What is a ‘Healthy’ lunch?

This topic is very much in the news and creates quite a bit of discussion, as we all have different views. Through our Kitchen Garden program we encourage children to eat fresh and seasonal. We do know that children need a variety of real foods. Much of the food today is highly processed and contains a lot of sugar. Labelling laws are being used creatively by many big food companies, who all have their own definition of ‘healthy’.

Children eat about one third of their daily food at school, which is why it’s important that school lunch boxes contain a healthy mix of food. Include the following for a well-balanced lunch box:

- **A sandwich, wrap or crackers** - preferably wholegrain, with vegetables and a protein filling such as lean ham, tuna, chicken or egg.

- **Fresh fruit or cut up raw vegetables** - to provide a slow release of energy. Dried fruit, fruit juice, and fruit straps and sticks can be high in sugar so these should be an occasional treat only.

- **Dairy food** - for kids 2 years and up, reduced fat cheese, yoghurt and dairy snacks can help provide calcium and protein for healthy bones and teeth and for growth. Children aged 6 months to 2 years should have full-fat dairy products.

- **Snack** - healthy snacks include wholegrain rice crackers, low-GI muesli bars, plain popcorn, and reduced-sugar, homemade muffins or banana bread.

- **Water** - make sure your child drinks plenty of water, rather than fruit juice, milk style drink boxes, cordial and flavoured waters which can be high in sugar.

**Joy Time for Term 1 2015**

*With something for young, old and in-between.*

After school to 5pm at St Margaret’s Church, High Street, Wirrabara.

Dates for Term 1 – Tuesdays 3rd, 17th and 31st March.

*Fun for all.*

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During March OPAL will commence **Pop-Up Tuesday’s**

Between 10am and 4pm on scheduled Tuesdays, the OPAL staff will be available as a pop-in service to meet and discuss any enquiries or ideas you may have regarding healthy eating and physical activity for kids and families in this local OPAL region.

**Come and visit with us:**

- **1st Tuesday each month**: District Council of Mount Remarkable Council Office, Mekose
- **2nd Tuesday each month**: Northern Areas Council Office, Jamestown
- **3rd Tuesday each month**: Uniting Care Wesley Building, Peterborough
- **4th Tuesday each month**: Southern Flinders Regional Sporting Complex, Gladstone

We hope to see you there!!

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