

## Enjoy fruit and vegetables on a budget

Fruit and vegetables are an important part of a healthy diet. They are rich in vitamins, minerals and fibre. You can still enjoy a range of fruit and vegetables while shopping and cooking on a budget.

- Choose canned or frozen fruit and vegetables as they are often cheaper and more convenient than fresh produce.
- Frozen fruit and vegetables are snap frozen very close to the time of harvest and can be higher in some nutrients.
- Buy fruit and vegetables in season as they are usually cheaper than out of season options.
- Plan your meals ahead of time to reduce waste.
- Consider growing your own: Herbs, cherry tomatoes, chillies and strawberries are good options!

[READ MORE](#)



Family friendly vegetable curry.



Simple roast veggie pasta.

Find these and more recipes [here](#).

## Go4Fun is coming to you in Term Three



### Family fun



- Go4Fun is a great way for families to spend time together, learn about good nutrition and how to read food labels and share tasty recipes.
- Children have fun, play games, gain confidence and reduce screen time.

Our free healthy lifestyle program for families is coming to six locations, including two new venues, in Term Three from Monday 22 July.

Families with children aged 7-13 can sign up now to join Go4Fun and learn about healthy eating and the fun ways to stay active.

The new locations include Yagoona Community Centre on Tuesdays and two programs at The Hub@Bonnyrigg – one for Aboriginal families, on Wednesdays and the other for the wider community, on Thursdays. Aboriginal Go4Fun includes traditional games, Indigenous support staff and culturally tailored resources. Go4Fun will also be held at Liverpool PCYC, Julia Reserve Community Centre at Oran Park and Flip Out Smeaton Grange.



# Healthy Family Bulletin

## The first 2000 days can shape your baby's life

The first 2000 days of your child's life will shape what happens over the next 80 years of their life.

Thanks to the latest research, we know that even before a baby is born, their early life experiences and their parents' health can form the building blocks for their future.

The first 2000 days of life, from conception to age five, matter 90 per cent of a child's brain also forms over this time. These early years can also predict how your child will perform at school and their health and wellbeing as adults.

It's not just parents and carers who have a role to play in giving babies the best possible start to life.

Over the next few months, we are going to share a series of stories on the first 2000 days of life and the tips and actions to follow to help children thrive by age five.

**Next month:** Advice for couples planning to have a child.

[MORE INFO](#)



### Help your child thrive by age five

Molly Wright, 7, shares how parents can give their children the best possible start to life. Watch a [TED Talk](#) to learn more.



## Tip of the month: Stop the spread of whooping cough



[READ MORE](#) >>

### Signs to look for:

- Whooping cough starts with a runny nose, fever and cough.
- The cough gets worse over night, and sometimes won't stop.
- Children may vomit after coughing. Babies can turn blue and may even stop breathing.

Families should take extra care this winter because there are a high number of cases of whooping cough (also called "pertussis") in our community, especially in school-aged children. Whooping cough can make children very sick and is dangerous for babies.

Whooping cough spreads easily from person to person.

### The best protection is vaccination

This protection builds up over several doses. Pregnant women should get vaccinated between 20 and 32 weeks. Babies should have vaccinations at age six weeks, four months, six months and 18 months. Children should have another vaccination before school, when they are four years old and again in Year Seven. This last dose can be given at school through the NSW Health vaccination program.





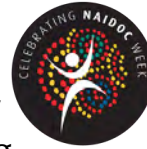
# Healthy Family Bulletin



## Join us to celebrate NAIDOC Week

NAIDOC Week is a wonderful time to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. Family fun days, touch football and cultural events are being held across the region to honour the oldest, continuous living culture on earth. Activities include:

- **NAIDOC Family Day** at Bankstown City Gardens on Saturday 6 July from 10am to 3pm.
- **NAIDOC Week ceremony and procession** at Queen St, Campbelltown on Monday 8 July from 9.30am.
- **Community Connection Day** at Campbelltown Arts Centre on Monday 8 July from 11am to 3pm.
- **NAIDOC Touch Football Competition** at Sarah Redfern Oval, Minto on Tuesday 9 July from 9am to 3pm.
- **NAIDOC Week celebration** at Oran Park Library Forecourt on Tuesday 9 July from 10am to 1pm.



## KEEP THE FIRE BURNING! BLAK, LOUD AND PROUD

7-14 JULY 2024

- **NAIDOC Family Fun Day** at Fairfield Showground on Tuesday 9 July from 11am to 3pm.
- **School holiday NAIDOC Week presentation with Uncle Darrell**, Show and Tell K-12, at Liverpool Regional Museum on Wednesday 10 July from 1pm to 2.30pm.
- **NAIDOC Family Fun Day** at Miller Square on Wednesday 10 July from 10am to 3pm.
- **Tharawal NAIDOC Family Fun Day** at Airs High School on Thursday 11 July.

[LEARN MORE >>](#)

## What's on



## Small changes can help you feel great

**Dry July:** 1 to 31 July. [Join here.](#)

**Schools Tree Day:** 26 July. [Get involved.](#)

**World Hepatitis Day:** 28 July. [Read more.](#)

**DonateLife Week:** 28 July to 4 August. [Learn more.](#)



For diabetes information in a variety of languages,

[CLICK HERE](#)

Maintaining your weight, eating healthy food and staying active are good habits for everyone to follow but they can also reduce your chances of developing Type 2 diabetes.

With National Diabetes Week coming up on 14 to 20 July, it's a good time to share some tips to help people make some simple changes to improve their health. Risk factors for Type 2 diabetes include age, family history, ethnicity and cultural background and a history of gestational diabetes.

### Health tips:

- Eat a variety of food from the five food groups. For recipes or to learn more, [click here.](#)
- Try a fun way to keep fit like parkwalk or parkrun. [Click here](#) to find a location near you.

