





EAT, DRINK AND BE HEALTHY THIS CHRISTMAS





The festive season is when we tend to allow ourselves to overindulge, so here are our top tips to allow you to enjoy your Christmas pudding without feeling like one.







1. Eat the good stuff

-  Fill your plate with salad and vegies first.
-  Bring dishes containing fruit and vegies to events so you know there's one healthier option.
-  Fruit options: fruit salad xmas tree, strawberry santas, meringue nests with fruit, choc amazeballs, fruit trifle.
-  Vegetable options: roast & BBQ vegies, healthy coleslaw, vegie kebabs, vegie sticks + dip.

2. Choose mindfully

-  Before you jump into the delicious spread, pause and assess your options.
-  Choose your favourites rather than just filling up on everything because it's there.
-  Listen to your hunger and fullness cues.
-  Use smaller plates, bowls, glasses and cups.

3. Be drink wise

-  Spritz it: Add ice and soda water to wine and spirits.
-  Choose light beer instead of full strength.
-  Alternate alcoholic drinks with non-alcoholic drinks such as water, sparkling water, soda water, diet soft drink, fruity water and lime and soda.
-  Count your standard drinks and set limits.



FOOD SENSATIONS FOR ADULTS IN 2016



83
GROUPS



1078
INDIVIDUALS



311
SESSIONS



1100
MEALS COOKED

2017 FOOD SENSATIONS FOR ADULTS PUBLIC PROGRAMS

DATE	LOCATION	TIME
Thursdays, February 9, 16, 23 & March 2	Foodbank WA, 23 Abbott Rd, Perth Airport	10:30am - 1pm
Thursdays, March 9, 16, 23 & 30	Morley Sport & Recreation Centre, Morley	10:30am - 1pm

BOOK ONLINE or call **9463 3231**

Organisations please call 9463 3215 to book 2017 programs

RECIPE OF THE MONTH: Rainbow Salad

Serves 10-12

Equipment: Large glass bowl or clear container, chopping board, knife, grater, small bowl, spoon, snap lock bag, tongs

Ingredients:

Choose at least 1 ingredient from each colour:

Green layer: ½ lettuce, 3 celery sticks

Red layer: 2 tomatoes, 1 red capsicum, 1 small jar tomato salsa

Yellow layer: 1 can corn kernels, 1 yellow capsicum, 100g reduced fat cheese

Orange layer: 2 carrots

Purple layer: ¼ red cabbage, 1 can kidney beans

White layer: 2 cups reduced fat Greek yoghurt

Crunchy layer: 1 pack multigrain crackers

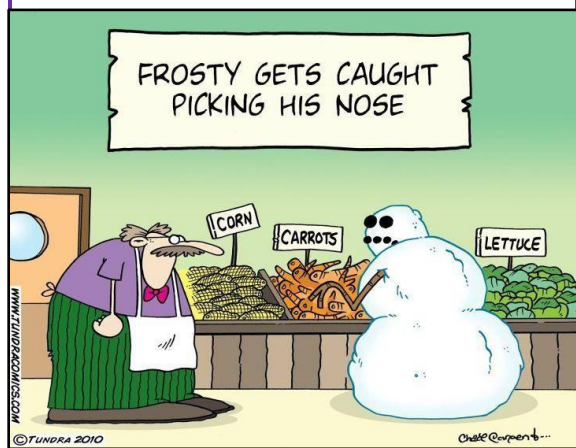


Perfect for
Xmas & BBQ's

What to do:

1. Chop green vegetables and spread across base of bowl for the first layer.
2. Chop red vegetables and add to bowl on top of green vegetables. Spread salsa over top of red layer.
3. Repeat steps for yellow, orange and purple layers, by grating cheese, grating and chopping vegetables (as required). Add each coloured layer to the bowl.
4. Spread Greek yoghurt over top of purple vegetable layer.
5. Crush crackers in snap lock bag. Sprinkle over top of the salad.

FOOD FUNNIES



BUDGET TIP

Buy Canned and Frozen Fruit and Vegetables

Canned corn vs fresh
\$2 kg vs \$10 kg

Frozen berries vs fresh
\$8 kg vs \$14 kg



FOOD BANK
FIGHTING HUNGER
IN AUSTRALIA

**WISHING YOU A
BERRY CHRISTMAS
AND A HAPPY NEW YEAR**

From all of us here at Foodbank WA.

Thanks for joining us in the fight against hunger.



**Food Sensations
for Adults** is a
program funded by the
Department of Health.

