Healthy Living Program

Thanks again to the generosity of BHP Strelley Community School was able to continue the healthy eating component of this program in 2012.

Whilst the main elements of the program remain the same we have been able to expand the education component by producing our own cooking shows, our own cookbook featuring Quinoa & by delivering cooking classes to students and community members, by growing lettuce, watermelons, celery and tomatoes as well as running a Friday Café.

The High school students have been the caterers for a number of school occasions providing a range of delicious and healthy finger food.

Another project that involved the High School students was to make a variety of curries and to distribute these to the community. The recipes for the three curries - vegetable, chicken & beef - were tried and true as they were tested in the breakfast program. This was most appreciated by the community as Warralong does not have a store.

This was a joint project with 11 students and 4 teachers from the Hunter Valley who participated in an immersion program with us in August.

We continue to see:
* increased attendance
* healthier students
* calmer students
* greater concentration
* happier students
* more focussed learning

THANK YOU BHP!