

Search for the stars when you shop



Buying tips:

- Look for the Health Star Rating on the front of packaged food.
- Use the rating to compare similar foods.
- Choose products with a higher star rating and lower in saturated fat, sugar and salt.
- Include fruit and vegetables in the basket.

The Health Star Rating is a system that lets you compare similar foods to see which ones are better for you.

The system rates a product based on the amount of energy, saturated fat, salt and sugar it contains.

Stars are added for fruit and vegetables, calcium and protein content.

Generally, a product with 3.5 or more stars is considered more healthy.

Foods rated lower than two stars should only be eaten occasionally.

Shoppers can use the Health Star Rating to help them make healthier choices and eat a variety of things from the five food groups each day.

[read more...](#)

New year for active and creative kids



Athletics, basketball, football, drawing and photography are some of the activities children can enjoy through their 2024 Active and Creative Kids vouchers, which start this month. Eligible parents, guardians and carers can apply for two \$50 vouchers to use during this calendar year. The vouchers are for NSW school-aged children whose parents receive a Family Tax Benefit. They are a fun way to introduce children to a new activity or continue to participate in one they already enjoy.

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Alternative to screen time



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If you are looking for a fun and screen-free activity for children, give a treasure hunt a try. A treasure hunt is an exciting way for families to get active and explore their surroundings. The game can be hard or easy, depending on the age of the children.

For younger children, rather than hunting for clues, tell them to look for items. If you are in a park, look for a curved leaf, something smooth, two types of birds or a yellow flower. Create written clues for older children and include a treasure at the end of the game. This will encourage them to keep trying.



Free books from Dolly Parton's Imagination Library

Children born from 1 January 2022 and living in Fairfield City Council have the chance to receive a free book each month to support their language development and early literacy.

Dolly Parton's Imagination Library is offering the book gifting program to eligible families in the Fairfield Local Government Area.

The program runs from birth to age five and aims to foster a lifelong love of reading in children.

Families also receive a "tip sheet" which has been translated into different languages to help them engage with the free books.

[REGISTER NOW](#)



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Free workout at gyms in parks



Qualified fitness instructors will guide you during a free seven-week exercise program using the outdoor equipment and walking tracks at two Fairfield area parks.

Gyms in Parks runs from Monday 12 February to Thursday 28 March.

Come down to Lalich Park, at Bonnyrigg, on Mondays and Wednesdays or Deerbush Park, at Fairfield Showground in Prairiewood, on Tuesdays and Thursdays, from 9.30am to 10.30am.

Wear comfortable exercise clothes and sneakers and bring a towel or gym mat, hat, water and sunscreen.

Participants will receive a free fitness assessment at the start and end of the program and a goodie bag on the last day.

To find out more, [click here](#).

Healthy lunchbox recipe, bean balls

Now that the school year has started, parents may be looking for some healthy alternatives to add to their child's lunchbox instead of a sandwich.

The healthy lifestyle program Crunch & Sip has some great recipes to try, including this bean balls recipe.

Bean balls are packed with vegetables to help people get their daily serve of these foods.

You can vary the recipe and use-up any vegetables you have in the pantry, such as grated zucchini, chopped capsicum or broccoli. You can also freeze the bean balls to save time and money or enjoy them for dinner.



[CLICK HERE](#) For more healthy lunchbox ideas.





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Happy Lunar New Year - the Year of the Dragon

2024



Celebrate the Year of the Dragon on Saturday 10 February. Lunar New Year festivities start on the first day of the lunar calendar.



To welcome the New Year, people decorate their homes and businesses in red and gold to bring good fortune. Families enjoy cooking, catching up with loved ones and watching fireworks displays and lion dancing. Celebrations are also held across the region including Cabramatta Lunar New Year in Freedom Plaza on Saturday 24 February from 11am to 9pm and Sunday 25 February from 10am to 4pm.

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Recipe: oven-baked spring rolls

Visit a local food market and enjoy a taste of Asia or explore new fruit and vegetables to celebrate Lunar New Year. An easy and healthy recipe to make at home is oven-baked spring rolls. The recipe serves four people.



Ingredients:

- 3 tspn olive oil.
- 1 onion, diced.
- 1/2 tspn ginger, ground.
- 1 clove garlic.
- 1 celery stick.
- 5 mushrooms, finely diced.
- 1 capsicum, finely diced.
- 2 cups cabbage, finely chopped.
- 1 cup cooked ham, finely diced.
- 1/2 cup bean sprouts.
- 1 tbspn cornflour.
- 1tspn sweet chilli sauce.
- 1 tbspn soy sauce.
- 250g spring roll pastry.

Method:

1. Preheat oven to 200C.
2. Brush an oven tray with one teaspoon of oil.
3. Heat remaining oil in a wok over medium to high heat. Add onion, ginger and garlic and fry for one minute.
4. Add celery, mushrooms, capsicum and cabbage and stir-fry for about three minutes.
5. Add ham and sprouts. Cover the lid and let the vegetables cook for another minute.
6. Meanwhile, combine cornflour, sweet chilli sauce, soya sauce and herbs. Add the mixed sauce to the spring roll filling and heat until the mixture thickens.
7. Remove saucepan from heat and allow to cool.
8. Place 1-2 tablespoons of mixture on bottom corner of one pastry sheet. Fold edges of sheet in and roll up. Continue until all mixture is used.
9. Bake in oven for 15-20 minutes until golden brown.

For the full recipe,

[CLICK HERE](#)

