



Healthy take-away guide

For the times when you are too busy to cook, there are always healthy take-away options available. These can include:

- Salad
- Sandwich
- Sushi and sashimi
- Mexican burrito bowl

More ideas at: healthylunchbox.com.au/blog/healthy-takeaway-guide

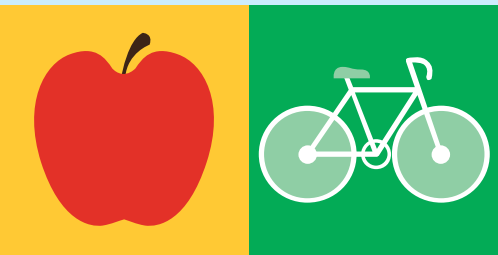




Healthy Halloween

- Make Halloween fun, scary and healthy this year with a snack board for family and friends.
- Get creative with fun snacks that include lots of vitamins and minerals, without the added sugar.

For snack ideas visit: healthy-kids.com.au/healthy-halloween





Tasty Trinkets

- Try these fun and festive ornament snacks at your school canteen. Try spreading beetroot hummus or avocado for extra merry snacks.
- Find the recipe at: healthy-kids.com.au/recipes/trinket-toast





What to pack for Crunch&Sip

- Send your child off to school each day with a reusable water bottle and fruit or vegetables for Crunch&Sip.
- For a list of permitted food and drinks visit:
www.crunch&sip.com.au/parents/permitted-food-and-drinks.





Apply for an Active Kids Voucher

- Receive a \$50 vouchers that can be put towards your child's participation in sport and active recreation costs each year.
- Apply for a voucher, find a registered activity and sign up at: www.service.nsw.gov.au/active-kids





Start your own veggie garden!

- Grow your own veggies at home to enjoy fresh and healthy ingredients and also potentially money in the long term.
- Learn how to get stated with a vegetable patch at your place. Search 'Plan a vegetable patch' at www.abc.net.au





Why walk to school?

- Being active on the way to and from school contributes to student's daily physical activity levels and improves community connectedness and a child's awareness of their local surroundings.
- Search 'Active Travel' at nswhealth.nsw.gov.au at look for the parent/ carer information pack' for tips to get started.





Let's Go4Fun!

- Join the FREE 10-week program with interactive nutrition sessions, fun and active games and healthy behaviour change discussions with health professionals.
- Term 1 2024 programs coming to Ryde.

To register visit go4fun.com.au/register or call 1800 780 900.





Free Dental Service

Regular dental checks help to prevent tooth decay, tooth cavities, gum disease and other oral diseases.

Search 'free dental' at www.nslhd.health.nsw.gov.au for more information on the free service.

