Healthy Eating Tips

Family dinner ideas

Not sure how to change your cooking style? These easy ideas will ensure your family’s eating right and loving your home-cooked meals even more. The kids won’t even know they’re eating healthily!

• Get the whole family involved in the kitchen – it’s a great way to spend time with them and teach them about the importance of healthy food.

• Try to add more fruit and vegetables to your cooking. They’re an easy and tasty way to provide growing bodies with important vitamins, fibre and minerals. Mix them into family staples such as spaghetti bolognaise and tuna casseroles and no one need know the difference. It’s worth knowing that frozen vegies are just as nutritious as fresh ones, so keep a few bags in the freezer and add to stir-fries, casseroles or main meals.

• Get your kids to mash together potato, sweet potato and parsnip. Rather than butter, add a little olive oil or margarine for creaminess. Your family won’t be able to tell the difference!

• Dress salads with a simple mix of olive oil and lemon juice.

http://www.heartfoundation.org.au

MUSTER FEES 2014

If you have not done so already, please pay your Muster fees by November 28th. It is a requirement that these be paid before the camp.

Please make cheques payable to “Carnarvon School of the Air” or pay by EFT to:

• Bankwest Carnarvon
• Account Name: Carnarvon School of the Air
• BSB: 306-049
• Account Number: 4598601

Please reference with your surname.

QUIRKY FACTS!

Koalas are one of the few mammals that have fingerprints!!