

Living Healthy

Nutrition and Physical Activity Information from South Canterbury DHB and its HEHA Partners



Tips for a Happy, Healthy Festive Season

Tasty Changes to Holiday Eating

Instead of the usual high-fat spreads use mashed avocado, hummus, mustards and relishes.

Whip up a quick treat. Melt chocolate on low heat in the microwave or in a bowl over boiling water. Dip strawberries or whole apricots so they are half covered and allow to cool on wax paper.

Do something different at your next BBQ. Buy falafel mixture from the supermarket deli section and place spoonfuls on the hot plate for a tasty change to go with your meat. Or combine with seasonal vegetables threaded onto a kebab stick;

serve with new potatoes and a simple salad or veggies sticks with dip.

For a quick Christmas day dessert mix together 425 gram canned drained pineapple pieces, 2 oranges cut into segments, 2 sliced bananas, 1 bunch seedless grapes, 1 punnet berries, 1 cup coarsely chopped marshmallows and 500 grams berry-flavoured yoghurt. Chill until ready to serve.

Instead of chips and dip try pita bread, naan bread or crostinis spread with hummus or relish, topped with cottage cheese or grated low-fat cheese. Lite cream cheese mixed with tuna or salmon is another tasty dip alternative.

Nutritious foods make for finer feasts

- Make platters of nibbles for your work functions a delicious delight – include dried fruit, nuts, hummus with vegetable sticks, pita bread and low-fat crackers.
- At your BBQ thread pieces of courgette, kumara, mushroom, red onion and tomato on a kebab skewer and grill, or roast some vegetables separately for a side dish served with salad.
- Keep it simple – provide one type of lean meat or fish with a few yummy side dishes to make a more enjoyable, hassle-free meal.
- Alternate alcoholic drinks with water or soda water. This keeps you hydrated and less likely to drink excessively.
- Enjoy fresh seasonal fruits – use them in salads, nibbles and desserts.

Great Gifts for an Active Summer



Items under \$10

- Small ball, e.g. tennis, cricket, softball, tee ball
- Frisbees from \$7 (plastic) to \$10 (waterproof)
- Hacky sacks
- Hoola hoop

- Rubber quoits
- Swimming goggles
- Hydroslide ticket at Century Pool
- Skipping ropes
- Badminton shuttles (set of 6)
- Light net for backyard games, e.g. volleyball



Items under \$20

- Beach Cricket set
- Short Tennis set
- Target toss (2 hoops, 4 safe darts)
- Softball foam set
- Rocket Football
- Whistle Ball

- Large balls (e.g. netball, outdoor volleyball)
- Badminton Shuttle Smash Set; racket
- Micro Mini Basketball Set



Items under \$30

- Kiwi Cricket Bat
- Skateboard
- Kites – large
- Swingball Set from \$30 - \$45
- Swim Concession Ticket (Junior – 20 swims)



Items over \$30

- Tennis racquets
- Netball and Basketball hoops
- Junior Badminton and Volleyball sets, \$40
- Softball set, \$40
- Kiwi Cricket Set, \$55

- Outdoor net and pole set, \$70

Family Activities

Explore the district walkways and cycle paths together. There are 21 maps available at www.timaru.govt.nz. And don't forget the district's five pools (Century, Geraldine, Maori Park, Pleasant Point and Temuka) for heaps of cool fun.

Create opportunities to be active

- Pack the Christmas stockings full of gifts that encourage physical activity like frisbees, tennis balls, cricket or volleyballs, a small backpack for day walks.
- Take your family or a buddy to explore the district walkways and cycle paths. Take a picnic and explore our lovely coastline or rivers – maps are available from i-site information centres.
- Get up and get moving at your summer BBQ – have fun with backyard games and dancing.
- Challenge your family and friends to be active for at least 30 minutes each day during your holiday.

Best wishes for a healthy, active holiday season and New Year from:

