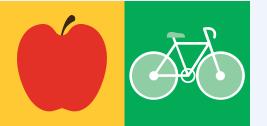




Crunch&Sip® Tip

- Worms love Crunch&Sip® leftovers, but not the sticker!
- Remember to peel the plastic sticker and put it in the soft plastic recycling not the compost.

More ideas on what to pack for Crunch&Sip® visit: www.crunchandsip.com.au







- Being active each day helps children focus and learn.
- Aim for 60mins/day of activity that makes them 'huff and puff' - <u>Keeping Kids Active resource</u> is here to help.

More information: Search 'Keeping Kids Active' at nshealthpromotion.com.au







Screen time & sleep

- Screen time can impact sleep quality and duration.
- Avoid screens 1hr before bed and keep screens out of the bedroom — for more <u>information and tips</u> search 'screen time' at raisingchildren.net.au







- On Friday 20 May 2022 join this community event to promote active travel and safe pedestrian behaviour.
- For how to get involved visit Walk Safely to School Day

More information: www.walk.com.au/WSTSD/





CELEBRATE NAIDOC WEEK



- Connect with Country and get outdoors with your family.
- Try the <u>Aboriginal Heritage Walk</u> in Ku-ring-gai Chase National Park or <u>Washtub Gully</u> near Berowra Waters

More information: www.naidoc.org.au and www.nationalparks.nsw.gov.au





Let's Go4Fun!

- <u>Go4Fun</u> is a FREE 10-week program to support your family to make healthy lifestyle changes.
- To register visit www.go4fun.com.au/register







Free Dental Service

- Children with tooth decay can have trouble eating, sleeping and concentrating at school.
- Access a <u>FREE dental services for children</u>.

More information: Search 'Oral Health' at nslhd.health.nsw.gov.au



