

MEDIA RELEASE



12 April 2011

Healthy eating in Chinchilla

Churches of Christ Care's early childhood services believe it is important to deliver the healthy eating message as early as possible to young children, to encourage good eating habits for life.

Late last year Churches of Christ Care's Chinchilla Early Childhood Centre and Family Day Care service established a healthy eating project at the services.

The project has involved cooking demonstrations, expanding and nurturing a vegetable patch, a workshop and information session run by a nutritionist from Nutrition Australia, as well as a physical exercise element.

The coordinator at Chinchilla Family Day Care, Mellanie Budden, said so far the project had been such a success that they were holding a celebratory morning tea at the services on Wednesday.

"We will be giving out sample bags containing information leaflets, booklets, stickers, and non-perishable food samples," Ms Budden said.

"All the parents from both services are invited to the morning tea, and it will be a chance for us to discuss healthy lunch boxes and healthy eating habits at home.

"Since September, the garden has been coming along wonderfully. The children all love watering it and get very excited when the vegetables sprout. So far we have successfully grown tomatoes, lettuce, chives, rosemary and carrots, and continue to be rewarded with mandarins from our tree. At the moment, we are preparing our gardens for our winter vegetables."

The healthy eating project was launched last year and has been funded through the Leroy and Joy Brauer Perpetual Charitable Trust.

Director at Chinchilla Early Childhood Centre, Kylie Boshhammer, said the 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, convenient foods rather than healthy alternatives," Ms Boshhammer said.

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

"Physical activity is also very important, and goes hand-in-hand with healthy eating," she said.

"We have used a lot of the funding to enhance gross motor resources for the children in both services by purchasing trikes, obstacle course accessories, soft fall mats, tunnels, scooters and ride-on cars."

MEDIA RELEASE



The Chinchilla & Districts Family Day Care and the Chinchilla Early Childhood Centre are currently recruiting for new staff.

If you would like to enquire about available positions, please phone Chinchilla Family Day Care on 4668 9521 or Chinchilla Early Childhood Centre 4668 9412.

ENDS

Photo opportunity:

Who: Staff, children and families from the Chinchilla Family Day Care and Chinchilla Early Childhood Centre

What: Morning tea to celebrate the healthy eating project so far, the giving out of sample bags and information on healthy eating

When: Wednesday 13 April at 9:30am

Where: Chinchilla & Districts Family Day Care at 16 Villiers Street Chinchilla

For further information, please contact:

Ashleigh James
Communications Coordinator
Ph: 3363 1747

Desley Millwood
Group Manager Communications and Marketing
Ph: 3327 1692 or 0419 486 943

About Churches of Christ Care

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

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

Churches of Christ 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 27,000 clients each year in urban, rural and remote areas.

We operate 137 services throughout Queensland with the support of more than 2,800 staff and over 700 volunteers.

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