



10 December 2007, Issue 3

## Survive the Silly Season

Christmas, summer and party season; a time to make the most of holiday fun, good weather, family time and summer food.

### CONTACTING THE HEHA TEAM OVER THE HOLIDAY SEASON:

Our last day of work in 2007 is Friday 21st December. We will be back in the office on Monday 7th January 2008.

### IMPORTANT NOTE:

The Sport Southland reception desk will be closed till January 15th. To phone us between January 7th—15th you will need to use these numbers:

Office: (03) 211 2251  
Leanne: 027 511 2251  
Stephanie: 027 511 2258  
Yvette: 027 511 2253

### RESOURCE LIBRARY

- Don't forget our resource library. Drop us a line or phone and we may have some useful resources to help in planning towards next year's work.

### NEW ADDITIONS



For loan from the resource library:

An easy to watch DVD of 5 easy to cook recipes and a short food safety clip "Attack of the bugs"

Designed for students Years 7 & 8

### Survive the party season

- Treat foods, as with any food do have a place in our lives. You should be able to choose carefully and still eat some ok options.
- Don't be so hungry that you end up eating much more than you intended.
- Eat well at the other parts of the day.
- If it is buffet, go for a choice of several options not a sample of every food.
- Go for small amounts, eat slow and enjoy.
- Don't stand near the food: it is all too easy if it is within arms reach.
- Beware of those higher fat and energy choices, especially nuts, high fat cheeses and pastries.
- Don't forget alcohol has a significant amount of calories per serve and we often have more than one serve.



## Nice Nibbles

**Blinis** (mini pancakes) or small slices of **French stick** with light cream cheese and smoked salmon.



Buy from the freezer section.

Instead of potato or taco chips have **bagel chips**, **rice crackers** or **pita chips**.



Go exotic: and find **stuffed vine leaves** (dolmades), **olives**, **sun dried tomatoes**.

Serve **mini falafels** on toothpicks with a yoghurt dipping sauce.



Serve plain **bread** with a selection of **chutneys**, **relishes** and **cheeses**.



Sweet treats: go for **chocolate dipped strawberries**, and other fresh **summer fruit**, **biscotti**, **mini meringues** with a mixture of yoghurt and half whipped cream.



Small treats like truffles, mini fruit mince pies and **pan forte** where a small portion is satisfying.



**Vegetable crudities** with dips like **hummus** or **bean dip**.





## Update: Pilot a Success

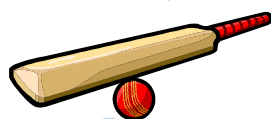
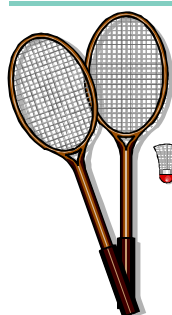
Seven families in Invercargill participated in the pilot of 'Healthy Me & You', which will be rolled out around Southland in 2008.

One morning each week, for six weeks, families attend a 2 hour group session. The sessions cover healthy eating and physical activity for families. 'Healthy Me & You' is offered free to families, who must be referred to the programme by a health or social service agency such as your own. In 2008 we will be delivering the programme in Invercargill, Bluff, Riverton, Ohai, Otatau, Queenstown, Matura, and Gore.

Recently you will have been visited by the HEHA team to discuss 'Healthy Me & You', and referrals etc., however if you have any questions please contact us at [HEHA@sportsouthland.co.nz](mailto:HEHA@sportsouthland.co.nz).



## Fun and Active Gift Ideas



- Skateboard
- Balls & Racquets
- Bicycle
- Scooter
- Tee Ball
- Pogo Stick
- Elastics
- Hula Hoops
- Kite
- Water gun
- Water balloons
- Pedometer
- Skip It
- Gutterboard
- Sports set (Volleyball, Hockey, Badminton, etc)
- Passes to ten-pin bowling, mini golf, swimming
- Water-slides
- Hackey sack
- Body Board
- Flippers & Snorkel
- Wet suit
- Diving Rings
- Music CDs to dance
- Juggling balls
- Poi or Rakau
- Handheld Fishing Line
- Frisbee
- Rollerblades
- Vortex
- Giant Bubble mix
- Moon Hoppers
- Skipping Rope
- Basketball/Netball Hoops
- Balloons
- Twister
- Paddling Pool
- Wobbleboard



Giving active presents helps people have fun and stay healthy at the same time. Imagine how many hours of entertainment can be bought for the same price as a Playstation or Xbox, with the added bonus of fitness and family fun.

This resource is adapted with permission from 'Physical Activity Toys for Your Children', by Sport Southland. Call 0800 ACTIVE for more information.