



Good for kids

Early Childhood Education & Care Services Newsletter
Winter 2015

NEW LOOK LOGO AND WEBSITE

Good for Kids decided it was time for an image overhaul! We've updated our colour scheme and added a cute graphic to our logo—what do you think? The website has also had a make over.....

We're sure you will agree the new website is easy to navigate and is packed with useful tools and information. There are sections for [services](#) and [parents & carers](#), so please share this with all staff and families.

[Click here to visit the website](#)



This season's case study....

Cardiff Preschool is doing fantastic things at morning tea by providing a colourful range of fresh vegetables & fruits for their children to try. Director James said the process is easy. He places his order each Friday for a Monday morning delivery. All staff take turns preparing the produce into appetising platters. James commented "It's simple anyone from trainee to director can do it." Children are continuously offered a wide variety of vegetables to choose from every day and they often try new foods that they refuse at home. Parents are noticing positive changes at home and at just a \$1/day fee increase, all parents are on board. The service has also noticed less packaged food overall and their worm farm is thriving on the scraps!



Training Update

Munch and Move are entering a new age of training!

After many years of face to face workshops Munch & Move is moving to online training. It is set to be released later this year. Keep an eye on the Munch and Move website for further updates.

[Click here to visit Munch & Move](#)

www.goodforkids.nsw.gov.au



Health
Hunter New England
Local Health District



Recipe of the Season

Minestrone Soup

Ingredients

- Olive oil
- 3 lean bacon rashers (visible fat removed and cut into small pieces)
- 1 brown onion (peeled and chopped finely)
- 2 carrots, peeled, chopped
- 2 celery sticks, chopped
- 1 zucchini, chopped
- 1 litre of beef stock (salt reduced)
- 400g can red kidney beans (rinsed and drained)
- 400g can chopped tomatoes
- 1 cup of small dried pasta
- 1/3 cup chopped fresh continental parsley

Method

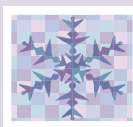
1. Heat a tablespoon of olive oil in a large saucepan. Add bacon and onion. Stir over medium heat until onion is transparent.
2. Add carrots, celery and zucchini and cook over medium heat for 5 minutes, stirring often.
3. Add the beef stock, red kidney beans and tomatoes. Cover and bring to the boil. Reduce heat and simmer for 20 minutes.
4. Increase heat to high and add pasta. Cook uncovered for 15 minutes or until pasta is cooked. Stir regularly.
5. Remove from heat and ladle into serving bowls
6. Sprinkle with parsley and serve with crusty wholegrain or wholemeal bread.



Sourced from
taste.com.au





LUNCHBOX NOTES

Good for Kids have many resources for services. One of our most popular are the Good for Kids Lunchbox Notes. These help services communicate with parents about the importance of packing healthy snacks. If you would like to order some, [click here to email us today!](#)



WINTER WARMERS

As it gets colder outside, let's think of ways to keep children active and warm:

-  Bring outdoor equipment inside to keep children moving on rainy days
-  Play some tunes—musical games and dance
-  Yoga and stretching is a great way to start and finish the day
-  Indoor obstacle courses that incorporate Fundamental Movement Skills

Contact the **Good for Kids** team

We are here to support services. Use these details to keep in touch:



HNELHD-GoodForKids@hnehealth.nsw.gov.au



4924 6499