

## Growing Healthy Kids

by Matthew Rufus

**Some Blaxland East Public School kids [in New South Wales] have recently been spotted munching away on raw spinach.**

Last Tuesday, the school's vegie patch (complete with two fearsome-looking scarecrows) was officially opened by Federal Member for Macquarie, Kerry Bartlett, in what was the first step towards introducing children to healthier eating habits.

School canteen manager Cheryl Hunter successfully applied for a grant in January of last year, and has been toiling away on the 12-month project ever since.



The school has a variety of vegetables growing at the moment including Chinese cabbages, broccoli, lettuce, spinach, leeks and herbs.

At the beginning of each term, eight children are selected for the "Garden Club", and take care of garden watering, weeding and general maintenance duties.

# Top Ten Lunches

- Wrap-bread with ham, cheese, lettuce and mayonnaise; juice box
- Chicken drumsticks with cherry tomatoes, cheese stick, buttered bread and juice
- Yoghurt, fruit salad and banana with juice, milk or water
- Pikelets spread with cream cheese, sultanas or peanut butter; frozen, flavoured milk
- Baked beans (in plastic container with spoon), buttered bread; frozen, flavoured milk or juice
- Pita bread with chopped meat (such as lamb), grated cheese, grated carrot and lettuce; juice or water
- Rice cakes with peanut butter and sultanas with juice or flavoured milk



These school children enjoy a healthy snack at lunchtime.

- Tiny can of tuna, bread roll, cherry or grape tomatoes, lettuce, flavoured milk
- Hard-boiled eggs, bread roll, cherry tomatoes, grated cheese, juice or water
- Crackers with a scrape of margarine, yeast spread, cheese stick, juice or milk.