

# Mrs Cavanagh's Health Corner



## YUMMY SUMMER LUNCH IDEAS FOR THE KIDS...

Now is the best time to take great advantage of all of the bright and wonderful fruits and vegetables in season. It's healthy and can be exciting to have a colourful lunchbox!

Fresh seasonal fruit salad with yoghurt makes a great lunchbox filler. Try celery sticks with hummus, salsa or cream cheese with chives, or make a mix of different coloured vegetable sticks, e.g. carrots, or a selection of dried fruit.



### Tasty Salad Suggestion:

Pack in a container pieces of chicken or tuna or hard boiled egg with shredded lettuce, diced cucumber, avocado, capsicum and tomatoes.



To increase variety try adding fresh mango or pineapple, or include a pita bread wrap or fresh wholegrain roll in the lunchbox for them to tip the salad into.

It is important to include a freezer block in lunch boxes to keep meats and dairy cold, and be sure to include a bottle of water to drink!



## Breakfast Club

This **FRIDAY** there will be **FREE** toast **ALL** students!



for

**Time:** 8:30- 8:55am  
**Day:** **FRIDAY** mornings  
**Place:** New Gym  
**Cost:** FREE for all students  
10c for all additional meals

We are always looking for parent helpers. If you have a current WWCC (Working With Children's Check) and would like to help us out on FRIDAY Mornings please contact Mrs Cavanagh in the new Gym.  
(Please note that this is a non profit program- all money collected is spent on buying items for our Breakfast Club)

**PEANUT ALLERGIES:** Unfortunately we are unable to offer Breakfast Club to children with nut allergies. Although we do not serve 'nut foods', we cannot guarantee that our kitchen is complete 'Nut Free Zone'.

## Healthy Recipe of the Week



### Fill this space

Please email:

cavanagh.jacqueline.j@edumail.vic.gov.au

with any recipes for healthy meals or lunches.

Help the KVPS community by sharing a HEALTHY recipe you use.

I look forward to reading all your emails.

Mrs Cavanagh

Mr Potato Head Walk to School Award  
Congratulations to John 4LK



**HAVE A HAPPY AND HEALTHY WEEK**  
**MRS CAVANAGH**