

The simplest way

...to stay healthy in summer.

Here are some fun ways to get your kids eating more fruit + veg this summer...

- freeze fruit or mint leaves into ice cubes to chill + flavour water
- add veggie sticks whenever you have a dip
- throw some veg on the BBQ – e.g. capsicum, tomato + zucchini
- keep a tray of fruit pieces like orange wedges or melon slices in the fridge for quick snacks
- freeze bananas, peeled and wrapped in gladwrap, your kids will love the icecream taste.



For more information visit www.eatittobeatit.com.au
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The *Eat It To Beat It* program is supported by the Western Sydney
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