





## EAT, DRINK AND BE HEALTHY THIS CHRISTMAS





The festive season is when we tend to allow ourselves to overindulge, so here are our top tips to allow you to enjoy your Christmas pudding without feeling like one.







### 1. Eat the good stuff

-  Fill your plate with salad and vegies first.
-  Bring dishes containing fruit and vegies to events so you know there's one healthier option.
-  Fruit options: fruit salad xmas tree, strawberry santas, meringue nests with fruit, choc amazeballs, fruit trifle.
-  Vegetable options: roast & BBQ vegies, healthy coleslaw, vegie kebabs, vegie sticks + dip.

### 2. Choose mindfully

-  Before you jump into the delicious spread, pause and assess your options.
-  Choose your favourites rather than just filling up on everything because it's there.
-  Listen to your hunger and fullness cues.
-  Use smaller plates, bowls, glasses and cups.

### 3. Be drink wise

-  Spritz it: Add ice and soda water to wine and spirits.
-  Choose light beer instead of full strength.
-  Alternate alcoholic drinks with non-alcoholic drinks such as water, sparkling water, soda water, diet soft drink, fruity water and lime and soda.
-  Count your standard drinks and set limits.



## FOOD SENSATIONS FOR ADULTS IN 2016



**83**  
GROUPS



**1078**  
INDIVIDUALS



**311**  
SESSIONS



**1100**  
MEALS COOKED

## 2017 FOOD SENSATIONS FOR ADULTS PUBLIC PROGRAMS

| DATE                                    | LOCATION                                 | TIME          |
|---|--|---------------|
| Thursdays, February 9, 16, 23 & March 2 | Foodbank WA, 23 Abbott Rd, Perth Airport | 10:30am - 1pm |
| Thursdays, March 9, 16, 23 & 30         | Morley Sport & Recreation Centre, Morley | 10:30am - 1pm |

**BOOK ONLINE** or call **9463 3231**

**Organisations please call 9463 3215 to book 2017 programs**

# RECIPE OF THE MONTH: Rainbow Salad

Serves 10-12

**Equipment:** Large glass bowl or clear container, chopping board, knife, grater, small bowl, spoon, snap lock bag, tongs

## Ingredients:

Choose at least 1 ingredient from each colour:

**Green layer:** ½ lettuce, 3 celery sticks

**Red layer:** 2 tomatoes, 1 red capsicum, 1 small jar tomato salsa

**Yellow layer:** 1 can corn kernels, 1 yellow capsicum, 100g reduced fat cheese

**Orange layer:** 2 carrots

**Purple layer:** ¼ red cabbage, 1 can kidney beans

**White layer:** 2 cups reduced fat Greek yoghurt

**Crunchy layer:** 1 pack multigrain crackers

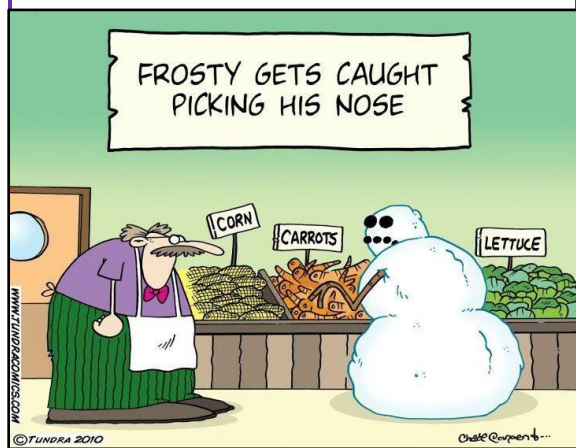


Perfect for  
Xmas & BBQ's

## What to do:

1. Chop green vegetables and spread across base of bowl for the first layer.
2. Chop red vegetables and add to bowl on top of green vegetables. Spread salsa over top of red layer.
3. Repeat steps for yellow, orange and purple layers, by grating cheese, grating and chopping vegetables (as required). Add each coloured layer to the bowl.
4. Spread Greek yoghurt over top of purple vegetable layer.
5. Crush crackers in snap lock bag. Sprinkle over top of the salad.

## FOOD FUNNIES



## BUDGET TIP

### Buy Canned and Frozen Fruit and Vegetables

Canned corn vs fresh  
\$2 kg vs \$10 kg

Frozen berries vs fresh  
\$8 kg vs \$14 kg



Food Sensations  
for Adults is a  
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Department of Health.

