

Healthy little MasterChefs

In Outside School Hours Care (OSHC) 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 favorite recipes from our very own Healthy Eating Cookbook.

Healthy Sandwiches

Ingredients
Lettuce
Cheese
Spring onion
Carrots
Cucumbers
Capsicum
Wholemeal Pita Bread
Method
Grate all vegetables and cheese, mix in a bowl, season and fill in the wraps.

To find out more about our programs, view fees or to register your child with Camp Australia visit www.campaustalia.com.au and use the school finder to search for your school.

If you have any questions about the program, feel free to drop by, meet the team and see what happens first hand in the program. If you would rather talk to our friendly Customer Care Team you can call them on 1300 105 343. The team are available 24 hours a day, 7 days a week – except for National Public Holidays.