



**Congratulations!**  
**Shalisha Brewer-Charles**

**Your project name suggestion**  
**"Circle of Care"**  
**was chosen for the Supporting**  
**Families into Early Childhood**  
**Education (ECE) Pilot Project.**



The month of October, encourages all of us to think about our Mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not. Given the year it has been, it gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed.

The theme for this month is "Tuning In". This means being present, being aware of what's happening within you, and in the world around you. Tuning In has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections.

Tuning In to communities and the impact of mental health stigma can help ensure that people who need support have safe places to talk about their experiences and reach out.

For further info, resources, and activities to host a tune-in MT in your workplace visit <https://mentalhealthmonth.wayahead.org.au/>

Enjoy these cute characters sprinkled across this page for some Tips to Tune In. <https://mentalhealthmonth.wayahead.org.au/tips-to-tune-in/>

## Health benefits with connecting to the Earth.

Earthing (also known as grounding) is a therapeutic technique that involves doing activities that electrically reconnect you to the earth.

Connecting your body with earth's natural electric charge systematically influences the basic bio-electrical function of the body; reducing inflammation, pain, and stress, improving blood flow, energy, and sleep, and generates a greater well-being.

Earthing is as simple as routinely walking barefoot outdoors on grass, sand, soil, and/or using inexpensive grounding systems indoors while sleeping or sitting, practices that restore a lost and needed electric connection with the Earth.

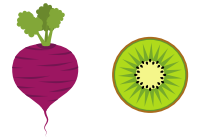
Some 20 studies to date have reported intriguing evidence of wide and significant physiological improvements when the body is grounded vs. non-grounded. For further reading [Integrative and Lifestyle medicine strategies should include Earthing \(grounding\): Review of research evidence and clinical observations. 2019](#)



Ground yourself by  
connecting to the  
earth



# National Nutrition Week Oct 10-16



## SUNDAY

National Nutrition Week (October 10-16), creates awareness of the role of food on our health. 'Try for 5' which is a unique collaboration between Nutrition Australia, vegetable growers and other health-focused organisations inspiring all Australians to eat more vegetables!

It makes good sense to eat more vegetables, but it isn't always easy. It's not always convenient. It's not always possible. But it is worth a go. Try for 5.

Add an extra cup of veg. Try a new vegetable. Try a new recipe. Get in the kitchen and enjoy a meal with family or friends.

**This week get inspired to Try for 5 and feel the difference.**

## Kick-start your MONDAY with this powerhouse smoothie



<https://www.jeanhailes.org.au/recipes/green-smoothie>

### Green smoothie

Green smoothies are an easy and popular way to include highly nutritious green leafy vegetables into your day.

## TUESDAY

**We all know veggies are good for us, so why don't we eat more?**

Only 7.5% of Australian adults eat the recommended 5 serves a day. Many of us don't know what a serve is.

What is a serve? A serve of vegetables is 75g. But what does that look like?

- ½ cup cooked green or orange veggies, like broccoli, carrot or pumpkin
- ½ cup beans, peas or lentils
- 1 cup raw salad leaves, like cos lettuce or kale
- ½ medium potato or other starchy veg
- 1 medium tomato.



### Roast chickpea & vegetable salad

Here's an easy and delicious way to not only get your veggies, but also a good dose of calcium.

## WEDNESDAY

This Roast chickpea & vegetable salad is guaranteed is a crowd pleaser! Link to recipe below  
<https://www.jeanhailes.org.au/recipes/roast-chickpea-vegetable-salad>

## THURSDAY

All vegetables can be considered superfoods as they are naturally packed full of important vitamins and minerals, disease-fighting antioxidants and gut-healthy fibre. Plus, they taste really good! Eating 5 serves of vegetables each day can help you to maintain a healthy weight, lower cholesterol and blood pressure, boost your immunity, plus protect you against chronic diseases such as type 2 diabetes, heart disease, stroke and cancer.

## FRIDAY

Enjoy the health benefits with this recipe!

Tofu is made from soybeans. 1 serve provides 10g protein!



<https://www.jeanhailes.org.au/recipes/roasted-pumpkin-and-tofu-curry>  
**Roasted pumpkin & tofu curry**

This colourful and flavoursome curry is a great way to start cooking with tofu. It's also full of carotenoids – important antioxidants for growth and development,...

## SATURDAY

Tips for getting more veggies on your plate each day:

- Start by adding just 1 extra serve of vegetables to your plate today
- Choose a meat free night a week, try a new recipe with a vegetable protein food ie. lentils, beans, tofu.
- serve up 1/2 plate of vegetables / salad (aim for 3 different colours ie carrot, corn, broccoli).
- cut up some vegetable sticks (cucumber, carrot, celery, cauliflower) to have ready to snack on. Pair it with some veggie dip.
- Try adding vegetables to your breakfast. Such as some spinach, tomato, mushrooms to your omelette, beans to your toast, spinach or kale to your smoothie.
- use veggies to replace pasta's ie zucchini noodles, eggplant for lasagna sheets.

For individual advice on your diet make appointment with our Dietitian Sarah Greenwood.