

Reducing food waste at home can save you money

You can set up some simple habits at home by following these tips from [OzHarvest](#):

- **Look:** Have a good look in your fridge, freezer and pantry before you go shopping. Use the ingredients you already have at home to plan your meals. Check expiry dates to see what needs using up. Make a shopping list.
- **Buy:** Purchase only what you need. Buy loose fruit and vegetables so you choose the right amount. Don't shop when you are hungry.
- **Store:** Use storage containers and bag clips to keep food fresh. Move food that needs using up first to the front of the fridge. Pack leftovers in tight containers and use them.
- **Cook:** Love your leftovers. Cook what you have before buying more. Find recipes online using ingredients from the pantry or fridge.



What to eat in pregnancy - Get Healthy Service series



Our series about the [Get Healthy Service](#) continues this month with healthy eating tips for pregnant mums. The service offers free health coaching to help you feel great in 2025. Next month's topic: Alcohol guidelines in pregnancy.

Eating healthy in pregnancy doesn't have to be hard. If you are pregnant, here are some easy tips to help support your health and your growing baby:

- Prioritise drinking water to keep you hydrated.
- Have quick and filling snacks between main meals, such as:
 - Handful of unsalted nuts and a piece of fruit.
 - Boiled egg and multigrain crackers.
 - Tub of yoghurt and handful of unsalted seeds.
- Have vegetables with every meal. Vegetables are high in vitamins like folate. The fibre in vegetables helps to prevent constipation.
- If cooking, make a little extra to pack in the freezer as leftovers for days when you can't cook or are tired.

Contact the Get Healthy in Pregnancy Service, [here](#).



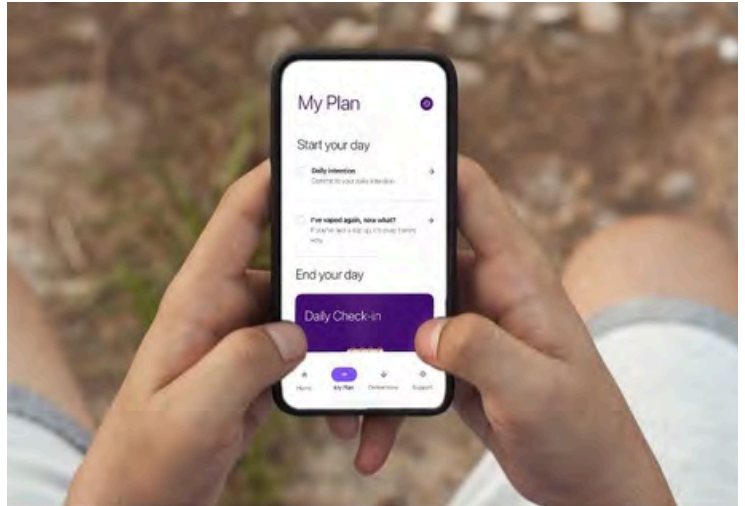
Healthy Family Bulletin

Quit vaping with the free Pave app

Teenagers and young adults can quit vaping one step at a time, track their progress and watch their savings grow with the free Pave app.

Pave was developed by the Cancer Institute NSW for people aged 16 to 24. The smartphone app can help people:

- Track how many days they have gone without vaping.
- Work towards and celebrate their wins and milestones.
- Calculate how much money they are saving.
- Get a daily check-in and receive positive daily messages.
- Enjoy tools and ideas to distract them when cravings hit.
- Get help from experts at the Quitline to support their journey and avoid common hurdles to quitting.



Your path to quit vaping



Download the Pave app
and get started today



Pave is ad-free and available from Google Play or Apple app stores. Download it [here](#).

Driving Change vaping workshop a success



Thanks to everyone who joined us to talk about an exciting new approach to reduce vaping in young people in Fairfield and Liverpool.

It was wonderful to see teachers, youth workers, young people and community members at the Driving Change workshop in Liverpool in March.

The participants have created some new ways and actions to help young people to quit vaping, and support their health and wellbeing. Our Health Promotion team will continue to support the participants.



Healthy Family Bulletin

Jump into Go4Fun with your family

Families with primary school children can join the free Go4Fun Online healthy lifestyle program anywhere, any time to support their wellbeing. A personal health coach will support the family's goals and share advice and tips relevant to the parents and children. The coaching calls are supported by online sessions and weekly activities that families can do together. They can also join a closed Facebook group to connect with other Go4Fun Online families. Join the free fun today!

 [REGISTER NOW](#)




Families learn healthy lifestyle skills, like:

- Reading food labels and understanding food groups and serving sizes.
- Swapping screen time for fun, creative games.
- Cooking and preparing healthy food.
- Being more active together.

Grants to support healthy eating and nourish the community



Community organisations can learn more by emailing our Healthy People, Healthy Places team.  [CLICK HERE](#)

Everyone eats, and everyone talks about food - but what is healthy?

The Health Promotion Service is helping to support families to learn about healthy foods and what they should be eating. It plans to offer grants of \$1000 to \$1500 to community organisations to support healthy eating activities in south west Sydney. The Nourishing Communities grants can be used to:

- Implement a healthy eating policy, and buy white goods or water filters.
- Run ongoing healthy eating activities and buy cooking equipment or materials to set up a kitchen garden.
- Team up with us to create new healthy eating activities and resources for families.





Fun ways to have a happy and healthy Easter

The Easter holidays are a chance to spend time with your family and friends. Easter treats can be a great way to celebrate with your loved ones. Like many holidays, it can be easy to overindulge over Easter. You can have a happy and healthy Easter by staying active.

Some fun ideas include:

- Frisbee in the park.
- Easter hunt for soft toys or balls instead of chocolate.
- Family games of football, cricket, t-ball or badminton.
- Adding healthy food and drink to your Easter menu.
- Doing Easter arts and crafts as a family. You can make your own Easter gifts!
- Find more ideas [here](#).

Top tip:

If the Easter holidays get you thinking about your health goals, free support is a phone call away. You can call the Get Healthy Service for free coaching to help you shine. Phone 1300 806 258 or [click here](#).



What's on



Parkinson's Awareness Month: Includes World Parkinson's Day on 11 April. [Get involved](#).

World Immunisation Week: 24 to 30 April. Read about the National Immunisation Program [here](#).

Anzac Day: 25 April. For dawn services, marches and commemorations at your local RSL sub-branch, [click here](#).

Falls prevention is everyone's business



Prevent a fall at home

- Step carefully.
- Don't rush.
- Install grip bars in the shower or bath.

[LEARN MORE](#)

Every move counts! [April Falls Month](#) is a great time to encourage people to get moving. While falls can happen throughout life, they become more common as people get older. Strength and balance exercises are key to reduce the risk of falling. There are many falls prevention exercise programs in the community. To find a program near you, [click here](#).

- To watch a range of falls prevention videos, [click here](#).
- To read about 'Staying active on your feet' in English, Chinese, Greek, Italian and Vietnamese, [click here](#).

