

- ★ 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

At Camp Australia, all our OSHC programs follow the Healthy Eating Program.

We make sure that the children who attend our programs eat healthy and delicious meals and snacks that are in line with the Australian Dietary Guidelines.

To help you and your family stay healthy, we thought we'd share one of our most popular savoury dip from our very own Healthy Eating Cookbook.

Mexican Bean and Corn Dip

This quick and easy dip can be varied by adding cheese and/or diced fresh tomato on top.

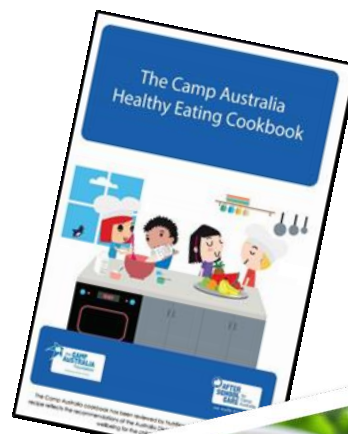
It can also be served hot or cold.

You'll need:

- ☐ 2 tin of beans (use salt reduced baked beans or kidney beans)
- ☐ 1 tins corn
- ☐ 1 jar of salsa
- ☐ ½ grated cheese
- ☐ 5-6 medium cherry tomatoes diced or 1 tin of tomatoes

Method:

1. Refrigerate the cheese provided for 5 mins so that it is easier to grate.
2. Drain excess sauce off beans and corn but do not rinse.
3. Mix salsa and beans together.
4. Place grated cheese and tomato on top.
5. Serve a teaspoon of cold dip with crackers and/or vegetables.
7. Ready to eat. Enjoy!



Come Along And See What We Are Cooking Up!

Feel free to drop by and meet our team and see the program in action. Come along and see what healthy meals and snacks are being made and enjoyed in every session.

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.