



# Food & dental health

- To support your child's teeth and gums ensure they eat a healthy balanced diet and limit added sugar intake
- Book your child's free dental health check at a local Northern Sydney Oral Health Centre 1300 732 503.





# Waste free lunches

- A waste free lunch has no throw away packaging and also limits packaged and highly processed foods
- We've got [tips for packing a waste free lunch.](#)

More Information: Search 'Waste Free Lunches' at [islhd.health.nsw.gov.au](http://islhd.health.nsw.gov.au)





# Sugary drinks

- The Healthy School Canteen Strategy ensures sugar sweetened drinks are not sold at school
- Sugary drinks are harmful for health – choose water!

More Information: Look up 'Sugary Drinks' at [livelighter.com.au](http://livelighter.com.au)





# Crunch&Sip®

- Try a mandarin! They're sweet, full of vitamins and fibre, don't bruise easily and are the perfect size.
- Want more ideas? Visit [Crunch&Sip®](http://www.crunchandsip.com.au)

More information: [www.crunchandsip.com.au](http://www.crunchandsip.com.au)





# Get active in winter

- Put on your gloves and gumboots, and head outside.
- Outdoor play in all weather allows children to be adventurous and explore nature – [winter activity ideas](#).

More information: Search 'Winter Activities' at [raisingchildren.org.au](http://raisingchildren.org.au)





# Screen time tips

- For children 5-12 years screen time should be less than 2 hours per day (not including homework time)
- Here are [tips to help manage children's screen time](#)

More information: Search 'Screen Time' at [raisingchildren.net.au](http://raisingchildren.net.au)







# Active travel benefits

- It's a fun way to meet friends, improves our physical and mental health, and is good for the environment!
- Learn more and develop your own active travel plan [here](#).

More information: Search 'Active travel tips' at [actparents.org.au](http://actparents.org.au)





# Healthy Halloween

- Healthy snacks don't have to be boring!
- Try some of these terrifyingly tasty snacks: fruit monsters or pizza mummies.

For more information: Search Healthy Halloween at [www.livelifter.com.au](http://www.livelifter.com.au)







# Let's Go4Fun!

- Go4Fun is a FREE 10-week program to support your family to make healthy lifestyle changes.
- To register visit [www.go4fun.com.au/register](http://www.go4fun.com.au/register)

[www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au)

