

Fill up on fresh fruit and vegetables

The Fruit and Vegetable Chart is a great way to increase intake for children in a fun and engaging way. The chart includes examples of a serve and how many serves are required each day by age group. It is also an opportunity to try new vegetables or prepare or cook vegetables in different ways. Check out the chart!

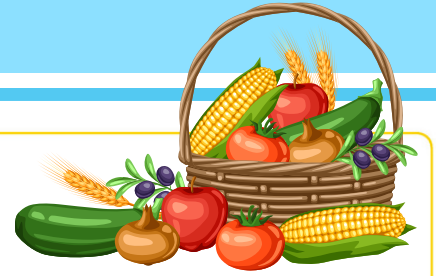


My Fruit and Vegetable Chart

Name _____

Each day I need to eat _____ serves of fruit and _____ serves of vegetables.

Day	Serves of Vegetables				Serves of Fruit	
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						



How many serves a day?

Age	Veg	Fruit
9-11	5	2
4-8	4½	1½
2-3	2½	1

How much is 1 serve?

150 grams of fresh FRUIT or:

- 1 medium piece (e.g. apple)
- 2 small pieces (e.g. grapes)
- 1 cup chopped or sliced fruit

75 grams of fresh VEG or:

- 1½ cups cooked veg or legumes
- 1½ medium potatoes
- 1 cup salad or egg

If I eat _____ serves of fruit and _____ serves of vegetables each day for a week,

my reward will be _____



 healthylunchbox.com.au

The simplest way to earn rewards

Active play at home



Active play ideas for young children at home include:

- Movement games - Simon Says or the Hokey Pokey.
- Ball games - to roll, bounce, catch or bat.
- Imitation games - young children love to imitate adults! Try clapping your hands or moving from side-to-side.
- Music - choose action songs such as head, shoulders, knees and toes.

For more ideas, click [here](#).



Healthy Family Bulletin

Set clear rules for screen time



» For more ideas, click [here](#).

When managing screen time with children it is important to set clear rules. Here are some suggestions from the eSafety Commissioner: Device-free zones include -

- No devices in the bedroom for younger children.
- All screens off in bedrooms after a certain time for older children.
- All screens off at least an hour before planned bedtime.
- All family members switch off at dinner time.
- Charge devices overnight in a place your child cannot access.

Pack a healthy lunchbox



With children going back to school, it is important to think about how to pack a healthy lunchbox. Children can consume up to one third of their daily food intake at school, so it is important that their lunchboxes are filled with healthy and nutritious food. This will provide them with the energy and nutrients they need to grow, learn and play. It is also a great opportunity to teach children lifelong healthy eating habits.

Eat a RAINBOW of vegetables every day!

Different coloured vegetables provide different nutrients for growing bodies. Supplying kids with lots of different coloured veggies and fruit each day is the best kick-start we can give them for health, growth and concentration in the classroom.

RED

Cherry tomato, radish, red capsicum, red apple, cherries, strawberries.

ORANGE & YELLOW

Corn, yellow capsicum, apricots, mandarin, carrots, rockmelon

WHITE & BROWN

Cauliflower, nashi pears, mushrooms, white nectarine, banana

GREEN

Sugar snap peas, green apple, pear, cucumber, broccoli, grapes, frozen peas

PURPLE

Purple grapes, purple carrots, blueberries, plums, blackberries



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Healthy Family Bulletin

General health - meningococcal disease



Meningococcal



Know the symptoms

Act fast



Meningococcal disease is a serious and sometimes fatal illness. It can affect anyone, but children under age 5 are most at risk. Early treatment is vital. Knowing the symptoms could help save your child's life.

Meningococcal symptoms include:

- Severe limb pain.
- Difficulty waking up.
- High pitched crying in babies.
- Severe headache.
- Upset by bright lights.
- Stiff neck.
- Red-purple rash which doesn't disappear when pressed with a glass.



Viral gastro



Viral gastroenteritis (gastro) is a common infection of the stomach and intestines that causes vomiting and diarrhoea. Gastro can be caused by many different viruses. Viral gastro can be highly infectious so it can spread very easily.

Symptoms of viral gastro can include:

- Nausea.
- Vomiting.
- Diarrhoea.
- Fever.
- Abdominal pain.
- Headache.
- Muscle aches.

MORE INFO



Symptoms can take up to three days to develop and usually last one to two days, sometimes longer. If symptoms persist, visit your GP.



Viral gastro is highly infectious

Do not send kids to childcare for **48 hours** after their symptoms have stopped.





Healthy Family Bulletin



Give your baby the best start to life



Get Healthy in Pregnancy is a **free** and **confidential** NSW Government phone-based service for all pregnant women in NSW. Professional health coaches will support you to develop motivation and tools to help you stay healthy during your journey from pregnancy to birth and beyond.

How the program works:

1. **Register** for free online or call 1300 806 258.
2. **Receive** your free health journal and program pack.
3. **Set goals** for your pregnancy with guidance from your health coach.
4. **Schedule** and receive coaching calls at your preferred time.
5. **Support** to stay on track when you complete the course.

Benefits of health coaching during pregnancy:

Looking after your health and wellbeing during pregnancy can help you give your baby the best start to life. Some benefits of eating well and being active during pregnancy can include:

- Better sleep.
- Improved digestion.
- More energy.
- Feeling less stressed and anxious.
- Less lower back pain.
- A more active labour.

LEARN MORE >

Do you want to get healthy in pregnancy?

- Talk to your health care professional or join now.
- Call 1300 806 258 (weekdays, 8am-8pm).

