



HEALTHY LIVING MAGAZINE

SUMMER 2019

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**TOP TIPS FOR
FEELING YOUR BEST
THIS SUMMER**

.....
**SENSATIONAL
SUMMER RECIPES**
.....

**YOUR GUIDE TO
SUMMER
VEG**



WIN

A LODGE
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Welcome to summer!

In an effort to help you and your family make the most of this typically sun-filled and fun-filled season, we've compiled a stack of tips and inspiration from our dietitian friends in the know.

We'd love to hear that the summer of '19 was your best one yet, so be sure to savour every moment and then share your experiences with us – you might even win the fantastic prize on page 20, when you do!

Remember, to slip, slap, slop, seek and slide this summer. And don't forget – we're always interested to hear your suggestions and requests for inclusions in future editions.

Richard Quail

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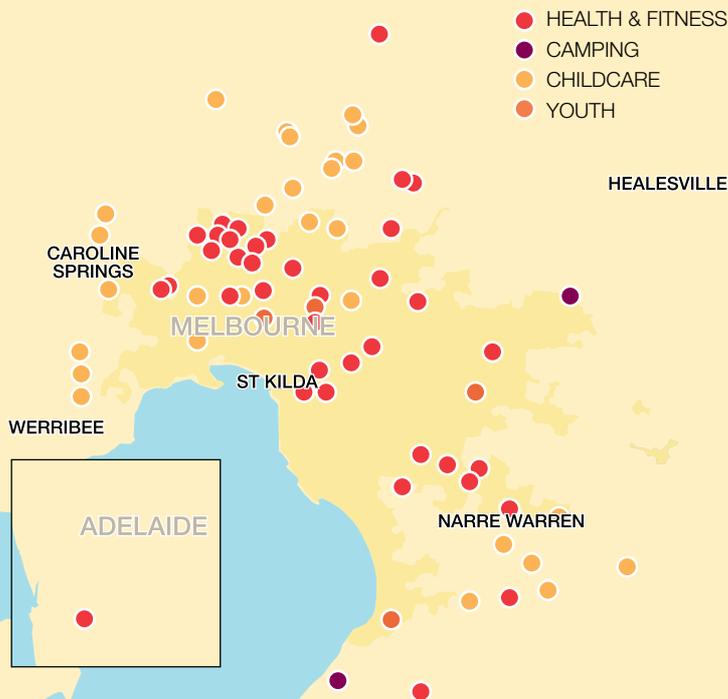
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**JESSICA SPENDLOVE, APD
& CHLOE MCLEOD, APD**

Jessica and Chloe are the dietitians and founders of Health & Performance Collective. Find out more at healthandperformancecollective.com



TOP TIPS FOR

FEELING YOUR BEST THIS SUMMER

Make this summer your most healthy, fit, fun and memorable with these tips from health and performance specialists, **Jessica Spendlove** and **Chloe McLeod**.



We all want to feel good in summer – for vacations, long lunches, beach days and seasonal festivities. It’s incredible the effect summer sunshine alone can have on boosting your feelings of wellness. But, if you want to feel your best then it’s important to look after yourself inside and out. Here are a few of our favourite tips and tricks to help you feel fabulous all summer long.

1 Go outdoors

Even in spring, the weather can sometimes leave you feeling short-changed for time spent in the great outdoors, and low in the all-important sunshine nutrient vitamin D, which we all need for healthy bones, increased immunity and a better mood! Of course, with the weather typically more stable during summer, there are lots of opportunities to head outdoors, and many summer activities don’t cost a thing! You can go for a morning dip in the ocean, an afternoon stroll, laze in a park – or even dine outside!

See **p16** for more ideas to make the most of the great outdoors this summer.



See **p19** for tips to safely enjoy swimming outdoors this summer.

2 Get moving

Gaining the motivation to hit the gym can be tough, but thankfully, the extended daylight hours and warmer weather make getting moving a whole lot easier. Exercise is a guaranteed way to feel good – in more ways than one. Feel good endorphins are released, stress levels go down, sleep is improved – and who doesn't want to feel fitter and healthier? Do what you enjoy, and you'll stick to it – whether it be hitting the gym, running, bike riding, bushwalking or swimming.

3 Make friends with salad

During summer, your body will naturally gravitate towards fresh and nourishing salads for an almighty hit of vitamins, minerals, fibre and antioxidants. Salads make satisfying meals on their own, but for an added nutrition boost add a good serve of whole grains or protein. Tinned kidney beans or tinned lentils make a great quick, easy no-cook option that you can keep on hand in the pantry and which don't require you to fire up the stove during the hotter months. Salads also make the perfect side dish to those lazy summer BBQs. Practise the rule of three by including a minimum of three different coloured foods in your salads. Make it interesting – try adding options like mango, beetroot, figs, roast vegetables, nuts and seeds. Fill half your plate with salad or veggies, and you're good to go!

4 Enjoy the season's fruit

Summer fruits can be exciting, colourful and nutrient-rich, so aim to make stone fruit, figs, berries, watermelon and mangoes a staple inclusion in your fruit platters this summer. The natural sweetness that fruit delivers means you can keep your sweet tooth happy without having to reach for cakes, cookies or other less healthy alternatives. **Y**



See **p10** for some sensational summer salad recipes.

See **p14** for some cool ways to enjoy healthy summer fruit.



.....
"IF YOU WANT TO FEEL YOUR BEST THEN IT'S IMPORTANT TO **LOOK AFTER YOURSELF** INSIDE AND OUT"
.....



FIONA KRIARIS

Fiona Kriaris is a health & fitness professional with YMCA Victoria, who is pioneering mindfulness and meditation at the YMCA, to bring a more holistic approach to health and fitness. A graduate of the UCLA Mindful Awareness Research Centre in Los Angeles, Fiona's studies in this field extend internationally, and she brings global leading trends to a local environment with compassion and integrity.

MIND THE GREAT OUTDOORS

Are you keen to savour every moment of your summer? Try adding some mindfulness to the time you spend in nature, and see the difference it makes.

When was the last time you spent quality time in nature? What is your ideal outdoor place – is it lush green grass, crystal blue bays, or white snowy mountains? We have access to a variety of natural landscapes, but with the busyness of the modern world and the hectic pace of our lives, we can sometimes find it challenging to go offline and head outside.

There's been a lot of research into the positive effects on your physical, mental, and emotional health as a result of spending time outdoors. One study explored the impact of exercise on people's state of mind, specifically looking at:

1. **Outdoor physical activity:** examining a three-hour outdoor mountain hiking activity
2. **Indoor physical activity:** walking on a treadmill
3. **Sedentary behaviour:** no physical activity.

When comparing the results from the outdoor physical activity group to the sedentary group, it was revealed that during and immediately after the outdoor activity, people felt happier. They also felt calmer, and their fatigue and anxiety levels were decreased compared to the sedentary group.

What was even more interesting was the differences found between the indoor

and outdoor physical activity groups. The data showed that exercising outdoors made people feel happier, less stressed and less fatigued than those exercising inside. So, while all exercise is beneficial, outdoor activities appear to deliver the most benefits.

Of course, this doesn't mean you have to exercise outdoors all the time to reap the benefits. Just being in an outdoor environment can change your mood for the better. According to the State Government's health promotion foundation, VicHealth, "Growing evidence suggests that people can derive substantial mental health benefits from being exposed to natural environments. Being close to nature has been shown to be associated with lower levels of stress and also to lessen the symptoms of depression and anxiety."

For even more health benefits, try adding some mindfulness next time you're in the great outdoors – even if it's just while you're enjoying your backyard for five minutes. It's possible to enhance your experience by making a conscious effort to be fully present in the moment, rather than allowing your mind to be distracted by thoughts of the past or future. This ability to truly focus your attention on the 'now' will deliver even more positive effects from being outside, enabling you to experience an even deeper appreciation for all that's good in your life. It might be challenging at first,



but even subtle changes as your skill to be present improves, can make a difference to the way you experience your reality on a daily basis. For example, when you're next outdoors take a few deep breaths, and observe your breath for a few cycles as you inhale and exhale. Then, use each of your senses to notice different aspects of your surroundings such as listening to the birds chirping or hearing the wind blow through the trees; these small shifts of attention can actually have a profound impact on the quality of your experience in that moment.

This summer, when you next enjoy some quality time outdoors, try adding an element of mindfulness and see what a difference it can make.

To learn more about mindfulness and YMCA's Mynd Wellness program visit www.myndwellness.com.au

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YOUR GUIDE TO SUMMER VEG

Boost your veggie intake this summer, with these handy tips from nutrition expert, **Dorothy Richmond**.

During summer, the local farmers' markets showcase a bountiful and colourful array of in-season vegetables. One great thing about markets is the pleasure of selecting a variety of colours, aromas and tastes to complement the season's typically lighter meals. Summer veg can be prepared with rice, breadcrumbs, cheese and fresh herbs; they can be served as an accompaniment to a meal, in antipasti or even as a main course in themselves. So here are a few tips to help you make the most of summer's assortment of vegetables.

Top tips for storage

With today's modern refrigerators there's no need to store vegetables in plastic bags anymore. Most vegetables can simply be stored inside the veggie bin, separate from the fruit. However, here

are a few specific storage tips.

- ▶ Remove the leaves from radishes.
- ▶ Leeks and lettuce should be stored unwashed until used.
- ▶ Sweetcorn should be wrapped in damp paper towels and stored in the coolest part of the fridge. Herbs can also be stored this way, and it enables you to avoid keeping them in jugs of water that may tip over.
- ▶ Unripened tomatoes should be stored stem-down in the kitchen and out of direct light.

Packed full of nutrients

Antioxidants are phytochemicals that protect against disease. Boosting your intake of summer vegetables is a great way to increase the antioxidant content of your diet. For example, capsicums and green beans are rich in carotenoids;

eggplants contain anthocyanins; leeks and garlic provide allyl sulphides; and radishes are a great source of isothiocyanates.

Eating a variety of different coloured vegetables can help to ensure an adequate antioxidant intake and should, therefore, be part of your everyday meal planning.

HOW TO FIND THE BEST VEGGIES

CAPSICUM is the shining star among summer vegetables. Choose those that are well-shaped with a glossy smooth skin and free from soft spots and blemishes.

CELERY should be clean and crisp with pale green leaves.

CUCUMBER should, ideally, be firm and bright green.

EGGPLANT should be firm and heavy, with skin that is not dull, and with sharp spiky leaves at the base.

GREEN BEANS should be slender, crisp, and bright with small seeds.

LETTUCE should be crisp and free from yellowing; iceberg lettuce should feel heavy for its size.

RADISHES should have bright-looking leaves and feel heavy for their size.

SWEETCORN EARS should look fresh, have green husks and stems that are moist with silky ends.

ZUCCHINI should be smooth, firm, well-shaped and feel heavy for their size.

Of course, summer vegetables can be steamed, stir fried or boiled in a little water. Just remember, always wash all vegetables that are not going to be subsequently cooked, and wipe off any soil from vegetables that grow on the ground. 🍷





CAROLINE TRICKEY, APD

Caroline is a culinary nutritionist and dietitian. She is also the author of *Veggie-licious: How to cook with lentils, chickpeas, beans, tofu and eat more plant-based foods*. Find out more at healthyhomecafe.com



BBQ RECIPES:

BBQ THAI FISH CAKES

Makes: 14

Ingredients

- 1 bunch coriander, including stalks and roots, washed well (reserve about 1/2 cup of leaves for garnishing)
- 2 tablespoons fish sauce
- 2 tablespoons sweet chilli sauce
- 2 to 3 kaffir lime leaves, deveined
- 1/2 to 1 large Thai red chilli (a mild, not hot chilli), optional
- 1 egg
- 1/4 cup gluten free cornflour
- 500g firm white boneless fish fillets (e.g. ling), coarsely chopped
- 10 green beans, finely chopped (2mm to 3mm wide)
- 1 tablespoon extra virgin olive oil or rice bran oil
- 1 lime, cut into wedges, to serve
- Sweet chilli sauce, extra, to serve

Method

- 1 Preheat BBQ using a medium flame.
- 2 Put coriander stalks, roots and some of the leaves into a food processor, process for 15 to 20 seconds until finely chopped.
- 3 Add fish sauce, sweet chilli sauce, kaffir lime leaves, chilli and egg to processor and process for 10 to 15 seconds more.
- 4 Add cornflour and fish, and process for 15 to 20 seconds until well blended.
- 5 Tip mixture into a bowl and stir the green beans through.
- 6 Using a soup spoon, scoop out heaped spoonfuls and roll into a ball, then flatten slightly and place on tray (they can be made up to this point, then covered and refrigerated until you are ready to cook them).
- 7 Put some oil onto the flat plate section of your BBQ, and then add the fish cakes.
- 8 Cook for three to four minutes on each side, until lightly browned and cooked through in the middle.
- 9 Serve garnished with reserved coriander leaves, lime wedges and extra sweet chilli sauce.





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DR JOANNA MCMILLAN, PhD APD

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BBQ RECIPES:

TURMERIC & GINGER BBQ SALMON

Serves: 2

Ingredients

- 2 fillets salmon (approximately 120g each)
- 1 tablespoon olive oil
- 1cm nub fresh turmeric, sliced or 1/2 teaspoon of powdered turmeric
- 1cm nub ginger, sliced
- Cracked pepper

Method

- 1 Pre-heat BBQ.
- 2 Wrap salmon in foil, rub with olive oil and top with fresh turmeric, ginger and cracked pepper to taste. If using powdered turmeric, mix it with the olive oil and then coat the fish before adding the ginger and cracked pepper to taste.
- 3 Wrap, and place in BBQ with lid down for 15 to 20 minutes, or until fish is medium rare.
- 4 Finally, take out of foil and place on BBQ for a further one to two minutes to crisp the skin.



BBQ PINEAPPLE

Serves: 4

Ingredients

- 1 pineapple
- 2 cups Greek style yoghurt
- 4 tablespoons crushed macadamias

Method

- 1 Cut the pineapple lengthways into eighths.
- 2 Grill on a moderate to hot BBQ grill for a few minutes on each cut side of the fruit, until you see nice caramelised grill marks.
- 3 Serve each slice with a small bowl of Greek yoghurt topped with the crushed macadamias.

NOTE: Don't peel your pineapple; it looks divine with the skin still on. After cooking, simply run a knife between the skin and flesh, and cut into segments, and then serve this dish intact, with the skin on. ✓





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SUMMER SALADS:

RAINBOW SALAD

Serves: 6

Ingredients

- 4 cups mixed leaves
- 1 large cucumber, chopped
- 1 punnet of yellow tomatoes, chopped
- ¼ cup carrot, grated or shredded
- ½ red onion, sliced
- 1 avocado, chopped
- Pomegranate seeds from half the fruit

Salad dressing:

- ½ cup extra virgin olive oil
- ¼ cup white wine vinegar
- ¼ cup balsamic vinegar
- 1 heaped teaspoon Dijon mustard
- 1 tablespoon of honey

Method

- 1 Combine all salad ingredients in a serving bowl.
- 2 Combine the salad dressing ingredients in a jar and shake well. Serve!

TIP: Serve with BBQ salmon, in a taco with grilled chicken or add some corn for more carbohydrates.



MEDITERRANEAN SALAD

Serves: 4 to 6

Ingredients

- 400g tomatoes (try a combination of grape, cherry and heirloom)
- 1 continental or 2 Lebanese cucumbers
- ½ cup mint, roughly torn
- 200g (half a jar) Kalamata olives, pitted
- 100g feta
- Cracked pepper
- Extra virgin olive oil
- Balsamic vinegar or juice from half a lemon

Method

- 1 Chop tomatoes and cucumber.
- 2 Combine ingredients in a salad bowl.
- 3 Top with freshly cracked pepper, a lug of extra virgin olive oil, and a drizzle of balsamic vinegar (or fresh lemon juice).

Options:

- ▶ Add toasted pumpkin seeds (pepitas) and/or sunflower seeds
- ▶ Swap the mint for basil or parsley
- ▶ Use pomegranate seeds instead of olives
- ▶ Add a tin of chickpeas or lentils
- ▶ If you can't source varieties of tomatoes, you can use a standard variety.





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Aisling and Áine are twin sisters who both completed a Nutritional Science degree, and are passionate about educating others around the benefits of a healthy diet. Learn more at www.runnerbeans.co



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SUMMER SALADS:

MANGO, CORN & TOMATO SALAD



Serves: 4 as a side

Ingredients

- 2 cobs of corn
- 1 mango
- 100g cherry tomatoes
- ½ red onion
- ½ red chilli
- Juice of ½ lemon
- Juice of 1 lime
- Large handful of fresh coriander
- Salt to taste

Method

- 1 Cut the kernels off the corn with a sharp knife.
- 2 Cut the soft mango into cubes, avoiding the hard core.
- 3 Cut the tomatoes in half and add to a bowl with the corn and mango.
- 4 Very finely dice the red onion and chilli and add to the bowl.
- 5 Squeeze in the lemon and lime juice and mix well.
- 6 Roughly chop the coriander and mix into the salad.
- 7 Season with some salt and serve.

COLD PEANUT BUTTER & NOODLE SALAD WITH CHICKEN

Serves: 2

Ingredients

Salad:

- 150g chicken breast
- 90g soba noodles (available in the Asian section of most supermarkets)
- ½ cup bean sprouts, rinsed
- 1 small red capsicum, deseeded and cut into thin strips
- 12 snow peas, cut lengthwise into thin strips
- 1 cup red cabbage, finely sliced
- 2 cups of baby spinach, washed
- 2 spring onions, ends chopped off and finely sliced

Dressing:

- 2 tablespoons crunchy natural peanut butter
- 3 tablespoons water
- ½ tablespoon light soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon honey

For serving (optional):

- Sesame seeds
- Spring onions

Method

- 1 **To cook the chicken breast:** If possible, use a steamer basket that sits inside a saucepan. Fill the saucepan with enough water so that the level sits just under the steamer basket. Bring the water to the boil and then carefully add the chicken to the basket. Steam chicken for about 20 minutes or until the juice runs clear and the chicken is cooked through. Avoid opening the lid and releasing steam while cooking. Allow the chicken to cool, then chop into small bite-sized pieces.
- 2 **To cook the noodles:** Follow directions on the package, then drain and transfer to a large bowl of cold water. Separate noodles with fingers whilst they cool. Set aside while you make the dressing.
- 3 **To make the salad:** Drain the noodles and place in a large bowl. Add cooked chicken breast, bean sprouts, red capsicum, snow peas, red cabbage, baby spinach and spring onions.
- 4 **To make the dressing:** Place all ingredients in a bowl and mix well to combine. Set aside.
- 5 Pour the dressing over the top and stir gently to combine.
- 6 Divide between two plates. If desired, top with sesame seeds or finely sliced spring onions, and serve.





AISLING & ÁINE MORAN

Aisling and Áine are twin sisters who both completed a Nutritional Science degree, and are passionate about educating others around the benefits of a healthy diet. Learn more at www.runnerbeans.co



PICNIC FOOD:

BASIL, SPINACH & PEA HUMMUS



Serves: 4 to 6

Ingredients

- 1 x 400g tin of chickpeas
- 3 tablespoons extra virgin olive oil
- 30g baby spinach
- 50g peas (fresh or frozen)
- 15 fresh basil leaves
- 1 tablespoon tahini
- ½-1 green chilli (optional)
- Juice of 1 lemon
- 2-3 tablespoons water
- Sprinkle of salt

To serve (optional):

- Fresh basil
- Olive oil
- Dukkah
- Pistachios
- Lemon
- Wholegrain crackers
- Chopped veggies



Method

- 1 Rinse the chickpeas under cold running water.
- 2 If using frozen peas, add to a bowl and cover in boiling water for five minutes before straining. If using fresh peas then no preparation is needed.
- 3 Combine all the ingredients in a food processor or use a hand blender, and blend until smooth.
- 4 If you want a runnier consistency add more lemon juice or water.
- 5 Top with some fresh basil, a drizzle of olive oil, dukkah, pistachios and lemon, and serve alongside wholegrain crackers, chopped veggies or with nut burger bites (recipe below).



NUT BURGER BITES

Makes: 8 small patties

To serve (optional):

- Hummus (*picture shows a carrot hummus but you can use the above or any other variety you like*)
- Avocado
- Shredded cabbage
- Roasted sweet potato chips



Ingredients

- 1 red onion (diced)
- 2 cloves of garlic, finely chopped
- ½ red chilli, finely chopped
- 100g cashew nuts
- 100g hazelnuts
- 100g almonds
- 100g pistachios
- 50g walnuts
- Handful of sesame seeds
- 2 large eggs, whisked
- 1-2 tablespoons olive oil
- 50g flour (can use chickpea or chestnut flour)
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- Pinch of salt and pepper

Method

- 1 Preheat oven to 200°C, then sauté the onion for two to three minutes or until translucent, and then add the garlic and chilli.
- 2 Roast or pan-fry nuts and seeds together until lightly browned. The seeds might brown a little more but browning them slightly more provides a little more flavour. Once done, blend them in a food processor with the sautéed garlic, chilli and onion.
- 3 Pour mixture into a bowl and add the eggs, olive oil, flour and spices. With your hands, mix all the ingredients until they are evenly combined and the mixture sticks together when pressed.
- 4 Shape the mixture into small patties and place in the fridge for 10 minutes. Place on a baking tray with a light coating of olive oil (you can use kitchen paper to remove excess oil).
- 5 Bake the burgers for 15 minutes in the oven, or alternatively, pan fry them for approximately two minutes on each side in a little olive oil until they're browned on the outside and heated all the way through.
- 6 Serve with hummus (recipe above), avocado, a little shredded cabbage and roasted sweet potato chips. ✓



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Catherine helps busy women eat right, lose weight and boost their energy. To find out more visit foodwatch.com.au



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PICNIC FOOD:

MINI VEGGIE FRITTATAS

Makes: 12

Ingredients

- Oil, for brushing
- 300g piece of pumpkin, diced and baked until soft but still firm
- 1 small leek, thinly sliced
- 1 red capsicum, cut into thin strips
- 1 zucchini, cut into thin rounds
- 12 eggs
- Freshly ground black pepper
- 1 teaspoon dried Italian herbs (basil, oregano or marjoram)
- 6 tablespoons grated Parmesan cheese

To serve:

Large, mixed green salad

Method

- 1 Preheat oven to 180°C, then brush or spray a 12-muffin pan tin with oil to prevent sticking.
- 2 Arrange pumpkin, leek, capsicum and zucchini on the base of each muffin tin.
- 3 Beat eggs lightly and pour over vegetables.
- 4 Season with pepper and herbs, then sprinkle the cheese over each muffin.
- 5 Bake uncovered for 15 to 20 minutes or until just set.
- 6 Allow to cool for five minutes before removing from pans, or take to your picnic in the pans to retain their shape.
- 7 Serve with a green salad.

TIP: You can substitute pumpkin for sweet potato or any starchy vegetable such as sweetcorn, parsnip or celeriac.



CHICKEN & TOFU RICE PAPER ROLLS

Serves: 2

Ingredients

Filling:

- 2 cups water
- 1 cup low FODMAP stock
- 200g chicken breast
- 150g tofu, cut into bite-sized cubes
- 2 carrots, grated
- 2 cups iceberg lettuce, finely shredded
- 10 long green beans, finely chopped on a sharp diagonal
- 50g vermicelli noodles, cooked as per instruction on packet
- 1 packet round rice paper sheets
- Drizzle of olive oil

Dipping sauce:

- 2 teaspoons sesame oil
- 2 tablespoons water
- 2 tablespoons white vinegar
- 2 tablespoons lime juice
- 1 long red chilli, finely chopped
- 1 teaspoon fresh coriander, finely chopped
- 1 teaspoon fresh basil, finely chopped

Method

- 1 Bring water and stock to boil in a small – medium saucepan. Add chicken breast and poach for 12 minutes or until cooked through. When cooked, remove chicken from liquid and set aside to cool before shredding the meat into thin strips.
- 2 Meanwhile, heat olive oil in pan and cook tofu until golden.
- 3 Combine shredded chicken, tofu, carrot, lettuce, beans and vermicelli noodles in large bowl.
- 4 Place one sheet of rice paper in a dish of warm water until just softened. Then lift sheet carefully from water and place on a board.
- 5 Spoon a large dessert spoon or approximately a twelfth of mixture into the centre of the rice paper sheet. Fold the side closest to you over the mixture, then fold in the other sides and roll to enclose the filling. Repeat until all mixture has been used.
- 6 Prepare dipping sauce by placing all ingredients in a small bowl and stirring to combine.
- 7 Serve rolls with the dipping sauce. Note: they can sit for up to four hours in an airtight container in the fridge. 🍷





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COOL HEALTHY SUMMER TREATS:

PEACH YOGHURT POPSICLES



Serves: 6

Ingredients

- 1 peach
- 1 banana
- 2 cups plain yoghurt
- 6 popsicle moulds



Method

- 1 Chop the peach and banana into small cubes that will fit into the popsicle moulds.
- 2 Put a dollop of yoghurt into each mould.
- 3 Put a layer of chopped peaches on top of the yoghurt layer.
- 4 Alternate the layers between yoghurt, peach and banana until you finish on a yoghurt layer 1cm from the top of the mould (to leave room for the popsicle stick).
- 5 Push the popsicle sticks into the moulds.
- 6 Put the popsicles on the tray and into the freezer until set.
- 7 To release the popsicles from the moulds, run them under hot water until you can pull the popsicle out easily.
- 8 Enjoy it as a healthy snack, dessert or even for breakfast!

BANANA CUBES

Makes: 12

Ingredients

- ½ cup unsalted pistachios
- 2 large bananas
- 1 cup plain natural yoghurt
- ½ cup skim milk
- 30g LSA or ground almonds



Method

- 1 Place pistachios in a blender and blend.
- 2 Remove and place into ice cube tray.
- 3 Place bananas, yoghurt, and milk into blender, and mix until smooth.
- 4 Evenly distribute into your ice cube tray, making sure the pistachios are covered.
- 5 Place in freezer overnight.
- 6 Serve the banana cubes ice cold. **Y**





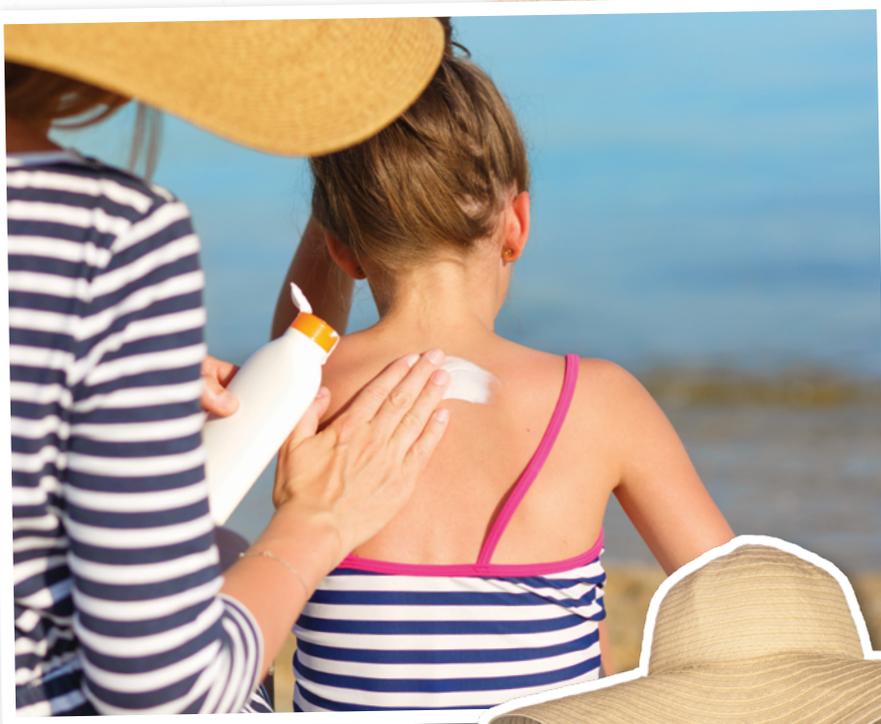
CANCER COUNCIL VICTORIA

Established in 1936, Cancer Council Victoria has developed an international reputation for its innovative work in cancer research, prevention and support. As an independent, not-for-profit organisation, they play a leading role in reducing the impact of all cancers on all people. Learn more at www.cancervic.org.au



BE SUNSMART THIS SUMMER

Keep your skin safe this summer, with these tips from **Cancer Council Victoria.**



- 1. SLIP** on sun-protective clothing.
- 2. SLOP** on SPF30 (or higher) broad-spectrum, water-resistant sunscreen at least 20 minutes before going outdoors and re-apply every two hours.
- 3. SLAP** on a broad-brimmed hat that protects your face, head, neck and ears.
- 4. SEEK** shade.
- 5. SLIDE** on sunglasses.

Checking your skin regularly is also important if you have naturally dark skin. Although your risk of melanoma is lower, it is more likely to be found at a later, more dangerous stage than a person with lighter skin.

Skin cancer is a common occurrence among Victorians but the good news is, you can reduce your risk of skin cancer by using good sun protection, and whether you're 6 months or 60 years of age, it's never too late for prevention!

Think UV not heat

UV radiation isn't like the sun's light or heat, which we can see and feel. That means we usually don't notice the damage until it's too late. The UV level can be as high on a cold or cloudy day as it is when it is a scorching hot day.

The free SunSmart app tells you when sun protection is recommended for your location and shows current UV levels.

During the day's sun protection times, use all five SunSmart steps for the best level of protection.

Checking for skin cancer

Most skin cancer can be successfully treated if it is found early. But without treatment, unfortunately skin cancer can be deadly.

Get to know your skin and what looks normal for you to help you find changes earlier. Check all of your skin, not just sun-exposed areas. If you notice anything unusual, including any change in shape, colour or size of a spot, or a new spot, visit your doctor as soon as possible.

The SunSmart program

The SunSmart program is world-renowned, leading the way in skin cancer prevention since its creation in the 1980s. The program is jointly funded by Cancer Council Victoria and VicHealth, and is a World Health Organization (WHO) Collaborating Centre for UV Radiation. Find out more about the SunSmart program at www.sunsmart.com.au



TAKE IT OUTDOORS

THIS SUMMER

Here are a few tips from **YMCA Victoria** to help you make the most of the extended daylight hours, and to keep those summer vibes alive all season long!

Make this summer an outdoor one by taking advantage of the great array of free or low-cost public amenities that people often forget are in their own 'backyard'. Here are a few options to inspire you and help keep the kids active all summer long.

Water fun

Swimming is a huge part of the Aussie way of life, so early confidence around water is important. Fortunately, our long hot summers provide ample opportunity for families to achieve this, and by offering kids early interactions with water, you'll also be helping to encourage a lifelong passion for swimming and physical activity. Families who spend time around water during the summer months typically see huge improvements in their child's

swimming and water confidence.

Local swimming pools offer great value for families and are typically a much safer option than rivers, lakes and beaches. Infants and toddlers can often enjoy shaded splash pads, and young children can experience kid-friendly water play equipment, whilst older children can take advantage of the free play areas or even venture into the lap lanes to refine their stroke technique.

Some pools are only open seasonally, so check council websites for details. Others have waterslides or provide inflatable obstacles during the school holidays, which kids love! You may need to travel a bit further to find slides and inflatables but by making a full day of it, it's well worth the effort.

Some facilities also have lovely grassed areas for picnics, sun lounges for resting between laps, or reading a good book. Onsite cafés or kiosks are usually open all day in summer, but if you want to keep the costs down then you can bring a healthy lunch and snacks from home – just remember, swimming can be hungry work!

Of course, if you're swimming at the beach, always remember to swim between the flags.

Two-wheeled fun

The beauty of bike riding is that it can be enjoyed by all ages. Toddlers can enjoy the wind in their faces by starting on the back of your bike in a toddler seat. From there they can progress to a hook bike



(which attaches to yours), to training wheels, and eventually they'll start riding their own bike. Bike paths ensure you can ride safely away from traffic, making them the ideal place to learn all about bike safety, rules, hills, braking, steep embankments, spatial awareness, and bike etiquette (including the appropriate use of their bell!). Once everyone is fully bike-ready, you can then enjoy tackling all sorts of bike trails together, which opens up a whole new world of opportunities to create lifelong memories of wonderful family adventures.

Before you start any two-wheeled adventure, contact your local council for cycling route maps to ensure you choose the most suitable trails for your family members' skill levels. Make sure you also

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TAKE ADVANTAGE OF THE FREE OR LOW-COST PUBLIC AMENITIES THAT ARE IN YOUR OWN BACKYARD!

.....

remember to check your tyres, and pack the helmets, lots of water and healthy snacks. You can involve your kids in the ride planning process by asking them to suggest interesting stops along the way, such as playgrounds or picnic spots.

Stay local

There are so many local council parks, and many of them offer fabulous play equipment, water features and BBQ facilities. Put a call out to some friends and organise a get-together or early BBQ dinner at your favourite park – check out the BBQ recipes in this edition for some healthy inspiration. You'll find a list of parks and play spaces on your local council's website.

Get wild and discover the zoo

Did you know that children under 16 years (accompanied/supervised by an adult) receive free admission to Healesville Sanctuary, Melbourne Zoo and Werribee Open Range Zoo on weekends, Victorian public holidays and Victorian Government school holidays? Each zoo offers something different, so plan your summer and try all three!

Healesville Sanctuary is a bushland haven for Australian wildlife and they

have a wonderful selection of keeper talks each day. Don't miss the renowned Spirits of the Sky, where a range of birds show off their ability to fly right before you. In contrast, at Werribee Zoo you can experience an African adventure involving lions, hippos and gorillas. The landscape is very different and makes for a unique experience. Melbourne Zoo has over 300 different species of animals from around the world to view. You can see seals swimming underwater, sleek Sumatran tigers, and orang-utans swinging through the trees; and if you're lucky enough, butterflies might even land on your hand or shoulder!

All of these zoos are worthy of a full day visit, so to avoid fatigue, take a healthy packed lunch and snacks, water bottles and even a small picnic rug so you can rest your weary legs on a nice grassy spot mid-visit.

There's a whole world out there, waiting to be explored, so get the kids involved and start planning your outdoor time this summer. **Y**

**See p12
for some super
summer picnic
recipes.**





THE AUSTRALIAN INSTITUTE OF FOOD SAFETY (AIFS)

The AIFS is Australia's leading provider of food safety education and training. Each year the AIFS helps thousands of Australian organisations protect their customers and maintain food safety compliance. To learn more visit www.foodsafety.com.au



FOOD SAFETY THIS SUMMER

There's no need to put your or your family's health at risk this summer, thanks to these safe food preparation tips from the **AIFS**.

The reliably warmer weather and daylight savings create so many great opportunities to get outdoors during summer, which is why alfresco breakfasts, lunchtime picnics and evening BBQs are often the norm during summer time.

You need to be mindful however, that dining outdoors in the heat can encourage bacteria to grow in food. And this risk applies even if you are cooking a meal indoors. Here are a few tips for optimal food safety this summer.

Keep things clean

In summer, we tend to cook many different foods and then take them outdoors to enjoy. For sanitary reasons, you need to keep everything clean from the time you start cooking until you put away the leftovers.

- ▶ Wash your hands thoroughly and often.
- ▶ Wash all utensils used for cooking, before reusing them to serve foods.
- ▶ Place foods in washed, airtight containers before transporting them.
- ▶ Always wash fruits and vegetables before serving them raw.

Don't cross-contaminate

If you're eating outdoors, it can be tempting to pack all of your food together, but this can be risky. All ready-to-eat and raw foods should be kept separate, and this is especially important if you are taking raw meats to be cooked on outdoor BBQs. Use two different coolers to store ready-to-eat and raw foods.

Summer is often filled with outdoor events and picnics, but always remember that the warmer weather can bring with it, serious food dangers. To help keep you

and your family safe all summer long, follow proper food safety precautions, which includes keeping foods cool enough, thoroughly washing surfaces and utensils, and avoiding cross-contamination. **Y**

Keep an eye on the temperature

Taking food outdoors can cause problems with temperature because when food reaches the danger zone (i.e. between 5°C and 60°C), it can harbour bacteria. Therefore, if you plan to eat outdoors, follow these important guidelines:

- Always keep foods cold. That may mean using a cooler full of ice to store the food before and after eating.
- Food should never be left out for more than two hours before refrigerating.
- Always throw out any foods that have been left out for more than two hours.

When you go grocery shopping, you also need to keep the outdoor temperatures in mind, so always try to use a cooler bag. This will keep the items cool and safe while you shop, and then until you get home. Promptly refrigerate the foods as soon as you get home.





JANELLE FALKINGHAM

Janelle is the Aquatics Project Manager for YMCA Victoria. As an aquatic specialist, she has spent 17 years leading the YMCA's work in Swimming and Water Safety Education.

STAY SAFE IN THE WATER THIS SUMMER



YMCA's **Janelle Falkingham** shares her tips to help keep you and your family safe while having fun in the water, this summer.

At the YMCA, we love seeing the enjoyment that being in the water brings to our communities. We know that swimming and participation in aquatic activities has a long list of health and social benefits. Improved fitness, strength and flexibility, increased endurance, and stress relief are just some of the benefits that being in the water creates. There's also simply nothing better than cooling off in a pool on a hot day.

We operate 25 aquatic facilities across Victoria and from 22 November, 22 of our outdoor pools will open their doors for the summer season. Our outdoor pools are a wonderful way to enjoy the water in

the great outdoors while in a safe environment. Unlike unpatrolled creeks, rivers or some beaches, pool safety signs will show you the water depths, and a list of basic rules will help you to make safe choices while you're enjoying your visit. All our pools, including our outdoor ones, are monitored by a team of expertly trained lifeguards who are passionate about keeping you safe and are there to answer any questions you may have.

So you've packed the sunscreen and towel, and you're ready to spend the day at the pool. Do you and your children know how to swim? Learning to swim is an important part of every child's development, but 60 per cent of primary age children in Victoria are leaving school without the minimum competency in swimming and water safety skills.

We teach more than 65,000 children across the state, vital skills in swimming and water safety every week. Swimming skills alone, however, will not prevent drowning. We understand how important it is to teach people survival skills and knowledge such as understanding risks, the ability to recover from an unexpected fall into water, and being able to safely help someone in trouble.

Royal Life Saving Society's most recent drowning report showed that 249 people died from drowning across our country last year and more than double (551) were hospitalised as a result of a non-fatal drowning.

Royal Life Saving Society's most recent drowning report showed that drowning continues to be the leading cause of accidental death of young children. With 76 per cent of all drownings occurring in open water venues such as rivers, creeks, lakes and beaches, we need to make sure our children are learning how to be safe around water, not just in the swimming pool.

Our curriculum equips children with the knowledge to make safe choices at a wide range of open water venues. They learn to look for safety signs, they learn to look for the red and yellow flags and swim in patrolled areas, and they learn about rip currents and why they should always wear a life jacket when on a boat or watercraft. With the YMCA, you learn in the pool so you can swim in the world.

Many of our outdoor pools also offer YMCA swimming lessons over the summer months, so join in the fun! Bring along your picnic rug, so you can relax with family and friends after swimming lessons, take a slip down a waterslide or simply enjoy the wide open spaces. Keep your eye out for a range of adventure-style activities for the kids too, with pool games and competitions as well as inflatables for challenging their agility and balance.

Wherever you go to enjoy fun in the water this summer, always keep your little ones within arm's reach, and remember to actively supervise your children at all times. 





WIN A LODGE CAST IRON SKILLET

You'll up your cooking game with a Lodge 10.25-inch seasoned cast iron skillet, featuring the 2018 Made In America Series design, with assist handle. Hailed as an essential kitchen tool by the country's leading chefs and publications, the Lodge 10.25-inch cast iron skillet is crafted to cook memorable meals for generations, while the 2018 Made in America Series design adds even more heritage to this iconic pan. Features include:

- ▶ Seasoned with oil for a natural, easy-release finish that improves with use.
- ▶ Easy care: hand wash, dry, rub with cooking oil.
- ▶ The right tool to sear, sauté, bake, broil, braise, fry or grill.
- ▶ At home in the oven, on the stove, on the grill or over the campfire.
- ▶ Great for induction cooktops.
- ▶ Brutally tough for decades of cooking.
- ▶ Unparalleled in heat retention and even heating.
- ▶ The unique Made In America design makes this piece ideal for collectors.



TO ENTER OR SUBSCRIBE

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