

Take the vegetable challenge and tempt fussy eaters

Take up the challenge and help your children have fun exploring and eating vegetables this month.

Here are some family challenges to try at home during Vegie Month, which runs from 10 March to 4 April.

- Ask children to wash, sort and cook vegetables for dinner every night this week.
- Ask children to choose at least one vegetable for their snack every day this week.
- Encourage children to eat a rainbow of different coloured vegetables.
- Read books together like Veggies with wedgies, by Todd Doodler or Carrot soup, by John Segal.

[MORE INFO](#)



The Big Vegie Crunch record attempt is one of the fun activities planned during Vegie Month. Primary school students across NSW will try to break the record for the highest number of children eating vegetables at the same time. The Big Vegie Crunch will take place at 10am on Thursday 3 April. Thousands of students crunched on vegetables last year!

Move more and feel better with the Get Healthy Service



Our series about the Get Healthy Service continues this month with tips to help you get moving. The service offers free health coaching to help you feel great in 2025. Next month's topic: Healthy eating in pregnancy.

Finding ways to add more physical activity into your day doesn't have to be complicated. Here are some simple ways to get moving:

- Combine physical activity with shopping, housework or gardening.
- If you're stuck at your work desk, stretch your legs in front of you, raise your arms or roll those shoulders.
- Take the stairs instead of the lift or escalator.
- Multi-task:
 1. While waiting for the kettle to boil, do a few wall push-ups or calf stretches.
 2. When you brush your teeth, do 10 squats.
 3. While watching television, do some stretches. Try to do 20 star jumps or 20 couch push-ups.

Even small amounts of activity every day can help you.

For free support from the Get Healthy Service, [CLICK HERE](#)



Healthy Family Bulletin

Get help with breastfeeding



Breastfeeding has many benefits for mums and their babies, and helps to create a special bond with your child. It's also free and ready when your baby is hungry.

Other benefits of breastfeeding include:

- It helps to fight infection, viruses and diseases.
- You don't need additional equipment.
- It reduces the risk of some cancers, osteoporosis and type 2 diabetes in mums.

A range of support is also available to help pregnant and new mums with breastfeeding. For your nearest breastfeeding clinic in south west Sydney, [click here](#). Support is also available from Karitane and the Australian Breastfeeding Association. [LEARN MORE](#)



Bengali Breastfeeding Group

Pregnant women and their partners can come and learn about breastfeeding in Bengali at Campbelltown Hospital on Saturday 29 March from 12pm to 2pm. [Book your free tickets](#).

We know you're busy but take time to care for your health

A breastscan is free and only takes 20 minutes. It can find breast cancer early, before you notice a change or feel a lump. For screening locations across south west Sydney,



Breast cancer doesn't wait. Don't wait to breast screen.

Aged 50-74? Book yours today.

**13 20 50
breastscreen.nsw.gov.au**

BreastScreen
NSW

[CLICK HERE](#)





Healthy Family Bulletin

Walk, ride, scoot or skate with your mates!



Get on your bike, feet, scooter or skates for National Ride2 School Day on Friday 22 March.

Families can join in and get moving in many ways:

- Team up with other families and have your children active travel to school together.
- If your school is further away, use active travel for part of the way instead of driving.
- Plan ahead and pack lunches early to make it easy to ride or walk to school.
- Spend time riding or walking with your children on weekends to help them learn the road rules and build their confidence.
- Put a calendar on the fridge and mark active travel days into your week.

[MORE INFO](#)

What's on



Neighbour Day - 30 March

International Women's Day: 7 March. [Get involved.](#)

Harmony Week: 17 to 23 March. [Celebrate cultures.](#)

Close the Gap Day: 20 March. [Read more.](#)

World Oral Health Day: 20 March. [Show your smile.](#)

International Day for the Elimination of Racial Discrimination: 21 March. [Learn more.](#)

Did you know that reaching out to those around you leads to



feeling safer and more welcome in your neighbourhood

Neighbours Every Day | Relationships Australia

You can connect with your neighbours by hosting:

- a street party.
- cricket match.
- footpath chalk drawings.
- movie night.
- ice cream party.

