

# MEDIA RELEASE



14 September 2010

## Healthy eating in Chinchilla

Churches of Christ Care's Early Childhood Services believe that it is important to deliver the healthy eating message as early as possible to young children to assist with their development and instil good eating habits for life.

A new healthy eating project is about to commence in Chinchilla and will be run by Chinchilla Family Day Care and Chinchilla Early Childhood Centre. The project will encompass hands-on cooking demonstrations, expanding a vegetable patch, workshops run by nutritionists, as well as a physical exercise element.

Director at Chinchilla Early Childhood Centre, Kylie Boshammer, said the new project was vitally important to help children learn about health and wellbeing from an early age.

"In our society, it's easy for families to choose quick, convenience foods rather than healthy alternatives. Many also have the impression that healthy foods cost more," Ms Boshammer said.

"With our increasing sedentary lifestyles and limited daily physical activity, role modelling positive behaviours in a care environment and at home is extremely important.

"This healthy eating project has been funded through the Perpetual Charitable Trust. It will encompass a number of strategies to engage children and their parents.

"One of the tasks the children will be directly involved in is expanding a vegetable garden at the centre, which the family day care children have established. This will provide children with hands-on experiences and a sense of pride when they take the healthy vegetables home for their parents to cook. Regular information on the vegetable garden will also be sent home to our parents with encouragement to begin their own garden for their children.

"We will also be engaging a professional chef to teach families some simple but healthy recipes they can get the kids to help out with at home."

In conjunction with the healthy eating focus, both services will be incorporating a physical activity program.

Mellanie Budden, Coordinator at Chinchilla Family Day Care, said the funding for this project will enable both services to purchase more equipment and resources to encourage physical participation.

"Physical activity goes hand-in-hand with healthy eating and this project will enable us to purchase additional equipment for both indoor and outdoor activities. These will help the children to develop gross motor skills and will encourage a higher level of physical activity."

Both services are looking forward to the implementation of this project by the end of the year.

Chinchilla Family Day Care and Chinchilla Early Childhood Centre have both recently undergone their validation processes and have received high results across the board. For

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more information about the healthy eating project, or to find out what vacancies are available, please phone Chinchilla Family Day Care on 4668 9521 or Chinchilla Early Childhood Centre 4668 9412.

## ENDS

### Photos attached

1. Photo of Chinchilla Family Day Care children watering their vegetable garden
2. Photo of Chinchilla Early Childhood Centre children and staff with new resources from funding.

Alternatively, an opportunity is available to take a photo with staff and children at either Chinchilla Family Day Care or Chinchilla Early Childhood Centre.

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For more information, please contact:

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### About Churches of Christ Care

Churches of Christ Care (Care) is a division of Churches of Christ in Queensland—a group of churches that are part of the worldwide Christian church.

Care strives to create an inclusive, caring, compassionate environment that meets its clients' needs without discrimination or prejudice. Everyone is welcome to call on our help regardless of their religious background.

Care is one of Queensland's leading providers of early childhood, child protection, affordable housing, retirement living and aged care services. We are a not-for-profit organisation that supports more than 22,000 clients each year in urban, rural and remote areas.

We operate 137 services throughout Queensland with the support of more than 2,300 staff and over 600 volunteers.

Care is built on a foundation of Christian values, commitment to quality care, and trust and respect for clients and the community.