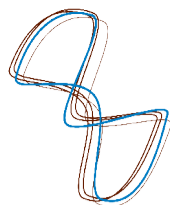


Community Health News

September 2010



Mitchell
Community Health

Providers of health and social support services within the shires of Mitchell and Murrindindi. Working actively with communities to improve health and wellbeing outcomes and to prevent illness.

Healthy Eating Ideas

Healthy meals happy families!

Each month we have been looking at different meals in the Community Health News. This month we are looking at Dinner. If there is a recipe that you would like to share with the community, please, send it in.

And remember, our recipes ideas brochure 'Dine In' will be launched soon – keep an eye out for it!

Family meal times can be enjoyable or like a battle zone. Establishing healthy family food choices takes time. With planning, preparation and encouragement the whole family can enjoy a wide variety of foods together.

- It is a parent's role to decide which foods to offer children and when to offer food.
- From a young age, children can decide whether they will eat and how much they will eat.

Evening meal ideas

Involve the family in meal preparation, washing and peeling vegetables and setting the table. Try to prepare and freeze extra meals when you have time, to easily reheat on a busy night.

Meal options to try include:

- Grilled fish with steamed vegetables
- Minestrone soup
- Vegetable and beef shepherds pie
- Pita bread pizzas
- Pasta bake with tomato based sauce

Dealing with food refusal and fussy eating

Children shouldn't be forced to eat certain foods. One of the best things parents can do is to eat and enjoy a wide variety of foods everyday themselves.

Children learn best by watching their parents and family, so keep trying; the next time you offer may be the day they decide to try it.

Six key steps to help with fussy eating include:

1. Allow children to take part - plan to take your child shopping on occasions, to choose from the variety of foods available and let them help prepare snacks and meals to eat.
2. Enjoyment - make meal times fun together, focusing on positives and avoiding arguments.
3. Presentation - keep a variety of fresh foods available for an easy, quick snack.
4. Increase variety whenever possible - be creative with the family's favorite meal and snack options by adding a variety of vegetables or ingredients with new tastes and textures.
5. Keep trying - children need time to learn to enjoy eating a variety of foods, and may need to see a food ten times or more before they are ready to try it. Resist the urge to prepare other foods separate to the family meal, your child may choose to leave certain foods, but needs to learn to accept the meal offered.
6. Avoid food rewards - find fun ways to reward your child. Instead of food as a reward try reading a story, playing or stickers.

Family vegetable patch

A creative way to help your child develop healthy eating habits is to involve them in gardening - planting, growing, nurturing and picking foods.

Your child will learn to taste, prepare and share home grown produce and can be proud of what is learnt and grown.

Some home vegetable gardening tips include:

- Use pots if you have no or limited garden space
- Follow a seasonal planting guide for best planting times.

Important tips to encourage happy healthy family meals include:

- Eat and enjoy a variety of foods yourself.
- Make water the main family drink.
- Make a food shopping list to stay within your budget when buying food.
- Plan the shopping list to include a variety of fresh, seasonal, healthy family foods.
- Involve your child in selecting foods to buy and meal preparation to increase their interest and enjoyment in trying a variety of foods.
- Keep preparing a variety of foods each day for breakfast, lunch, evening meals and snacks.
- Try planting a family garden as a rewarding way to experience fresh new tastes.

Service Information

The Happiness Group

Interested in joining a group? Are you heading to your GP soon? Why don't you grab a referral for the The Happiness Group – a fortnightly group run out of the Kilmore Physiotherapy Centre in Kilmore.

The group is run by Psychologist, Lisa Costantin, and is aimed at assisting people who want to work on their personal development, wellbeing and create personal change in their lives.

The group is a great example of connecting with others who are also on the same journey of self discovery, introspection and taking time out to self-reflect from time to time.

The types of discussion topics covered are: self esteem and confidence, communication skills, developing self-acceptance, meditation, assertiveness, self-nurture and many more.

The group is a great example of a productive working partnership between the Kilmore Physiotherapy centre Director, Marg Perrot and Mitchell Community Health Service, working together to provide the community with new opportunities to improve mental health and wellbeing.

For more information call Lisa on 5784 5555 or Marg on 5782 2568.

Look Good Feel Better

Ladies ~ are you currently undergoing treatment for cancer? We have a great morning out for you!

A Look Good... Feel Better workshop gives you the opportunity to look and feel your best as you undergo chemotherapy or radiation treatment.

In a relaxed, fun atmosphere learn to apply make-up, scarves and wigs in a way that deals with appearance changes you may undergo as a result of treatment.

As well, you will meet other local ladies undergoing cancer treatment ~ letting you know you are not alone!

When: Date Monday September 13th

If sufficient registrations are received extra workshops will be arranged, so please book if you are interested!

This workshop is free and includes a fabulous morning tea provided by Lyme Spyder Café, Kilmore.

For full details and to register please phone Mitchell Community Health on 03 5784 5555.

The workshops are held at Kilmore District Hospital, and registrations are essential.

Feel free to bring a friend/support person (just let us know when you register so we can cater for them).

Wellbeing and Happiness Workshop

Kilmore Physiotherapy Centre, in conjunction with Mitchell Community Health Service, is holding a Wellbeing and Happiness workshop on the 11th September at the Wallan Multi-Purpose Centre.

This will give people the opportunity to listen to guest speakers, such as:

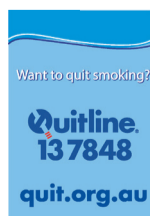
- Dr Craig Hasted, author of 'ESSENCE of Health';
- Bev Aisbett, author of 'Taming the Black Dog: A guide to depression';
- Paul Bedson, teacher of meditation and mindfulness and
- Jenna Carole, Author of 'Doing the Dream'.

This is a day for personal discovery!

Cost: \$20 (including lunch and refreshments)

Time: 8:30am-5pm, Wallan Multi-Purpose Centre

Bookings and Payment: Kilmore Physiotherapy Centre, 5782 2568.



QUIT

And don't forget you can call MCHS if you would like some QUIT classes or support when quitting smoking.

www.quit.org.au

Service Access and Care Coordination (SACC)

P: 1300 773 352 F: 5784 5525 E: serviceaccess@mitchellchs.org.au

Mitchell Community Health Service is located in Broadford, Wallan, Seymour, Kinglake, Alexandra, Yea and other sites in Murrindindi by negotiation.

Broadford Reception: 5784 5555 Web: www.mitchellchs.org.au