

How to reduce your food waste

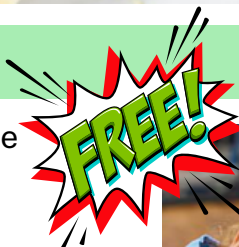


Did you know the average household throws away over \$40 of edible food every week? How much is food waste costing you? Food Smart is a free seven-week program to help you reduce your food waste and save you money and time.

For recipe ideas and how to store food to keep it fresher for longer, click [here](#).

Ready, set, Go4Fun!

Go4Fun is a free 10-week healthy lifestyle program for kids between 7-13 years of age who are above a healthy weight, and their families. The after-school program teaches families about healthy eating and physical activity through fun games and activities. Term Four starts on 10 October.



Term Four locations in south western Sydney

Monday	Tuesday	Wednesday	Thursday	Saturday
Eagle Vale Leisure Centre, 4.30pm-6.30pm (pool)	Prairiewood Youth and Community Centre, 4pm-6pm	Minto PCYC, 4.30pm-6.30pm	Yagoona Community Centre, 4pm-6pm	Mount Annan YMCA, 1pm-3pm (pool) Liverpool PCYC, 1pm-3pm



For more information or to register contact 1800 780 900 or visit go4fun.com.au



Healthy Family Bulletin

How to pack a healthy lunchbox



When packing your child's lunchbox, try and include one item from each of the five food groups outlined in the [Australian Guide to Healthy Eating](#). Make sure to swap out snacks that are high in fat, sugar and salt and low in fibre for healthy alternatives. Images created by Western Sydney Local Health District. For the full fact sheet:

[CLICK HERE](#)



Screen time tips

What is healthy screen use?
Raisingchildren.net.au has a great resource to help guide families through managing screen time. Topics include how your approach to screens influences your child, role-modelling healthy screen time habits and social media tips.

READ MORE



Healthy Family Bulletin

Tips to reduce virus particles in your home



If you have people visiting your home, you can help reduce the amount of virus particles in the air by keeping your home well ventilated. To improve ventilation or air flow in your home:

- Open multiple doors and windows to let fresh air in.
- Use fans near an open window to help move virus particles from inside to outside your home. Even without an open window, fans can improve air flow.
- Turn on central heating/air conditioning that has a filtering system (or an air filter if you have one) to filter the air.
- Ventilate your home for an extra hour after your visitors leave to help remove particles that might still be in the air.



QUICK TIPS

[Click here for more details.](#)

Good ventilation, teamed with other COVID safe behaviours such as washing your hands or using sanitiser, wearing masks, and not inviting people over or visiting others if you aren't feeling well can help prevent you from getting and spreading viruses like COVID-19 and flu.

Multicultural Health Week: 5 - 11 September

Multicultural
Health Week 2022
Cancer Screening Saves Lives
5 to 11 September 2022

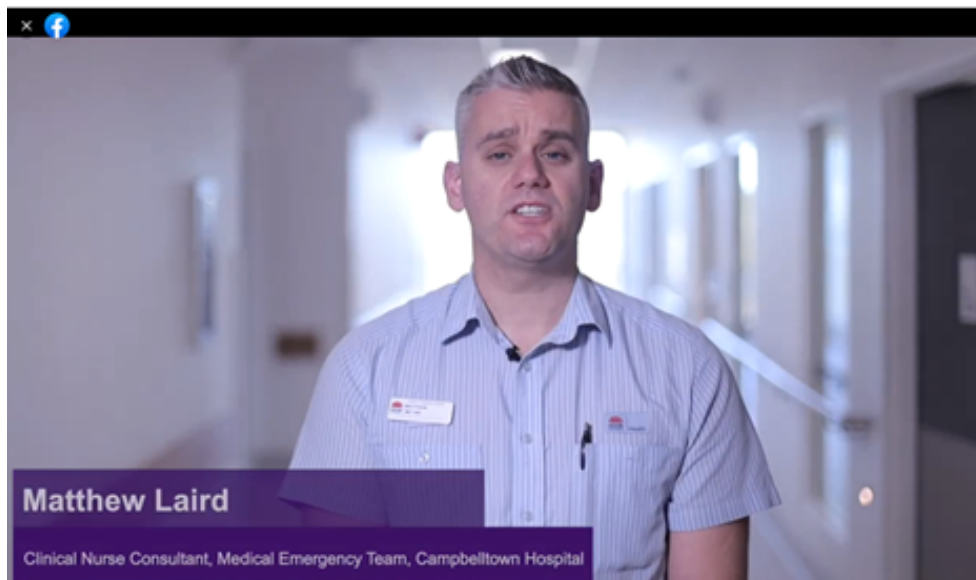
This week aims to raise awareness about health issues experienced by culturally and linguistically diverse communities and ways of addressing these issues. Each year, there is a different theme. In 2022, the theme of Multicultural Health Week is Cancer Screening. For more information on cancer screening by topic and language, click [here](#).





Wear a mask for everyone we love

"We are all in this together. Help us to help you and wear a mask for our staff. Wear a mask for everyone we love" Campbelltown Hospital Medical Emergency Team Clinical Nurse Consultant Matthew Laird said. The little things can make a small difference. Wear a mask to help #protectsouthwest



Focus on vision screening for preschoolers



The Statewide Eyesight Preschooler Screening (StEPS) program is an initiative of NSW Health and offers all four-year-old children going to school next year a free vision screening assessment. NSW Health advises all children to have their vision screened before they start school and strongly recommends that all four-year-olds participate in the screening program. Screening can be accessed through your child's childcare/preschool, the Child & Family Health nurse or StEPS clinics conducted regularly across the district.



[Click here to read the brochure in multiple languages.](#)
Call 1300 273 290 to book your child into a clinic.

