South Western Sydney Local Health District

Healthy Family Bulletin

JULY 2023

- Information current as of 1 July 2023

Turn leftovers into tasty meals

Eating healthy food on a budget can be a challenge. OzHarvest has a range of Use It Up recipes that can inspire you. These recipes can be a great way to use leftover food that might otherwise be thrown out. They also help to reduce food waste. These recipes are quick, healthy and budget friendly.





Granny Joyce's pumpkin soup



Fruit platter smoothies



Sausage pasta



Fridge clean out nachos From the fridge omelette



Walk your way to winter fun



Come and join some free family fun at Parkwalk @ Parkrun in Casula. The event is organised by volunteers for the benefit of everyone. It's a 5km course and people can walk, jog, run, volunteer or watch. Parkwalk @ Parkrun is positive, welcoming and inclusive.

When: Every Saturday at 8am. Where: Meet at Casula Parklands Outdoor Gymnastic Equipment and Playground.

- To participate, register here.
- To become a volunteer, e-mail casulaparklands@parkrun.com









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Have a screen-free adventure

Play a board game, discover a new park or have a dance party when you try screen-free bingo. You can enjoy the fun and free activity with your family. To play, mark off a different activity each week and work towards ticking off the whole board! While some of these ideas are more suited for older children, a lot of them can be done with young children as well. You could even create your own list of screen-free activities that your family enjoys.





Download screenfree bingo <u>here</u>.



A flu shot can keep your family safe



Influenza (flu) is affecting children this year but a simple thing you can do to keep your family and the community safe is to book a free flu vaccine. The flu shot is free for priority groups including:

- Children from 6 months to 5 years.
- People aged 6 months and older with serious health conditions including cancer.
- · Pregnant women.
- Aboriginal and Torres Strait Islander people aged 6 months and over.
- People who are aged 65 years and over. If your child is sick:
- Keep them at home.
- See your GP or call HealthDirect (1800 022 222) if you are worried.





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What's on during NAIDOC Week

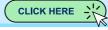
NAIDOC Week is a wonderful time to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. Here's a list of events near you:

- NAIDOC Family Fun Day at Bankstown City Gardens on Saturday, 1 July from 10am to 3pm. <u>More details</u>.
- NAIDOC Week Community Events at Queen St, Campbelltown on Monday 3 July, from 9.30am to 3pm. More details.
- NAIDOC Touch Football Competition at Behnam Oval, Minto on Wednesday 5 July from 9am to 4pm. <u>More details.</u>
- NAIDOC Family Fun Day at Fairfield Showground on Tuesday 4 July from 11am to 3pm. More details.
- NAIDOC Family Fun Day at Miller Square on Wednesday 5 July from 10am to 3pm. More details.



- Camden NAIDOC Week event at Oran Park
 Civic Precinct on Tuesday 4 July from 10am.
 Starts with official flag raising ceremony.
 Family fun day includes NAIDOC Story Time.
 More details.
- Tharawal Aboriginal Medical Service
 NAIDOC Family Fun Day at Airds High
 School on Thursday 6 July from 10am to 2pm.
- Tharawal Local Aboriginal Land Council's NAIDOC Family Fun Day at West Parade, Couridjah on Friday 7 July from 10am to 2pm.

More NAIDOC Week events near you: (



Winter snacks to warm you up



Winter snacks can be healthy, super easy and quick to make. The <u>Healthy Kids</u> website has some great winter snack ideas including:

- Corn on the cob sprinkled with herbs, wrapped in foil and baked in the oven.
- · Cheesy melt or toasted sandwiches.
- Muffin pizzas.
- Mini pasta cups or fried rice.
- Baked potatoes with baked beans.
- Soups.
- Muffins or scones.

• Fruit toast.



Quick tips:

You can add your favourite vegetables, fruits, grains and herbs, or try some new ones that are in season! Add as many vegetables as you can, use wholegrains, reduced-fat cheese and reduced-fat milk to make them more healthy.



