

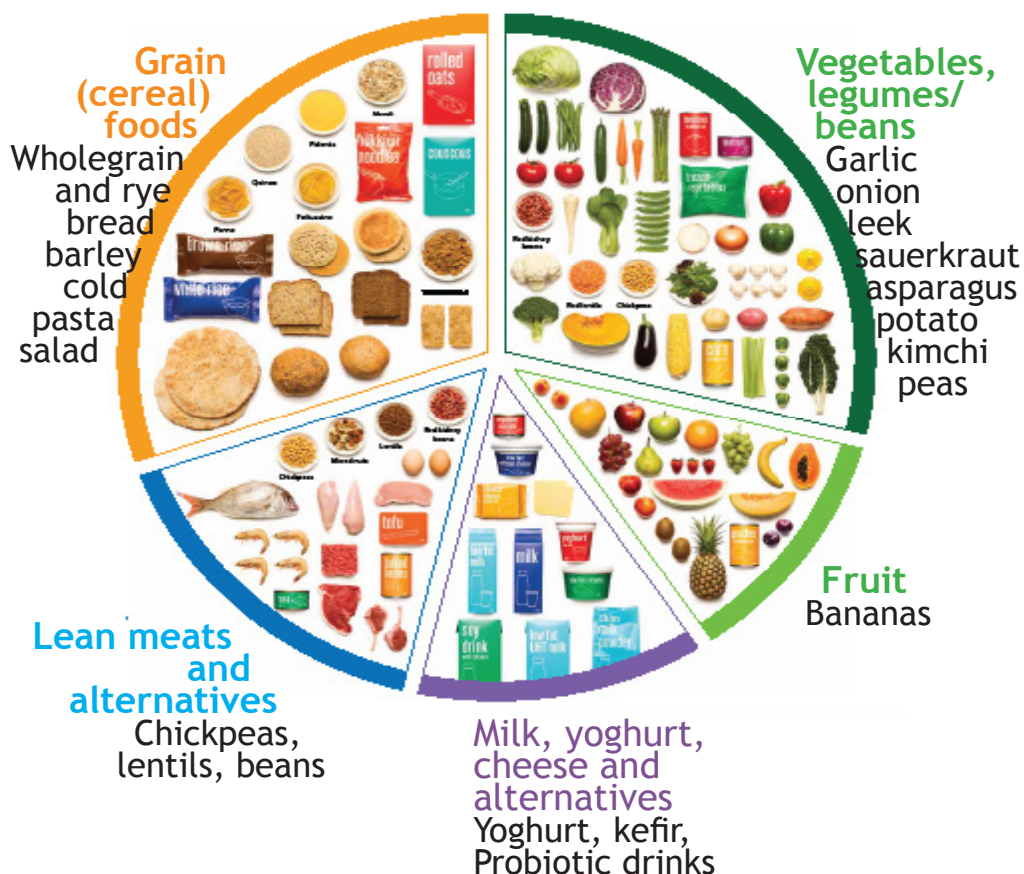


HOT TOPIC: JUST A GUT FEELING!

According to a growing body of research, the health of your gut and your gut bacteria play an important role in your overall health. You may have heard of prebiotics, probiotics and resistant starches. These are types of foods that can assist us to maintain a healthy happy gut and lots of these foods are **everyday foods** from our **five food groups**.

Limit Junk Food

Foods high in fat, sugar, salt or alcohol encourage bad bacteria to grow resulting in poor gut health.



JOIN US FOR A FREE PROGRAM IN AUGUST

DATE	LOCATION	TIME
August 2, 9, 16 & 23	Child & Parent Centre Warriapendi, 8 Redcliffe Ave, Balga	12:30pm-2:30pm
August 7, 14, 21 & 29	Foodbank Geraldton, 31 Webborton Road, Geraldton	10:00am-12:30pm
August 10, 17, 24 & 31	Yangebup Family Centre, 11 Dunraven Dr, Yangebup	11:00am-1:00pm
August 10, 17, 24 & 31	Child & Parent Centre Roseworth, 1 Stroke Court, Girrawheen	9:30am-12:00pm

More information and booking details [here](#)

RECIPE OF THE MONTH

Saucy Spag Balls

Serves
4-6

Cooking time
45

Cost per serve
\$3.50

Veg per serve
2



TIP
Serve with
fresh basil
and parmesan



Ingredients

1 clove garlic, 1 carrot, ½ zucchini, 1 onion,
6 mushrooms, 1 cup spinach leaves
500g lean beef mince
1 egg, Spray oil
1 teaspoon dried parsley
1 cup breadcrumbs
2 tablespoons tomato paste
2 teaspoons beef stock powder, 4 cups water
400g diced tomatoes
300g spaghetti



Equipment

Grater
Large bowl
Chopping boards
Knife
Frypan and lid
Large spoon, Spatula
Cup measures, Spoon measures
Can opener
Jug
Tongs

How to make it



1. Finely grate garlic, carrot and zucchini.
Finely slice onion, mushrooms and spinach.



2. Combine mince, garlic, carrot, zucchini, parsley, egg and breadcrumbs in a bowl. With wet hands, roll one tablespoon of mixture to make a ball. Repeat to make 16 to 24 meatballs.



3. Spray frypan with oil and turn onto medium heat.
Add meatballs to frypan and cook until browned all over.
Remove from pan and set aside.



4. Cook onion until soft. Add tomato paste, mushrooms, spinach, stock powder and water, bring to the boil. Add meatballs to sauce, turn frypan to low heat and cook with lid on for 10 minutes.



5. Stir in tomatoes and add spaghetti.
Cook for 8 minutes, uncovered stirring occasionally until pasta is cooked.

TO WATCH HOW TO MAKE SAUCY SPAG BALLS, CLICK HERE FOR OUR VIDEO

BUDGET TIP

BUY IN BULK

Buy staple items, such as flour, sugar, rice and pasta in bulk as this usually has a lower price per 100g, 1kg, and 1L.

Rice 5kg



\$150
per kg

Rice 1kg



\$3
per kg

FOOD FUNNIES

Vegetrains



Food Sensations
for Adults is a
program funded by the
Department of Health.

