

NEWS & EVENTS



Circles of learning

Reading Labels—how to decode the nutritional claims on products

In an increasingly health conscious society, consumers are being bombarded with an excess of information and new products making it hard to know which products to choose and which to avoid.

Here are some quick and handy tips to help you make the right choices in the supermarket aisle and walk away with the most nutritionally beneficial products for you and your family: To read on [click here](#)

Nutty Cranberry Sultana Loaf

Filled with fabulously healthy ingredients, this Nutty Cranberry Sultana loaf is ideal to freeze and slice for school/work lunchboxes, it is delicious toasted and is gluten free, dairy free, sugar free. Bake it and you will want to eat it every day. For recipe details [click here](#)



Cacao Coconut Muffins

A yummy and healthy treat perfect for adults and children alike. Whether it's school lunches, children's parties or afternoon tea for friends, this muffin is so delicious it is hard to believe how nutritious and healthy they are!

For the recipe [click here](#)

Autumn is here

I personally love the autumn colours and a climate feels just right - not too hot and not too cold. Still plenty of good weather to get outdoors into nature and enjoy the beautiful season of autumn.

The recipes here are simply delicious and if you have some wonderful healthy recipes you would like to share, then please submit them to us and to place on our website and let others know about them. If you use refined sugar, then please [click here](#) for sugar alternatives.

Have a wonderful month of March.

March Diary

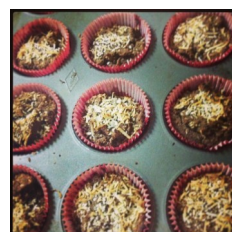
[Easter Fun Day](#)
[Holdsworth Community](#)
[Centre 24th March](#)

Easter Craft Activities for children 5-12 years. Come along and join in the fun.

Ph: 9301 3600

[East Ideas - Eastern](#)
[Suburbs Community](#)

Woollahra Council are offering a competition prize of \$500 and much more incl. advertising and marketing when you enter your Big Idea to improve your community. Go to the Community Creators website [click here](#) and enter your idea in 150 words or less



Warm wishes
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On the Edge (now available on DVD)

If you missed this ground-breaking documentary series about how 12 young indigenous teenagers transformed their lives in just 8 weeks, you can now see the whole 13 episodes DVD.

Filmed with great intimacy and honesty, **ON THE EDGE** follows the teenagers from Western Sydney as they take a physical, emotional and spiritual journey to discover their cultural heritage. Under Fran Dobbie's guidance, assisted by Aboriginal broadcaster, Alec Doomadgee, the group members are given rare opportunities to build self-esteem and resilience and to develop a sense of personal identity.



ON THE EDGE is an important model for engaging young people in a creative process that embodies respect for their individuality and talent. To discover more and to purchase the DVD [click here](#)



The Garden Circle

Our highly successful Parents and Children's Garden Circle is running every week in the Eastern Suburbs. Here you learn skills and gain tips on nutrition, water, oxygen, feelings, thoughts, resilience and building self esteem for yourself and your children. Fun and creative activities bring you and your children to connect with nature and enjoy being in the fruit and vegetable garden. If you would like to join us or bring a Garden Circle to your suburb or town, please [contact us](#).

Sustainable Environmental program for Schools and Pre-schools

An absolute favourite with schools who have seen and experienced the changes in children when they participate in this program. Children discover and appreciate the joy of nature when they participate in the Clever Kid Health & Play program. Reading, writing and behaviour improves and the children love it.

Aligned to the school PDHPE curriculum and the Early Childhood curriculum these programs are an valuable resource for teachers. [contact us](#) to learn more and we may be able to gift the program to your School.

