



# HEALTH BITES

Healthy Workers  
Healthy Futures  
Initiative



Issue 20  
December 2017

*Healthy Group Training Organisations, Healthy Host Businesses, Healthy Apprentices*

## How to have a healthier festive season

The summer holidays are all about spending quality time with family and friends – relaxing and enjoying a little food indulgence too.

Don't worry, we're not here to bop you on the nose and suggest celery salad recipes!

We're suggesting simple changes you can adopt to make the healthy choice more appealing.

### Waterworks

Set up a water station close to the alcoholic drinks or include non-alcoholic options in the same cooler. The visual cue will remind people to stay hydrated and help them drink responsibly.

### Plating up

Let people serve themselves. This means everyone can eat to appetite. It's great to have the option to come back for seconds rather than feel pressured to finish a too-full plate.

### Start a new tradition

The whole family can benefit from a little extra movement, so why not add some into the festive calendar.

A late afternoon walk is a great way to help digest your lunch and avoid falling asleep on the couch.

If dinner is on the menu then turn up the tunes for a boogie - a great activity to get you ready for dessert!

### Nibbles

Include some colourful additions to platters and cheeseboards. Vegie sticks, vegie-based dips, olives, and dried fruit and nuts will brighten up your spread. Hot tip: cut up vegies the night before and keep in a container in the fridge with a wet paper towel to keep fresh.

### Quick Tip

Remember Christmas is  
1 day, not a month

# \$\$\$ Save yourself this Christmas \$\$\$

Christmas can be stressful and expensive. Use these tips to help your hip pocket!

## Make lists

Having lists of the presents you need to buy and the food you need to prepare for the festive season. Having lists will help you plan your spending and keep you on track



## Kids only

Talk to the other adults in your extended family about only buying presents for the kids this year, rather than for the adults



## Secondhand bargains

Op shops, antique stores and secondhand bookshops can be a treasure trove for the thrifty Christmas shopper. If you're prepared to spend the time looking through their stock, you can often find good quality items at a fraction of the price you'd pay at big name stores



## Agree on a spending limit

Suggest to your loved ones that you set a limit on how much you will spend on gifts for each other to keep your budgets under control



## DIY vouchers

We often remember the things people do for us rather than the presents they give us. Consider giving redeemable vouchers for tasks like babysitting, massages, picnics, homemade dinners or even housework.



# Christmas Gifts

Gifts and rewards don't always need to involve chocolate and wine.

## Healthy cookbook

- » Australian Institute of Sport Cookbooks - <http://shop.ausport.gov.au>
- » Heart Foundation Cookbooks - <http://heartfoundationshop.com/shop>



## Coffee



- » Take away coffee cup (reusable)
- » An espresso or latte cup with beans.

## Alternative to flowers

- » An edible plant - herbs (basil, rosemary, chives) or fruit seedling
- » Drought-tolerant succulents.



## Tea drinkers



- » Teapot or iced tea jug with tea leaves
- » Tea cup with tea bags.

## Get active

- » Ball sports equipment - football, tennis balls, soccer ball, basketball
- » Swimming things - goggles, towel, bag
- » Gym it - gym pass, sweat towel, drink bottle.



## Get personal

There are many businesses that can personalise products quickly and easily



- » Mugs, drink bottles, coasters
- » Calendars, notepads, luggage tags, magnets

## Healthy cooking appliances

Kitchen gadgets:

- » Egg poacher
- » Popcorn machine
- » Avocado or mango slicer
- » Pizza stone.

