

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.

[CLICK HERE](#)



Granny Joyce's pumpkin soup



Fruit platter smoothies



Sausage pasta



Fridge clean out nachos



From the fridge omelette

Walk your way to winter fun



Join the family fun at parkwalk
Walk the 5km course
Every Saturday at 8am
Casula Parklands
Powerhouse Road, Casula
All ages welcome!

[CLICK HERE](#)

Register now!

More details



Proudly supported by
South Western Sydney Local Health District

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



Healthy Family Bulletin

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 screen-free bingo [here](http://www.screenfree.org).



Read a book	Make your own game	Spend four hours outside in one day	Look in the mirror. Take a "selfie" with your mind. You're beautiful!	Introduce yourself to someone new
Write a letter, then mail or hand-deliver it	Hang with a friend face-to-face	Sleep without your phone in your room	Tell or write a story	Play a board game
Discover a new park	Unfollow or block someone online who makes you unhappy	Free space!	Give someone a hug	Listen to music
Do some gentle body stretches	Make a list of your goals or dreams	Try a new food	Start a journal (write down what you would have posted online!)	Have a dance party
Go for walk somewhere new	Cook a meal or bake something	Offer to help a friend, family member, or neighbor	Take a nap or sit and daydream	Paint or Draw

www.screenfree.org

A flu shot can keep your family safe

Flu in kids under 5 can be serious



If your child is 6 months to 5 years, visit your GP for a FREE flu shot today!



www.nsw.gov.au/flu

MORE INFO

For further details, go to www.nsw.gov.au/flu

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.





Healthy Family Bulletin



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. [More details.](#)
- **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. [More details.](#)
- **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 Airs 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: [CLICK HERE](#)

Winter snacks to warm you up



Winter snacks can be healthy, super easy and quick to make. The [Healthy Kids 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.

[Click here for recipes](#)

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.

