



Go Kids Food & Play News

Volume 3, Issue 2

April 2009



Limit Sometimes Foods

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We have many foods available to us that we can choose from to eat. These foods can be divided into two groups: 'Everyday' foods (breads and cereals, fruit, vegetables, dairy products and meats/meat alternatives), or 'Sometimes' foods. Sometimes foods are those foods and drinks that are high in fat, salt and sugar, and as a result should only be eaten sometimes. Commonly consumed sometimes foods include chocolate, lollies, sweet biscuits, cereal bars, hot chips, crisps, fried foods, soft drinks, cordials, flavoured milks and takeaways. These sometimes foods contain a lot of energy and can contribute to weight gain if eaten too often. Eating these foods too regularly can also lead to other health problems, including tooth decay. Sometimes foods are not bad themselves, and so can be included as part of a healthy diet. Everyday foods should be the foods that you offer your child on a daily basis, and sometimes foods reserved for treats or special occasions. A guide for families is to limit sometimes foods to once a week for your child. If children have too many sometimes foods, they can replace more nutritious foods in the diet and your child may be missing out on important nutrients needed to grow well. The best way to help your child limit sometimes foods is to be a good role model and eat mostly everyday foods yourself. Don't even have these sometimes foods in your house. Otherwise your child will want them! It is especially important to leave these foods out of the daily lunch box. Remember, if you teach your child to have healthy foods from a young age these healthy habits will remain with them into later life.

Don't Forget

Kids Fun Day Out 2009

Free activities
for kids 0-5 years

Tuesday, 5th May
9.30-12.30

Ken Harrison
Sporting Complex,
Swan Hill



Go Kids is a part of
the Communities
for Children
Initiative and is
supported by the
Australian
Government

Stride and Ride



Your children can 'stride and ride' their way to a more active lifestyle, learn about road safety and help our environment at the same time. Being physically active is important for children. A simple way to include more physical activity into your child's day is to get them to use 'active transport' whenever possible. 'Active transport' is any means of getting to a destination that involves being physically active. Walking, cycling and using scooters, skateboards and Rip-Sticks are all forms of active transport. Using active transport can substantially increase your child's daily physical activity. Kids aged 0-5 years can stride or ride to day care, preschool, the park or for any other short trip. You can also incorporate striding and riding into time together as a family, such as walking the family dog. Always accompany young children when they stride and ride. This allows you not only to role model active behaviour and to increase your

daily physical activity, but also to teach your children about road safety. Striding and riding is not only good for health and learning about road safety, but it's good for our environment too. Using active transport more often can help to reduce pollution from cars, and also helps to reduce road congestion. Stride and ride wherever possible and help make physical activity a part of your day.





Move, Play and GO!

Kids love being active. Making physical activity a part of your child's daily routine is not only fun, but healthy too. Active children are healthy children. Encouraging your child to be active when they are young can help them to establish healthy habits for life.

The message behind 'Move, Play and Go' is to provide kids with plenty of opportunities to be active in their everyday lives. These opportunities to be active can be in the form of organised physical activity like swimming and tennis lessons, or dance classes, or it can be unstructured. Unstructured physical

activity is commonly known as 'active play.' Active play is any activity that involves moving. It can occur indoors or out, alone or with friends and family. Outdoor play tends to involve more movement and so is generally more active than indoor play. The outdoors offer more freedom and possibilities to a child's imaginative mind. Outdoor play stimulates children to learn about how their body works in relation to the demands of different activities and different environments. The outdoor environment also encourages the use of large muscle groups in many ways over and over again.

Active play is important for children as it enables them to develop the balance, strength and co-ordination needed for everyday tasks. Physical activity in children is also associated with improved learning and concentration, and provides opportunities for children to make friends.

Get your kids out there. Encourage them to play outside and take them to the park or playground

The Go Kids team has compiled a list of local organised physical activity options for 0-5 year olds. To obtain a listing go to www.shdh.org.au, search Go Kids, then select 'local physical activity options'.



Smiles 4 Miles News

Term 1 Wrap up

Throughout Term 1 our local preschools have been busy promoting the 'Drink Well' message to their preschoolers and families. Hopefully members of the preschool community are drinking more water (and milk) and less sweet drinks.

Term 2: Eat Well

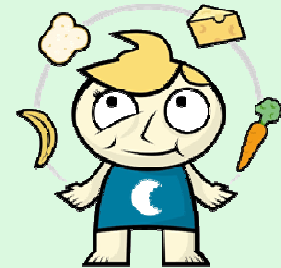
During Term 2 the **Smiles 4 Miles** theme will be 'Eat Well'. This message encourages children to eat a wide variety of nutritious foods, focussing on fruit and vegetables as preferred snacks, and also to limit packaged foods. This message fits in well with the Go Kids messages to 'Plant fruit and veg in your lunch box' and to 'Limit sometimes foods'. Keep your eye out for Eat Well information being sent home from your preschool.

Policies and surveys:

Many local preschools have been working hard on their food and nutrition policies. Before being finalised, your preschool's policy will be displayed so that you can provide feedback if you wish. This is your chance to have your say! Also, the lunch box surveys will be repeated this term, looking at both the drinks and foods sent to preschool. Remember, as parents you won't be told exactly what day this will occur so send healthy foods everyday!

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

Thought for the term



EAT WELL

"Powered by healthy food and calcium, I help stop tooth decay."

Healthy foods are important for healthy teeth

- ☆ Your child should enjoy a wide variety of nutritious foods
- ☆ Limit the amount of sugary foods and sweets your child eats. If your child eats sweet sticky foods, they are best eaten at mealtimes rather than between meals.
- ☆ Encourage your child to enjoy healthy snacks.