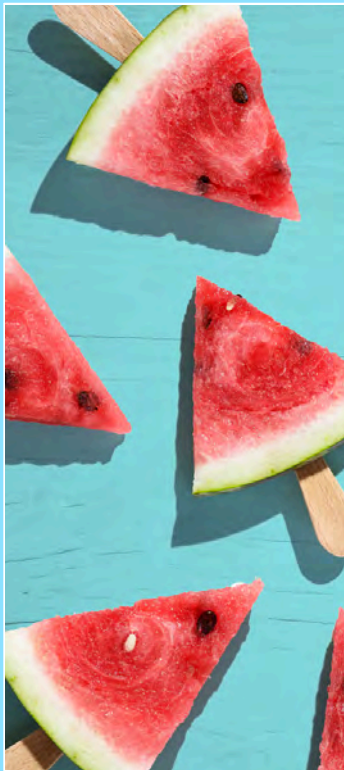




Five festive and healthy recipes to enjoy



Get your Christmas party started with five healthy and tasty recipes to enjoy this festive season.

The menu includes:

- Watermelon Christmas trees.
- Beef and vegetable sausage rolls.
- Chicken couscous salad.
- Carrot and ricotta, beetroot hummus or minty yoghurt dip, with vegetable sticks.
- Custard pudding - (right).

Thanks to the Cancer Council NSW for the recipes.

[CLICK HERE](#)



Custard pudding Ingredients:

- 1/2 cup reduced fat milk.

- 375ml light evaporated milk.
- 2 tbsp custard powder.
- 1/4 cup caster sugar.
- 1 tsp vanilla extract.
- 1 1/3 cups frozen berries.
- 1/3 cup reduced-fat yoghurt.

Method:

Whisk milks, custard powder, sugar and vanilla in a cold saucepan. Cook on medium heat until thickened. Cool, and then stir through yoghurt. Layer berries and custard in six glasses. Chill.

Low cost and free meals near you

Getting ready for Christmas can put added pressure on the family budget but support is available at the click of a button.

The latest edition of our Low Cost and Free Meals Directory is available for anyone in the community. It's free, online and easy to use.

The directory lists 125 services that provide free meals, food pantries and vouchers, wellbeing and financial support, and household goods in the region.

It is divided into the five areas of Campbelltown, Liverpool, Bankstown, Fairfield and a combined directory for Camden, Wollondilly and Wingecarribee.



Thanks to everyone who took our short survey about the directory. Your views will help us shape future updates. [Subscribe](#) today to receive the latest updates every six months.



Healthy Family Bulletin

Hot tips to stay cool and beat extreme heat



Did you know that extreme heat events are responsible for more deaths than all other natural hazard events combined in Australia? With the impacts of climate change resulting in more hot days and intense heatwaves, it is important to prepare now for scorching summer days.

Heat-related illness includes heat stroke, heat exhaustion, heat cramps and heat rash.

To stay safe when the temperature rises:

- Drink plenty of water to stay hydrated.
- Stay out of the sun. If you need to be outside, seek shade or cool shelter.
- Don't exercise during the hottest part of the day. Exercise when it's cooler.
- Look out for children, the elderly and your neighbours. Never leave children or pets in the car.

LEARN MORE >>

Stay sun smart even on cloudy or windy days

Don't forget to stay sun smart when you are outdoors, even on cool, cloudy or windy days.

People can get sunburn anytime of the year because the damage is caused by UV radiation and not the temperature. The UV index can be just as high on a cloudy day as it is on a hot day. This is why it is important to use sun protection when the UV index is three or above.

Sunscreen alone will not provide enough protection from sun damage. It is important to use sun screen in conjunction with other forms of sun protection.



Remember to:

- **Slip** on sun protective clothing.
- **Slop** on 50+ sunscreen.
- **Slap** on a broad rimmed hat.
- **Seek** shade.
- **Slide** on sunglasses.



> To find when the UV index is 3 or above in your area, download the SunSmart app [here](#).



Healthy Family Bulletin

It takes a village to raise a child - First 2000 Days of Life series



This is the final part in our series about the First 2000 Days of Life. To read previous stories, check out the July to November editions of this newsletter [here](#). To read more about the First 2000 Days, [click here](#).

Growing up with a ‘village’ of caring and supportive people in their lives can give children the best possible start to life.

The village of positive role models can include grandparents, aunts, uncles, cousins, family friends and neighbours. They can all work together to support parents and help children as caregivers, teachers and playmates.

Intergenerational support helps:

- Improve the health and wellbeing of the whole family.
- Benefit children’s brains and development.
- Create positive childhood experiences.
- Children adapt to different parenting styles and modify their behaviour.

Grandparents or older adults can teach children about family culture, traditions and history. They can also share their lived experience with parents.

Screen time safety tips over summer

The school holidays are fast approaching and it’s a good time for parents to start thinking about their children’s screen time use to help them stay safe and have fun. Parents can get started by joining a free eSafety 101 webinar on Wednesday 4 December at 12.30pm.

Topics include:

- Why online safety is important.
- How eSafety can help.
- Setting up online safety rules.
- Conversation ideas and tips.

[▶ REGISTER NOW](#)



Screen time safety tips are also available in languages including Arabic, Simplified Chinese, English, Hindi and Vietnamese.

[CLICK HERE](#)





Healthy Family Bulletin

Have a happy and affordable holiday at home!



Visit a local skate park, take a heritage walk around a town centre, go for a swim at a public pool or visit your nearest library over the school holidays.

These are some fun ways families in the south west can have a cheap and cheerful holiday at home without breaking the budget over summer.

More fun activities near you will be listed on your council's website from December.

You can also sign up for Share Our Space, which starts on Saturday 21 December.

Share Our Space runs sports, games, cultural events and celebrations on school grounds all over Sydney during the summer holidays.

To join Share Our Space and find activities near you, [click here](#).

For more holiday activities, click on your nearest location: [Bankstown](#), [Camden](#), [Campbelltown](#), [Fairfield](#), [Liverpool](#), [Wingecarribee](#) and [Wollondilly](#).

Short survey ★★★★★

You're invited to take our short survey and tell us what you love about the Healthy Family Bulletin. Your feedback will help us shape future editions and give you the information you need. Scan the QR Code or [click here](#).



What's on in December

World AIDS Day:

1 December. [Learn more](#).

International Day of People with Disability: 3 December. [Get involved](#).

World Soil Day: 5 December. [Click here](#).

Have a safe and happy holiday season!

From everyone at the Health Promotion Service.

Thanks for your support this year. We will take a short break over the holidays from Tuesday 24 December 2024 and return on Monday 13 January 2025. The first Healthy Family Bulletin for 2025 returns in January. See you then!

