



# Eating Matters



## Inside

Eat Well Tasmania News	2	Family Food Patch	10
Eat Right Grow Bright	5	HACC Nutrition Service	12
Wicked Vegies!	6	Healthy Options Menu Boards	13
Eating with Friends	8	Kidz in the Park	14
Start them Right booklet review	9	What's in Season	15

## They say time flies when you're having fun....

Well it's almost 3 months since I started with Eat Well Tasmania and boy the time has flown.... (see a note from Miriam on the following page). During this time I've been amazed to experience the variety of projects that are Eat Well Tasmanian Partnerships.

I take great delight in working with the Community Nutrition Unit, DHHS to bring to you our regular newsletter Eating Matters which outlines and aims to update you on some of these nutrition activities and initiatives.

Nenita Orsino  
Acting Executive Officer  
Eat Well Tasmania.

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[www.dhhs.tas.gov.au/healthyliving](http://www.dhhs.tas.gov.au/healthyliving)

# Eat Well Tasmania news

## Miriam's Baby Girl Has Arrived

My baby girl, Elizabeth Claire Herzfeld, arrived in the early hours of Saturday morning 23 February. We're all doing well...learning as we go! Many thanks to all who sent best wishes and more.



## Eat Well Tasmania Costume Cupboard

Eat Well Tasmania is pleased to announce that we have successfully received funding via Harvest Moon and the Tasmanian Community Fund for the *Veg and Fruit in a Suit Project!* As part of this project three new costumes and a range of promotional resources were commissioned. The new costumes have been completed and have had their debuts at various events this month including the Taste of the Huon, and nutrition promotion days and events at the Royal Hobart Hospital and local primary schools.

Sincere thanks to all financial supporters of the Eat Well Tasmania costumes, the costumes are a fantastic nutrition promotion tool for community groups state-wide! Also a HUGE thankyou to the staff at Island Fresh Produce for transporting the costumes all over Tasmania for us.

Capsicum welcomes celery  
to the costume cupboard



Apricot looking delightful



Corn prepares to take on  
Nutrition Promotion  
(bag not included in costume)

For further information please contact Eat Well Tasmania on (03) 6223 1266

Many thanks to Avalon and Guinevere Bristow for modelling our new costumes.

# Eat Well Tasmania news

Eat Well Tasmanian Kids Coalition presents



Conference 2008

Interested in improving the health and wellbeing of Tasmanian children?  
Then you'll be interested in this conference.

Eat Well Tasmanian Kids Coalition invites you to attend the Growing Our Futures Conference 2008. Join us at the Tram Sheds in Launceston for an opportunity to: -

- showcase initiatives that encourage healthy eating and physical activity for children
- network with other members of the broader nutrition and physical activity community
- share stories, learnings and experiences
- develop skills to enhance and broaden current practice

Friday 16<sup>th</sup> May 9am - 5pm  
Guest Speaker Dr Colin Bell  
Dr Bell will discuss the importance of physical activity and healthy eating in the prevention of obesity  
Local presentations  
Workshops

Saturday 17<sup>th</sup> May 9am - 2pm  
Guest Speaker Dr Jim Cavaye  
Dr Cavaye will discuss the value of developing networks and engaging others in community action  
Local presentations  
Group discussions

Hear about what's happening around Tasmania. Local presentations include Family Food Patch, Scottsdale Schools at Work, School Canteen Association, Get Moving Tasmania, Food at Sporting Events, On-line Advocacy and more...

When: 16 & 17 May 2008

Where: Launceston Tramsheds

Register online at [www.eatwelltas.com.au](http://www.eatwelltas.com.au)  
Or for more information contact Eat Well Tasmania on:  
Ph 6223 1266      Email [eat@eatwelltas.org.au](mailto:eat@eatwelltas.org.au)



## Talking About Salt

Many of us may have heard the old phrase ‘season your words with salt’, but whilst salt was the topic on peoples lips during International Awareness Week held in January this year, words may be the only thing we should be using salt to season according to the Australian Division of World Action on Salt and Health (AWASH).

Over the last few weeks Tasmania has hosted the first of a series of regional AWASH meetings to put salt on the agenda at a state level. These were aimed at the Health and Human Services and Food Industry sectors and focused on strategies for lowering sodium intakes in Tasmania.

During National Stroke Awareness Week due to be held in September 2008. Eat Well Tasmania and AWASH with the support of the Menzies Institute and the Nutrition Society of Tasmania will be co hosting the ‘Talking About Salt’ (TAS) Public Meeting to raise awareness of the links between salt consumption and declining health.

This meeting will highlight:

- Why we should drop the salt
- Six easy steps to reduce salt intake for better health
- Provide information and material on salt reduction support groups and the availability of low salt food products currently available.

“Excess salt consumed throughout life causes blood pressure to rise with age. High blood pressure is a leading cause of stroke and heart attacks – two of the most common causes of death and illness in Australia. Salt has also been implicated in a number of other major health problems. People only need very small amounts of salt (less than 1gram per day) to be healthy. The Hobart Salt Study showed that people in Tasmania were eating around ten times this amount”.

–Dr Trevor Beard. Author of *Salt Matters 2004*

For further information please contact  
Eat Well Tasmania  
Ph 6223 1266  
Email [eat@eatwelltas.org.au](mailto:eat@eatwelltas.org.au)

# Eat Right Grow Bright

2008 is shaping up to be a busy year for the Burnie-based Eat Right Grow Bright project. Several staff changes have occurred since the last edition of Eating Matters, we have farewelled Jenni Adams and Meredith de Landelles from our team and Emily Shepherd has joined Kate DePaoli, our Project Dietitian. We are currently in the process of recruiting a new CHAT Coordinator to run the CHAT'n'Walk groups in the Burnie area.



Late in 2007 the Living Well poster series was launched at the Burnie Yacht Club. The launch was well attended by various health-related organisations and community members, with Burnie's Deputy Mayor, Ald. Anita Dow, officially launching the posters.

Since the launch, over 550 posters have been distributed to service providers within the Burnie area and they are becoming prominent fixtures in many Doctor's surgeries and pharmacies. The posters will be distributed further during the next few months.

The Family Food Patch training course began at the Burnie Community House early in March, with 12 keen participants. The training course will finish mid-April, with the newly trained Educator's being an asset to nutrition and physical activity promotion within the Burnie area.

Eat Well Tasmania's monthly *What's In Season* column and a recipe will now appear in *The Coastal Times*, a local community newspaper, each month. We will be looking for local community groups to submit their fruit and vegetable recipes for inclusion in the column.

The Eat Right Grow Bright team has been busy trialling new nutrition-promotion activities with children. We recently attended the Kinder Festival at the Wiseman Street Reserve, where we made over 70 Vegetable Rice Paper Rolls with kinder and prep children from the local primary schools. A photo of the action is pictured below. We also have activity sessions coming up at a local primary school, the Burnie Library and at Parenting Partners.

Over the next few months we will be teaming up with Centacare to encourage Burnie businesses to become 'Family Friendly'. We will specifically be working with hotels and restaurants to improve their children's menus.

For further information please contact:

Kate DePaoli  
Ph: 6440 7006  
Email: [kate.depaoli@dhhs.tas.gov.au](mailto:kate.depaoli@dhhs.tas.gov.au)

Emily Shepherd  
Ph: 6431 5802  
Email: [eshepherd@eatwelltas.org.au](mailto:eshepherd@eatwelltas.org.au)



# Wicked Vegies!

It's **Win, Win, WIN** with

**Wicked  
Vegies**

## Wicked Vegies lives on Celebrating A Competition

**From the classroom and into the canteen**, involving families and the local supermarket, and with a helping hand from vegetable and fruit growers, Tasmanian school students have created, cooked and shared their Wicked Vegies.

**Wicked Vegies grew** from a successful school-community partnership at Lauderdale Primary School in 2004 and is now flourishing in schools throughout the state. Wicked Vegies contributed to Tasmanian students' knowledge of the importance of vegetables and fruit, honed skills in food preparation and sowed the seeds of partnerships with others.

**Creative and enthusiastic** home economics teachers, students, school staff, canteen managers, families, individuals and local businesses came together to grow Wicked Vegies into a successful nutrition-focused project.

**Wicked Vegies schools** submitted creative entries to the Wicked Vegies Competition to showcase their good work over the past two years.

**Creative Competition entries** gave our judges the difficult task of choosing the schools that best promoted and supported healthy eating and wellbeing in the school community, including a celebration event. Overall scores were close and finally, four outstanding entries were selected.

### And the Winners are:

#### Lilydale District School

Prep to Grade 4 and Year 10 organised:

**"Healthy Food and Healthy Choices"** (curriculum program involving different grade levels)

**Lunchtime Café** (regular, ongoing focus on 'healthy and fresh' food)

**Celebration: "Kids in the Kitchen" cooking workshop**

(focus on the importance of vegetables and fruit, healthy weight and wellbeing: students, parents and grandparents joined in)



#### Oatlands District High School

Year 9 and 10 students organised:

**"Eat Well Live Well" research assignment** (curriculum program focusing on a vegetable or fruit: produce was promoted and products were offered for tasting at the school canteen and in the local supermarket)

**Celebration: Wicked Vegies afternoon tea** (developed products were shared among students, staff and family members. A students' recipe book was also promoted)



# Wicked Vegies!



## Riverside High School

Years 8, 9 and 10 organised:

**Wicked Vegies Pizzas** (focus on using more vegetables and fruit)

**Fruit & Vegetable Boost** (promoting healthy food choices in the canteen)

**Celebration during Nutrition Week – "Falling in Love with Fruit and Vegetables"**: (a whole school focus on enjoying more vegetables and fruit)

## Scotch Oakburn College, Kings Meadows

Years 7,8,9,10 and staff organised:

**"Lets do Lunch Wicked Vegies Style"** (Year 10 developed and promoted healthy recipes, created and sold healthy snacks and meals during recess and lunchtimes)

**Wicked Vegies Staff Professional Development Day** (The Wicked Vegies team presented health and well-being in the school's curriculum, with a Wicked Vegies focus)

**Boarding House** (Increased use of fresh produce with a wider variety of vegetables and fruit on the menu)

**Tuckshop** (policy development with focus on more healthy food options)

**School Vegetable Garden** (Year 8 environmental science program and Year 7-8 Healthy Eating Program involved in the development of the garden – ongoing program)

**Celebration: Wicked Vegies Lunch** (Year 9s hosted a party with a Year 1 class. Focus on healthy food options and older students 'buddying up' with younger students)



A huge thank you to all the schools that participated in Wicked Vegies. A Wicked Vegies School Pack was given to every school who participated in the project.

**The four Wicked Vegies Competition winners** will receive fabulous prizes for their super efforts. Well done and thank you to all schools that entered the competition.

**Wicked Vegies is an exciting and innovative project** that has inspired many students, teachers and community members to enjoy healthy eating. The experiences gained will add to the development and sustainability of Wicked Vegies into the future.

**Valued and appreciated support has been given by partners:** Eat Well Tasmania, the Department of Education, the Heart Foundation Tasmania, the Community Nutrition Unit and the Home Economics Institute of Australia, Tasmanian Branch, Fruit Growers Tasmania, Your Habitat, Salamanca Fresh Fruit Market, Fullers Bookshop and the Tasmanian Community Fund.

Glen Paley  
Wicked Vegies Project Officer  
The Cancer Council Tasmania  
December 2007



# Eating with Friends

**Beaconsfield Eating with Friends group- Photo by Roger Lovell 2007**



## GROUP PROFILE

Based at the Multi-Purpose Health Service the Beaconsfield EWF group is a Community Based Model. The group has been operating since 2003. Volunteers coordinate the group, plan, shop, cook, serve and clean up the meals.

As quoted by the Beaconsfield team “only death stops them from coming”.

## *Community Forums*

**Forums will be held on the following dates;**

**May 1- Hobart – Hellenic Hall, North Hobart. RSVP to Louise 6336 2446 by Thursday 17 April.**

**May 13 – Bicheno – Bowls Club and RSL, Bicheno. RSVP by Tuesday 6 May to Reg 6375 1361**

**May 20 – Launceston – Women’s Health and Information Service, Launceston. RSVP to Louise 6336 2446.**

Eating With Friends has finished research which was undertaken with the assistance of an evaluation consultant. The results of the research will be presented at a series of forums to be held in late April. They will be in the North, North East, North West and South. If you are interested in being involved in some way, please contact the Project Officer on 6336 2446. The research focussed on barriers and enablers to the sustainability of programs and all the groups that were involved really deserve much thanks for their co-operation and participation in the many questions that were asked. This information has also been informing the update of the Action Kit, the Display Kit and how we process enquiries.

The updated Action Kit will be available free of charge at the forums and will also be available for the cost of postage from the Project Officer on 6336 2446. Information has been updated to reflect the needs of groups and to simplify the information around getting a group started. A buddying system has also been introduced so that new groups can contact coordinators who have been running a group for some time to get hints and tips on how to do it. Older groups can also access buddies if they find they are having difficulties and want some fresh ideas.

A monthly EWF newsletter is now being distributed. If you would like to be on the mailing list please contact the Project Officer or go to [www.eatwelltas.org.au](http://www.eatwelltas.org.au). There is an update of what is happening, information on groups, hints and tips and recipes.

**Hints and tips** - Want to get your local primary school children involved in your EWF group and teach them about healthy foods? Are you already doing it? Woolworths are offering grants to community groups for projects that help primary school children lead healthier more active lives. Pick up an application form in store or go to [www.freshfoodkids.com.au](http://www.freshfoodkids.com.au)

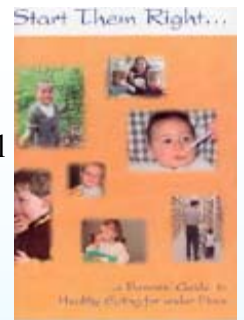
## **Available Resources**

Pamphlets and posters which will help you promote your group and increase membership can be sent to you by contacting Louise on (03) 6336 2446. The Eat Well Tasmania website also has lots of great information [www.eatwelltas.org.au](http://www.eatwelltas.org.au).

# Start them Right booklet update

Over the Christmas and New Year break, the CNU team has been working on updating the very popular Start Them Right Booklets.

The booklets were first produced in 2000 and reviewed in 2003. The booklets are an Eat Well Tasmania partnership with the Department of Health and Human Services, Tasmania, Lady Gowrie Tasmania and the Child Health Association.



The booklet gives practical information for parents of young children and deals with common food and nutrition issues. The booklet is designed as a guide only, if parents are concerned about their child's eating behaviour or health, they should contact a Child Health Nurse, an Accredited Practising Dietitian or GP.

In a nutshell the booklet provides information on such issues as:

Starting Solid Foods

Fluids

Australian dietary recommendations based on The Australian Guide to Healthy Eating

Food ideas, such as What's for Breakfast and What's for Lunch

Dealing with fussy eating and food refusal

Nutrition resources and where to go to get help.

## What's new in the booklet...

The 2008 review was undertaken to reflect some of the recent changes with regards to healthy eating for children and families, for example:

- Nutrient Reference Values (NRV's) – changes to calcium and fluid requirements.
- Allergy update – to reflect the ever changing evidence around introduction of allergenic foods etc.
- Encouraging and reinforcing the ideas of parents choosing the **type of food** offered and **when** it is offered and children choosing **how much** to eat.
- Suggestions and recommendations with regards to number of serves from the food groups for 1-3 year olds and 4-7 year olds.

As well, from working with families, the CNU team has an ever growing list of new, practical tips and ideas for encouraging children to try and enjoy a wide variety of foods.

As always the last few pages of the booklet provide parents with additional sources of information (books, videos, cookbooks and websites) as well as services available if parents need more help.

The new booklets look quite different – they have been created in our new template; using the new corporate colours and layout. As well, there are several different little “models” featured both on the cover and throughout the booklet itself.



As always we welcome any feedback, ideas, suggestions and comments.

For more information on the booklets or to get an order form please contact:

Community Nutrition Unit, 3/25 Argyle St, Hobart, Tasmania 7000  
Ph 03-6222 7222 Fax 03-6222 7252

Email [community.nutrition@dhhs.tas.gov.au](mailto:community.nutrition@dhhs.tas.gov.au)

# FAMILY FOOD PATCH PROJECT



## Grant Success

Our application to the Tasmanian Early Years Foundation for three nutrition and physical activity toy boxes was successful. These 'toy boxes' will be available for educators to borrow when conducting activities with parents and children aged 0-5 and will come with ideas on how to use the equipment.

## Educator Activities

Educators have been involved in Kids Day in the Park in Hobart in January and Taste The Huon in March. Other educators have been talking to parent groups at schools and other community groups. **Thank-you** to all those educators who have helped with these and any other activities that I don't know about.

## Promotional Products

In the past month some promotional resources have been purchased by the project. These include:

- calico bags with the Family Food PATCH logo printed on them.
- Three Family Food PATCH banners. One for each region for use at community events

New 'top tips for parents' flier. This has tips for parents on how to get kids active and eating well and a magnet on the back so that parents can stick them on their fridge

## Project evaluation

The past few months have been busy as I put together all the feedback we have had from educators and others involved in the project in 2006 and 2007. While the project has funding through until April 2009 this phase of the project, which has been funded through the Tasmanian Community Fund is coming to a close. This means we have to compile a report letting the funding body know how the project has gone over the past two years. A copy of the final report can be made available electronically by contacting the Community Nutrition Unit on 6222 7222 or the Project Officer on 6224 9198.

## What do we know about educators and what they do?

Evaluation of the project over the past 7 years reveals that educators are able to impact on the health promoting behaviours of individual parents and create supportive health promoting environments at a local community level.

## Some educator stories

### Changes to own family

*My involvement in Family Food PATCH has been invaluable. I have changed many practices I was doing before the training and included many recipes and ideas in my family life. I have also used the training in my workplace, setting up displays and talking to parents*

*As far as my family goes I think probably the most valuable thing I ever learnt was look at what your child consumes over a whole week, not over a day, and that just allowed me to let go. I remember that being a really big 'oh my god, my child is going to bed and they have only eaten this today' and then to look at it over a whole week you sort of go 'oh gosh, well on Tuesday he ate a veggie lasagne and ...' That simple thing is something that I know I have shared with a lot of parents*



# FAMILY FOOD PATCH PROJECT

## Some educator stories (continued)

### Changes to others behaviours

*'I was up talking to a mother at the kindergarten (about birthday parties) ... I was just saying (there are) so many lollies in the lolly bags, half of them just go home. She actually, when it was her sons (birthday) gave a pot plant with radish seeds and a sunflower seed in it. ... It was done in a little container with glitter sprinkled all over it'*

*'Actually, a really good example I had. I had a young single dad – he wouldn't have been more than 19. The two year old son was coming with coke in his drink bottle and all the sugary foods you could imagine in the lunchbox. I gave him a handout and I suggested to him some things to put in his lunch and from then on his lunchboxes were just amazing, because he just didn't know!'*

*'I did a classroom activity on lunchboxes looking at what they had brought to school for lunch and getting them to put their food on the healthy plate I had outlined on the floor with tape. I talked about where their food should have been more full in the diagram. I also took my apple slinky and had a boy eat apples for the first time as he wouldn't eat any fruit. The teacher purchased one for the classroom. the teacher told me it had a big impact on what they were bringing to school for lunch'*

### Some of ways educators told us they made changes:

*'And even the cooking activities that we do with the children (at childcare) have changed since we've done the course. We used to have chocolate crackles they're very rare now in our cooking activities ... survival packs which was something we learnt about ... that's a very popular cooking activity.'*

*'I changed bits and pieces and so only water was allowed and the children were rewarded with stickers if they drank a whole drink bottle'*

*'so I'm just hoping that by displaying those things in a prominent position hopefully a couple might read it and even if only one person read it and decided not to send noodles next time then I think that would be a benefit....'*

*'particularly you can slip things into conversations if something comes up... there's always a lot of chances to slip things into conversation. Particularly about drinks'*

These are only some of the amazing stories we heard when interviewing educators in recent months. A huge **thank-you** to all those educators and others who made time to speak to us about the project in the past 4 months.

### New Project Officer

At the end of March my time as Project Officer will finish. We have appointed a new project officer – Michelle Fletcher who will start in April 2008. All contact details will remain the same. I will still be involved through the Family Food PATCH physical activity training and the steering committee.

I would really like to take this opportunity to recognise and thank the parents and community/ health workers who have trained as educators and remained active in the local community over the past seven years. The stories I have heard from you all have been inspirational. I personally would like to acknowledge the great work you do and your enthusiasm and commitment.

Kim Jose

Project Officer

Family Food PATCH

Phone 6224 9198. Email [familyfoodpatch@iprimus.com.au](mailto:familyfoodpatch@iprimus.com.au)

# HACC NUTRITION SERVICE

We're back.... And we're here to stay!



Members of the HACC Kentish Adult Activity Day Centre enjoying the social experience of sharing a meal

As a result of the successful outcomes of the 2 year Mature Tastes project, the Community Nutrition Unit is pleased to announce that we have received funding from the Home and Community Care (HACC) program to provide an ongoing nutrition service to HACC service providers throughout Tasmania. The good news is that we will now be able to provide three part time community Dietitians based in the south, north and northwest of the state, to support those services that care for our senior Tasmanians on an ongoing basis.

In the past we have been funded to work with these services, but they were time limited projects, with beginnings and endings, however this time we are here to stay!

The service is currently in a planning phase, however from April/May 2008 we will be revisiting HACC services that were previously involved, and over time engaging other HACC Service providers to help support and improve the nutritional health of their clients - our senior Tasmanians. Some of the activities with services may include:

- Helping to develop a food and nutrition policy to guide staff and volunteers
- Running training sessions for staff and volunteers to help increase their knowledge and skills in dealing with nutrition issues in their services.
- Helping with the introduction of nutrition risk screening which could identify clients who maybe at risk of malnutrition or who may have malnutrition.
- Guiding services with changes to menus to meet nutrition recommendations
- Supporting the implementation of food safety standards for all staff and volunteers who handle food.
- Supporting client activities to increase opportunities to promote health and wellbeing.

Helping to support a meal time environment that promotes good nutrition and adequate fluid consumption.

We will continue to keep everyone updated with opportunities as they come up and look forward to working with you all. Please contact the Community Dietitian in your region for more information:

South: Pen Ricks ph 03 6222 7733  
North: Sandra Murray ph 03 6336 2412  
North West: Kacey Rubie ph 03 6421 7757

# Healthy Options Menu Board Project

During 2007 Eat Well Tasmania coordinated the *Healthy Options Menu Boards* project with the assistance of funding from Save the Children. The goal of the *Healthy Options Menu Boards* project was to increase consumption of healthy food choices by children in schools.

The project involved the development of special menu boards that were made available to schools that were aiming to improve nutrition outcomes, by offering healthy food choices in school canteens, at special ‘hot’ lunch days, fundraising activities, breakfast programs and other activities where food is offered in the school environment.

Representatives from the Tasmanian School Canteen Association played a key role in establishing the most suitable physical design of the menu boards; the final design is pictured right.

The entries received from schools were assessed according to: level of innovation, student involvement, use of local produce, marketing, vision for the future, quality of changes and integration within the school community.

Thirty four Tasmanian schools successfully obtained a menu board.

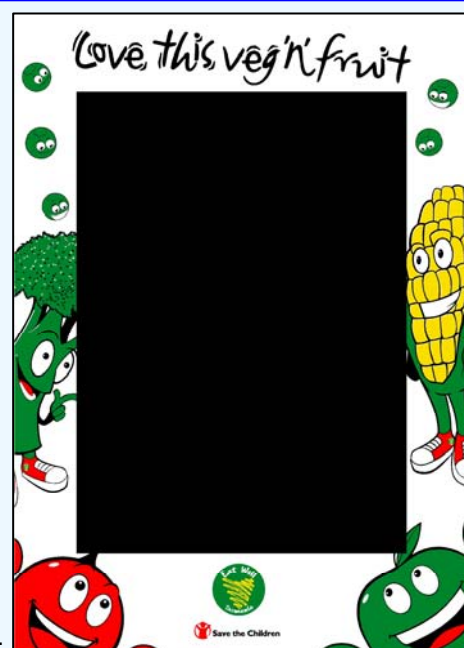
Schools described a wide variety of activities that they had been conducting during term 3 2007. Examples of activities included:

- *“No packet day” discouraging the use of processed packet food to coincide with a health awareness event the school was participating in*
- *Nutritionist and Doctor invited to Parents and Friends meeting to discuss healthy lunches and tackling nutrition promotion within the school*
- *A composting system established within the classrooms to nourish the school vegetable garden*
- *Addition of salad wraps and chicken burgers (Tick accredited) to the canteen menu*
- *“We have discontinued ‘chocolate sales’ as fundraisers”*
- *Now only serving wholemeal bread and rolls, low fat spreads, 100% fruit juice and low fat dairy products*
- *Range of healthy fundraisers—mushroom compost and horse manure, toy catalogue, Thai food night and survival snacks from the office daily (popcorn, dried fruit etc).*

Of the 34 schools that obtained a menu board, 31 had a school canteen (91.2%). Of the 31 schools with a canteen, 18 were participating in the TSCA canteen accreditation program, *CoolCAP* (58.1%).

Eight of the 34 schools were non-government schools (23.5%).

In terms of geographical area the menu board recipients were well spread out across the State, with a notable participation rate from schools in rural areas such as Redpa and Cressy. The 7000 postcode region and 7200 postcode region had the highest participation rates.



Continued over page...

# Kidz in the Park



The warm weather and stunning surroundings of St David's Park provided a fantastic environment for Eat Well Tasmania's inaugural involvement in Kidz in the Park.

All activities proved to be popular with hundreds of vegetable rice paper rolls constructed and several cases of apples devoured as apple spirals! The craft activity for the day involved decorating paper bags with stickers, stamps and stencilling, a simple yet popular activity for nearly 500 children. We ran a popular free raffle packed with items to promote healthy eating, sun safety and physical activity and added even more fun to the day with laughter workshops and a costume character hide and seek.



Many thanks to the several volunteers on the day for their valued support and assistance with all activities! Also thank you to the sponsors of the event: Woolworths, Hansen Orchards, Windmill Educational, Corporate Express, the Cancer Council and the Heart Foundation.

For further information on this event contact Eat Well Tasmania on 6223 1266.

## Healthy Options Menu Board (continued)

The schools that successfully obtained a menu board planned to use it within the school for a number of purposes. Examples of why schools believed that they should receive a menu board are listed below:

*"Receipt of a healthy menu board would provide encouragement to our canteen volunteers"*

*"Would be a novel way to further encourage healthy eating"*

*"The blackboard would be used to promote vegetables grown in the (school) garden and healthy alternatives in the canteen. Any special event or promotion at the canteen would be displayed"*

*"The canteen information board is currently a cork board and an attractive Healthy Options Board would add to the status of healthy food choices"*

For further information about the Healthy Options Menu Boards project contact Eat Well Tasmania on 6223 1266 or email [eat@eatwelltas.org.au](mailto:eat@eatwelltas.org.au).

# What's in Season in April?

Give these delicious in-season vegies and fruits a go!



## VEGIES

Tasmanian: Asian Greens, Beans (Butter & Green), Broccoli, Cabbage, Capsicum, Carrot, Cauliflower, Celery, Cherry Tomatoes, Cucumber, Leek, Lettuce, Local Garlic, Mushrooms, Onions (Brown, Spring), Parsnip, Potato, Pumpkin (Butternut), Silverbeet, Snow peas, Spinach, Squash, Sweet corn, Tomatoes

Other Australian: Avocado (Shepard), Beetroot, Brussel Sprouts, Chilli, Eggplant, Lebanese Cucumber, Okra, Peas, Shallot, Sweet Potato, Turnip, Zucchini

## FRUIT

Tasmanian: Apples (Gala, Golden Delicious, Granny Smith, Jonagold, Jonathon, Mutsu, Red Delicious, Snow), Nashi, Passionfruit, Pears (Beurre Bosc, Packham, Williams)

Other Australian: Banana, Cumquat, Custard Apple, Feijoa, Fig, Grapes (Muscat, Purple Cornichon, Sultana, Waltham Cross), Guava, Kiwifruit, Lemon, Lime, Orange (Valencia), Papaya, Persimmon, Plum, Pomegranate, Quince, Rhubarb



Lasagne with Spinach & Mushrooms  
Serves 4



This no-meat lasagne can be adapted to include vegetables you save on hand.

### Ingredients:

- 10 Spinach lasagne sheets, preferably instant, or cook as instructed
- 2 Bunches English Spinach or 1 bunch silverbeet
- 330g mushrooms, sliced
- 1 leek, sliced finely
- 1 litre low-fat milk
- 8 tablespoons cornflour
- 1 teaspoon curry powder
- 80g mature low-fat cheddar cheese, grated

### To Make

- Wash spinach or silverbeet well.
- Remove all stalks and chop roughly.
- Mix cornflour to smooth paste with a little milk.
- In a medium saucepan, place leek and mushrooms with remaining Milk.
- Bring to the boil and simmer gently for 10 to 15 minutes. Be careful not to burn the milk.
- Remove saucepan from heat. Stir in blended cornflour. Bring to boil stirring constantly. When thick, add spinach, curry powder and stir.
- Spoon a little sauce into the bottom of a baking dish about 5 to 8cm deep.
- Place one layer of lasagne sheets on top of sauce. Pour 1/3 of sauce over lasagne sheets. Cover with 1/3 of grated cheese. Sprinkle with black pepper.
- Repeat until all sauce and cheese is used. Finish with a layer of sauce and cheese.
- Bake in moderate oven over 45 minutes. Serve hot with salad or vegetables.

Source: *Fruit and Veg with Every Meal*, Health Department of Western Australia