



PEACH
FAMILIES

HELLO PEACH FAMILIES!

We hope you've all had a joyous Christmas and are having a restful holiday. While the PEACH™ Program breaks over the festive period, we thought we'd touch base to provide some healthy holiday eating tips, share a tasty recipe and other bits and pieces. We look forward to the program recommencing in the New Year and hope you feel ready and motivated to continue creating a healthy lifestyle for your family. **Wishing you all a happy and healthy 2014!**



TIPS FOR HEALTHY HOLIDAY EATING AND ACTIVITY

It's the season to relax, have fun and celebrate which can make it harder to make healthy food choices and stay active. While it's important to enjoy ourselves, it's a good idea to keep in mind ways the family can stay healthy and have fun. Here are some tips;

- Stay hydrated by drinking lots of water rather than sugary drinks including juice. Limit juice to 125ml per day, that's around half a small glass. This goes for home made and juice bar juices and smoothies too. If your children are not used to drinking plain water try diluting their usual drinks or serving them less often while introducing water at the same time.
- Make your own icy treats from fruit rather than buying creamy ice cream which is often high in sugar and fat. Gelati and ice blocks will generally have less energy than ice-creams. Also, consider the serving size and opt for the range of smaller size ice blocks remembering added extras like chocolate topping, sprinkles and lollies can add to the energy.
- Buy fruit in season and keep it cold. Cold watermelon on a hot day is a great summer treat. Some families find it better to shop for their fruit and veg more often than other groceries. That way they are always fresh, appealing and full of nutrients than if they had been sitting at the bottom the fridge for a week!
- If you're going to a party where there will be lots of chips and snacks, eat something healthy before you go to avoid overindulging on food that is high in calories and low on nutrients, or make up for it when you get home by having something simple at the next meal like a salad.
- Keep active by going for walks, swimming or a bike ride. Go in the early morning or late afternoon to avoid the midday heat and remember to stay sunsmart.



BACK TO SCHOOL - HEALTHY LUNCH BOX IDEAS

IDEAS

THE KIDS WILL BE BACK AT SCHOOL BEFORE YOU KNOW IT SO HERE ARE SOME HEALTHY IDEAS FOR THEIR LUNCH BOXES.

- Corn on the cob or vegetable sticks like capsicum, celery and carrot are a great snack
- Plenty of salad on sandwiches to fill them up
- Roast vegetables with yoghurt dipping sauce
- Vegetable-based dips such as guacamole, hummus, eggplant and salsa with carrot and celery sticks to dip in
- Fresh fruit in season to munch on
- Fruit or vegetable kebabs for a fun change
- Wraps – fill these with salad, vegetables and lean meat such as shredded chicken, turkey slices or cheese slices, canned tuna, egg
- Sushi rolls – buy them ready made or try making them yourself
- Homemade muffins or slices with added fruit or vegetables
- Hardboiled eggs and cheese sticks
- Fruit or vanilla flavoured squeeze yoghurt. Pop it in the freezer overnight for a cool treat and to help keep the lunch box cold

Don't forget to keep lunch boxes cool by storing them in the fridge until you leave home, include a frozen drink bottle and use an insulated lunch box with an ice brick.

Source: www.health.qld.gov.au

RECIPE

LUNCH BOX APPLE MUFFINS

(makes 12 muffins)

Ingredients:

- 6 granny smith apples
- ¼ cup water
- 1 ½ cup self-raising flour (preferably wholemeal)
- 50g butter
- ½ cup sugar
- ½ cup low fat milk
- 1 egg, lightly beaten
- ½ cup muesli style breakfast cereal

Method:

1. Peel, core and quarter apples. Place them in a small saucepan with ¼ cup water. Put the lid on and cook until soft. This should take about 10 min. Leave the lid on to let the steaming continue even once they are cooked. Set to the side to cool. (This step can be done ahead of time)
2. Preheat oven to 180°C. Grease a 12 serve muffin tin.
3. Sift flour (if using wholemeal, return husks to the bowl). Rub in butter until it resembles bread crumbs.
4. Stir in sugar.
5. Combine milk and egg. Stir into the flour mixture.
6. Lightly mash cooked apple with a fork. Add one cup to the mixture and combine.
7. Spoon mixture into muffin holes.
8. Top each muffin with remaining apple and then sprinkle with breakfast cereal.
9. Bake for 30-35 minutes.

Note: To save time, cooked apples can be substituted for 1x 425g can pie apples. Muffins freeze well. Add frozen to the lunch box and it will be thawed by morning tea.

LIKE US ON FACEBOOK



www.facebook.com/peachqld

The PEACH™ Program is now on Facebook offering healthy recipe ideas, competitions, links to the latest articles on nutrition, physical activity and plenty more. In the New Year we will also be looking at hosting Q & A sessions with the PEACH™ Program dietitian.



OUT & ABOUT

There are plenty of fun family events taking place in your local area. Here's a list of a few things happening in PEACH™ Program locations that the whole family can enjoy.

BRISBANE

January 13

Junior Rangers at Walkabout Creek - The Gap

Kids can experience what it would be like to be ranger at Walkabout Creek featuring fun activities, a tour of the wildlife centre and the chance to feed some animals along the way.

Info: 3512 2300

Until January 20

Creative Arts Workshops – Various locations

Let kids tap into their creativity while getting out and about at a Bazil Grumble event offering workshops such as clay animation, flying origami, pottery and adventure walk, ribbon twirl action and plenty more. Free and ticketed events. Check website for details.

Info: www.bazilgrumble.com

Until January 27

Children's Art at GoMA – South Bank

Get creative these school holidays at the Gallery of Modern Art where the Children's Art Centre offers an interactive experience exploring Australian animals and Indigenous art and culture. While you're there, check out the interactive artist's project Cai Guo-Qiang Kids: Let's Create an Exhibition with a Boy Named Cai. Entry free.

Info: www.qagoma.qld.gov.au

Until July 13

Science Fiction, Science Future – Queensland Museum

Kids can explore concepts such as teleportation, holograms, invisibility and mind control at this interactive exhibition at the Queensland Museum's Science Centre in South Bank. Free after admission. Entry \$11.50-\$14.50.

Info: sciencentre.qm.qld.gov.au or 3840 7555

LOGAN

January 14

Beach Day at the Pools

Come along to a fun-filled day at Logan's very own beach party. There will be plenty to do with activities including a mechanical surfboard and dunking machine. Sausage sizzle included.

Free, 10am-2pm, Logan North Aquatic and Fitness Centre, Sports Drive, Underwood.

Info: logan.qld.gov.au or 3120 1600

Indoor Rock Climbing

Have fun and get the family active climbing the indoor rock wall at the Beenleigh PCYC. Bring closed in shoes and a water bottle. Midday-1pm, entry \$10, Alamein St, Beenleigh.

Info: www.beenpcyc.org.au

CABOOLTURE

Until January 24

Egyptian Family Fun - Abbey Museum of Art and Archaeology

Head to the Abbey Museum where kids can make their own necklace, snake headband or Egyptian armband. Other activities include tomb art, building a pyramid, writing in hieroglyphics, DIY mummification and an archaeological dig suitable for young and old.

Sausage sizzle, cold drinks and ice blocks available from 11:30 am – 1:00 pm or bring your own picnic. All of this for only the cost of Museum Admission.

Weekdays: 10.00am – 3.30pm

Abbey Museum of Art and Archaeology - 1-63 The Abbey Place, Caboolture

Info: www.abbeymuseum.com.au or 5497 4562

Settlement Cove Lagoon – Redcliffe

Cool off at Settlement Cove Lagoon at Redcliffe, a self-contained salt water pool park with ocean views. Bring a picnic lunch, have a BBQ or enjoy an icy pole at the playground. Open during daylight hours, facilities cater for all ages and entry is free.

Redcliffe Parade, Redcliffe.

Info: moretonbay.qld.gov.au

ROCKHAMPTON

January 13-17

Holiday Fun at Rockhampton Art Gallery

Fans of popular children's books Hairy Maclary and Slinky Malinki will love the current exhibition showing at Rockhampton Art Gallery - Lynley Dodd: A Retrospective. As part of the exhibition, the gallery is hosting a week of activities and art-making based on the popular children's books. 10am-2pm daily, free, suits 18 months-12 years.

Info: www.rockhamptonartgallery.com.au

January 26

Australia Day Fun at Mount Morgan

The big dam at Mount Morgan is the place to be for fun and entertainment this Australia Day, offering a free sausage sizzle, gum boot throwing competitions, lamingtons, bread and vegemite, billy boiling and plenty more. From 9.30am-12.30pm, free.

Info: 1300 225 577



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