

Smiles 4 Miles is an initiative of Dental Health Services Victoria, working in partnership with Wimmera PCP to improve the oral health of the youngest children in our community.

In Season Now - at their best and cheapest.

Fruit:

- Apple
- Banana
- Figs
- Grapes
- Nashi
- Quince
- Watermelon

Vegetables:

- Asparagus
- Beans
- Beanshoots
- Beetroot
- Broccoli
- Carrot
- Cauliflower
- Lettuce
- Mushrooms
- Potato
- Pumpkin
- Snowpeas
- Spring Onion
- Sweetcorn
- Turnip
- Zucchini



Newsletter

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As we say hello to **Term 2**, I do hope there has been some time to recharge your batteries during the Easter period!

Resources

As a member of the "Kids Go for your Life" Health Promotion network I recently participated in a "Limiting sometimes foods" forum with presentations from the Royal Children's Hospital, Murdoch Children's Research Institute and the Obesity Policy Coalition. The discussion highlighted parent engagement around this very sensitive issue for families and the important role Early Childhood settings and schools play.

KEY MESSAGES FOR PARENT ENGAGEMENT Limiting Sometimes Food (Kids - Go for your life Forum) www.goforyourlife.vic.gov.au/kids

- Do not assume parent perception of nutrition and oral health best practice. ie; Studies have shown parents are inclined to **underestimate** their children's over weight. Policies and further information should always be provided in culturally appropriate and plain language.
- *Where possible* parent engagement should be targeted at a group level ie; session for all parents, rather than singling out individuals and/or from a community perspective ie; "this policy is for the benefit of the whole kindergarten/school and is not intended to suggest what should go on in the home."
- Individual approaches should be expressed as a "concern" with utmost care to not offend parenting practice. Language should suggest achieving "healthy weight/teeth" rather than negative or alarming terms such as "obese" etc.

There are many resources to support the messages of Healthy Eating & Drinking and Active Play through your settings and I am happy to share these at anytime. Culturally appropriate resources are also available.

Taryn Marks - Health Promotion Project Officer
Wimmera Primary Care Partnership
PO Box 501, 25 David Street Horsham VIC 3402
Mobile: 0458 208 833, Office: 5362 1226
Email: taryn.m@gchc.org.au

2009 Diary Dates

- **20th April 2009** - Term 2 Starts (Vic)
- **11-17th May** - National Volunteer Week - "Celebrate your volunteers"!
- **15th May** - Junior Landcare grants funding round closes.
- **29-30th May** - Early Childhood Education Conference

Useful Websites

Kidspot - www.kidspot.com.au
Vic Health - www.vichealth.vic.gov.au
Go for your life - www.goforyourlife.vic.gov.au
Kids Health & Fitness - www.kidshealthandfitness.org.au
Dental Health Services Victoria - www.dhsv.org.au



Remember to visit the
Defenders of the
Tooth Adventure
Playground @:
www.dhsv.org.au/defenders

Plant a Veggie patch - *Junior Landcare Grants*

Autumn/Term 2 is a great time to plant a vegetable garden.

What better way to encourage a healthy eating, an active lifestyle and caring for the environment than getting hands on in the garden and in turn being able to provide fresh fruit and vegetables for your setting/school.

Junior Landcare Grants are available to schools and community organisations that involve their students in landcare projects. Grants of up to \$1000 are available to create bush tucker gardens, water wise gardens or veggie gardens.



The next funding round closes Friday 15th May.

For more information visit www.juniorlandcare.com.au or contact the **Wimmera CMA - 03 5382 1544**

Magical mini muffins (serves 24)



Ingredients

- 1 1/4 cups self-raising flour
- 1 egg
- 1/2 cup milk
- 60g butter, melted, cooled slightly
- 75g shaved ham, chopped
- 1/2 cup grated tasty cheese

Method

1. Preheat oven to 200°C. Line two 12 x 1 1/2-tablespoon capacity mini muffin pans with foil or paper cases (press in to fit).
2. Sift flour into a bowl. Make a well in the centre. Using a fork, whisk egg and milk in a bowl. Add to flour with butter. Using a spatula or metal spoon, fold together until just combined.
3. Add ham and cheese. Fold through until combined. Spoon mixture into cases. Bake for 15 minutes or until a skewer inserted into centre comes out clean. Serve muffins warm or at room temperature.

Source: www.taste.com.au

Drink well - *The importance of role modelling*

Four key elements of role modelling as suggested for *Drink Well* by DHSV and as basic suggestions useful for parents:

- Children need to see adults, siblings and peers drinking water
- Children are more likely to drink what is usually stored at home. i.e. if water is in the fridge, that is what will be chosen
- Sweet drinks are acceptable “some days” (e.g. special occasions) – not everyday
- Offer water as the drink of choice most of the time – repeated drink options will develop the preferred habit over the long term

Ref: DHSV S4M - *Drink well toolkit*