

## Cool off with a fruity sundae



### Helpful tips:

- Use stewed fruit in season such as peaches or apples.
- Add sliced banana to the bottom of the cup to make a yoghurt banana split.

Spring and summer are good times to enjoy a yoghurt sundae!

**Preparation time:** 10 minutes    **Serves:** 6

### Ingredients:

- 600g reduced fat vanilla yoghurt.
- 6 tbsp passionfruit pulp (fresh or canned).
- 2 ½ cups of frozen berries, defrosted to puree.
- 1 cup untoasted muesli.
- ½ cup frozen berries, defrosted to serve.



### Method:

- Puree 2 ½ cups of berries in a blender until chunky.
- Using six small cups, place 1 tablespoon of passionfruit pulp in each. Add 100 grams of yoghurt to cups.
- Add three tablespoons of berry puree to each cup.
- Add 1 tablespoon of muesli and a few berries on top to decorate and serve.

Recipe from the Yummy Tummy Cookbook.



## Low cost and free meals near you



If the rising cost of living is putting more pressure on your family's budget, you can use an online tool in the privacy of your own home to find the low cost and free meal services near you.

The [Low Cost and Free Meals Directory](#) was developed by our Health Promotion team to remove the stigma around people's food insecurity and provide a quick reference guide for families and support organisations. It lists the 109 places across the district which offer free and affordable food. You can also find wellbeing and financial support and the services that provide clothing and household goods near you.

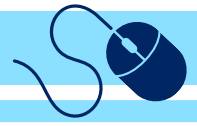


- The Low Cost and Free Meals Directory is updated every six months.
- To access the directory or join the mailing list to receive updates, [click here](#).



# Healthy Family Bulletin

## Mighty heroes have special powers to stay safe online



You can help your children develop special powers to protect themselves when they are online with tips from the [Mighty Heroes videos](#).

The fun and interactive videos were produced by the Australian Government's [eSafety Commissioner](#) for children aged 5 to 8 years.

They cover four key areas:

- How to protect my personal information.
- I am kind and caring to others.
- I ask for help when something doesn't feel right.
- I question what I see, hear and do online.



[LEARN MORE](#)

The Mighty Heroes videos are a great place to start talking about online safety.

## Living Library to share stories about mental wellbeing



The series is available on the WayAhead website.

[CLICK HERE](#)

If you or a loved one are experiencing mental ill health, you can gain comfort and support from the lived experience of other people in the district by visiting the Living Library.

The online series uses storytelling as a powerful tool to start conversations in the community, remove the stigma around mental health and encourage people to reach out and seek help. Living Library tells the stories of more 20 people from English speaking, Aboriginal and multicultural communities. Selected resources are also available in Arabic, Spanish and Vietnamese languages.

It was developed by our Health Promotion Service in partnership with various community groups.







# Healthy Family Bulletin

## Growing healthy eaters

You can help your child become a healthy eater and make mealtimes a positive experience for your family by watching a video created by South Eastern Sydney Local Health District. You can start to offer your child solid food from around six months of age.

Other tips to Grow Healthy Eaters include:

- Make mealtimes calm and relaxed.
- You can decide what, when and where your child is offered food. Your child can decide how much or if they eat at all. Don't pressure, coax or bribe them to eat.
- Eat together as a family. Mealtimes should last up to 30 minutes.
- Remove distractions like screens and devices.
- Offer meals at regular times during the day. Children need three meals with two to three snacks in between, with water or milk as a drink.
- It can take 20 or 30 times of offering new food for your child to try it so be patient.



For more ideas, visit [Growing Healthy Eaters](#).

## Fun ways to stay active in summer



### Bonus tip!

Active travel is another way you can build physical activity into your child's day. For ideas, [click here](#).

With summer right around the corner, here are some fun ways to stay active in the warmer weather!

- Try different activities such as gardening, swimming, rock climbing or cricket.
- Make sure you stay hydrated and drink water while doing physical activity. Don't forget to bring a water bottle with you.
- Protect yourself from the sun by wearing a hat, sunglasses and putting on sunscreen with SPF 30+ (or higher).
- Beat the heat by finding indoor places you can keep active such as a community recreation centre, gym or sport centre.

