

- ★ Outdoor games and sports
- ★ Arts & Crafts
- ★ Playing with friends
- ★ Great Educators
- ★ Food and Cooking
- ★ Indoor Activities



We've been cooking up a storm in OSHC

In After School Care we love cooking healthy, delicious meals and snacks from our Healthy Eating Cookbook. All the recipes in our cookbook support our healthy eating program and are officially endorsed by Nutrition Australia.

Chickpea Salad is a popular recipe from the cookbook, so we thought we'd share the recipe with you to try at home.

Chickpea Salad

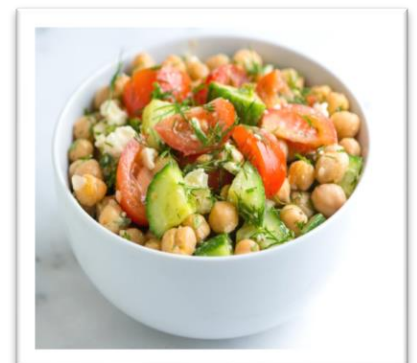
This recipe is so versatile you can use any veggies provided.

You'll need:

- ☐ 1 tin of chickpeas (drained)
- ☐ 1 cucumber
- ☐ 2 carrots (grated)
- ☐ 1 lettuce
- ☐ ½ packet of cheese (cut into small cubes)
- ☐ ½ tablespoon of vegetable oil for dressing (optional)

Method:

1. Drain chickpeas
2. Prepare all vegetables
3. Cut cheese into small cubes
4. Mix all ingredients together in a bowl and pour dressing over (if using)



Come along and see what we're cooking up

You can visit us in the program to see what healthy meals and snacks are on the menu or let us know if you enjoyed the hummus.

Program details

To find out more about our program, view fees and to register visit www.campastralia.com.au

We look forward to seeing you and your family soon.