

Small changes can boost your food budget



Low cost and free meals directories:

The Health Promotion Service has created free directories that list the local services that provide low-cost pantries, free meals, food vouchers, financial assistance and support. To learn more, [click here](#).

The rising cost of living is putting pressure on the household budget and making it more challenging to make ends meet. Food and groceries are an important part of the family budget. Here are a few tips to help you reduce your food waste and costs:

- **Use it up:** Check what's in your pantry, fridge and freezer and find recipes that include the ingredients you already have.
- **Waste not, want not:** Use leftover vegetables in soups. Add soft fruit to smoothies or desserts.
- **Have a food budget.**
- **Plan meals for the week:** Make a shopping list that corresponds to your meal plan.
- **Buy imperfect produce:** It's cheaper.
- **Shop by unit price:** Check the price per kilogram or litre.
- **Have a meat-free meal at least once a week.**

Learn More



Keep your family safe by getting a flu shot

Now is the time for families to get their annual flu shot to keep themselves, their loved ones and the wider community safe. Influenza (also known as the flu) is highly contagious and can spread quickly when large numbers of people are in close contact such as at school, childcare centres and social gatherings.

Influenza vaccines (flu shots) are made from inactivated viruses. They cannot cause a flu illness. Minor side-effects are common and harmless.

Free flu shots are available for:

- Children from six months to under 5 years of age.
- People with serious health conditions including cancer.
- Pregnant women. The vaccine is safe in pregnancy.
- Aboriginal people from 6 months of age.
- People who are 65 and over.

MORE INFO



Book your flu shot through your doctor, pharmacist, Aboriginal Medical Service or public health nurse clinics in your area. Keep an eye on [South Western Sydney Local Health District's Facebook page](#) for details.



Healthy Family Bulletin

Flip out and Go4Fun in Term Two

Children and their families can flip out and bounce into a healthy lifestyle because our free Go4Fun program will include trampolining in Term Two.

The trampolining program will be held at Flip Out Smeaton Grange after school on Wednesdays from 1 May. Go4Fun is also coming to more locations for Term Two, kicking off on Monday 29 April.

A new program will run at Wilton Community Centre on Saturdays. Go4Fun will also be held at Prairiewood Youth and Community Centre on Thursdays and Michael Clarke Recreation Centre on Mondays. Pool programs will run at Mt Annan Leisure Centre on Saturdays and Eagle Vale Leisure Centre on Thursdays. Aboriginal Go4Fun will be held at Bankstown PCYC on Wednesdays.



WHAT: Go4Fun is for children aged 7-13 and their families.

HOW: It includes fun physical activities, interactive nutrition sessions, a supportive environment and guidance from professionals in health and fitness.

Get on your bike with the recycling shed



For more information,

[CLICK HERE](#)



If you or your friends are looking for a second-hand bike, pedal over to the Recycling Shed at Fairfield Showground at Prairiewood. Western Sydney Cycling Network has many second-hand bikes available, with prices starting at \$25 for a child's bike. All of the bikes have been repaired by the network's team of volunteers. Members have recycled more than 4000 bikes into the Fairfield community since 2006. The network also accepts donations of unwanted or unused bikes, which may need some repairs. The recycling centre opens on the first Sunday of the month, from 9am to 12pm and every Wednesday from 9am to 1pm.





Healthy Family Bulletin

How to build a healthy lunchbox



Busy parents may be looking for some inspiration to help them pack their child's lunchbox with a variety of nutritious and tasty food.

A good place to start is the Cancer Council NSW's [Healthy Lunchbox](#) website, which has interactive tools to help parents and children build a box together.

The website also includes healthy lunchbox examples and healthy alternatives to cakes, chocolate bars, biscuits, juice and cordials.

You can also find recipes, including the tuna mix sandwich filling (below).

Recipes are listed in groups including type, diet and allergy and time to make. You can also search for easy to freeze and quick and easy recipes or meals that take under 30 minutes to prepare.

[LEARN MORE](#)

Quick and easy recipe: tuna mix

Tuna mix is a tasty and affordable sandwich filling you could add to a healthy lunchbox. It takes 10 minutes to prepare and is nut free. To make the recipe dairy free, use dairy free mayonnaise.

Ingredients:

- 185g can tuna in springwater, drained.
- 125g can corn kernels.
- 1 celery stick, finely chopped.
- 1 tbsp chives or dill, finely chopped.
- 1 tbsp mayonnaise.
- ½ lemon, juiced.
- 4 lettuce leaves.
- ¼ lebanese cucumber, sliced into rounds.
- 4 wholemeal rolls.



Method:

1. In a bowl, mix the tuna, corn kernels, celery, herbs, mayonnaise and juice.
2. Halve the wholemeal rolls, place a lettuce leaf on each bottom half.
3. Top with the tuna mix, cucumber and roll tops. Tuna mix can also be used as a cracker or wrap spread.

