

Heading Upstream

Health Promotion News

Welcome to the September 2011 Health Promotion Newsletter. *Heading Upstream* is produced by Latrobe Community Health Service and provides an update on activities and projects which the Health Promotion team is currently involved in.

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Websites of interest

The following website has information on upcoming events over the month of September:

<http://www.betterhealth.vic.gov.au/servlet/showevents>

Included events – Blue September

R U OK? Day

National Stroke Week

New Arrival and Refugee Netball Training

Do you want to learn to play netball?

Come along to a New Arrivals netball training session where you can learn to play netball, improve your ball skills, get fit and have some fun with friends.



Where: Vary Street Netball Courts, Morwell East

When: 3:15—4pm Monday afternoons

Commencing on the 8th August 2011 and running for all of Term 3

If you would like to join in please call
Chris Stanlake on (03) 5135 8335 or an
LCHS Health Promotion Officer on 1800 242 696











Do you eat 2 & 5 every day?

Most Australians only eat half the amount of fruit and vegetables recommended for good health. Australian adults should eat at least 2 serves of fruit and 5 serves of vegetables every day. Research shows that most people would benefit from increasing their fruit and vegetable intake. A lifetime habit of eating adequate amounts fruit and vegetables every day can help to prevent:

- Coronary Heart disease
- Some forms of cancer
- Overweight and obesity
- Constipation
- High blood pressure and high cholesterol
- Improve control of diabetes

Below is an example of how you can get more fruit and vegetables into your day:

Meal	Food to Eat	Fruit & Veg Count
Breakfast Avocado on Toast & Apricot Smoothie	 	1 Veg + 1 Fruit
Lunch Tuna and Bean Salad with pita bread & Small bunch of grapes	 	2 ½ Veg + 1 Fruit
Dinner Moussaka & a Side Salad & Melon and Kiwi Fruit Parfait	 	3 ½ Veg + 1 Fruit
	Total =	7 serves of Vegetables 3 serves of Fruit

More information about the importance of 2 & 5 can be found at <http://www.gofor2and5.com.au/> as well as many great recipes to help you get your 2 & 5 every day.



Achieving Kids - 'Go for your life' Award Status

For the past 4 years LCHS Health Promotion have been working closely with primary schools and early childhood settings to become Kids - 'Go for your life' *awarded* schools or settings. The schools / settings are required to meet certain criteria around active play, healthy food options, active transport and school policies. As of June 2011 Latrobe Region had 25% of primary schools and 3% early childhood settings awarded under the initiative.

Recent award recipients have been Churchill North Primary School, Flinders Christian Community College (Traralgon), St Mary's Primary School (Newborough), Boolarra Primary School, Tobruk Street Primary School (Morwell), Mid Valley Kinder and Child Care, and Carinya Day Care (Morwell). Celebrations have been held over the past few months to recognise the effort that each one of these settings has put into the health and wellbeing of the children in their care.

A morning tea was recently held at Carinya, where the children were happy to show off their Award at the front of their centre. Churchill North Primary School celebrated at assembly by providing each student with an apple to eat as the award was officially announced. Other schools have been provided with new gardening tools to help keep their vegetable patches looking neat and to ensure plenty of great foods are grown in the years to come.

As of June 2011, the Kids - 'Go for your life' initiative commenced transition into a new Victorian health promoting schools and early childhood services initiative. The focus of this initiative will be on improving children's healthy and physical activity behaviours, and will be implemented state-wide. LCHS Health Promotion will continue to work with the schools to receive their award status under Kids - 'Go for your life', and obtain recognition under the new model as acknowledgement of their achievements in meeting the criteria.



Celebrating the change of season

The arrival of spring means warmer weather and the opportunity to enjoy eating outdoors. Although the Victorian climate doesn't produce fresh tomatoes until summer, the recipe below can be made with sun-dried tomatoes and makes an ideal pizza spread, particularly for vegetarians. Lemons, a garden staple, are in season during spring and add a zesty tang.

Sun Dried Tomato Pesto

1/2 cup packed basil leaves
1/2 cup toasted whole almonds
4 garlic cloves
1 tsp. lemon zest
Pinch of coarse salt
1 generous packed cup sun-dried tomatoes in oil
1/4 cup grated parmigianno regianno or parmesan cheese
1/3 cup olive oil

1. Drain sun dried tomatoes, lightly rinse them, and then pat them dry with a paper towel.
2. Toast almonds in a dry shallow pan in the oven. They will take about 10 minutes, and will smell roasted when they are done.
3. In a large food processor, combine the basil, toasted almonds, garlic, lemon zest, and salt.
4. Process until coarsely chopped. Add the sun dried tomatoes and parmigianno cheese and process until the tomatoes are coarsely chopped.
5. Now stream in the olive oil slowly and process until the pesto comes together.
6. Serve immediately or store in an air tight container in the fridge for up to 6 weeks.

