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Quote for May

“In order to change we must be sick and tired of being sick and tired”

Children's Lunches and Snacks

I hear so many parents complaining about their children, they complain about their behaviour and they complain about the state of their health. When I look in shopping trolleys where I see screaming children running riot around the grocery store I see a bunch of processed and non nutrient foods. No wonder we have so many health and behavioural problems.

It's not hard to keep your children off antibiotics, Ritalin (ADD medication) and the like. It's a matter of becoming informed and putting into action what makes a mind and body healthy. Put the effort in keeping the mind and body healthy and you won't have to spend as much time at doctor's offices. My children are 17, 14 and 12 and they spend very little time being sick. They have never taken an antibiotic, aspirin, anti-inflammatory or any form of medication in their entire life. The only time they go to a doctor is for broken bones, and we've had a few of those due to the sports they play. It is all about the food they eat and the lifestyle they live.

Lunch boxes can now be called “pick a box lunch box”. This is where a child opens up their lunch box and there is an array of boxes and packets, ranging from fruit wraps, muesli bars, cheese dips, flavoured juice and coloured yogurt. If you take the time to look at what these foods are made from for the most part you'll see that they are made from many foods that are from technology, additives, colours, preservatives and modified foods. No wonder the bodies and minds of our children are having a hard time staying healthy.

I remember when I went to school my lunch box had 2 pieces of fruit, a home made goodie and a sandwich. This isn't hard to do, in fact it is far cheaper than the “pick a box lunch”. There are some ‘pick a box’ foods that I do recommend and that includes; tinned fruit, tinned tuna and tinned corn. On occasion even tinned creamed rice. Most muesli bars, yogurt, cheese dips and the like are just a waste of money when it comes to the mental and physical health of your children.

Children seem to be hungry all the time and snack time has become the pick a box snack as well. If you are really committed to making a difference to the health of your children then a little time is needed.

The main problem is ideas!! My cookbook **Changing Habits Changing Lives Cookbook (please link to order page)** has hundreds of recipes for healthy food, with snacks, breakfasts, lunches and dinners. A good friend of mine and fellow health advocate and amazing mother of four, Donalee Halkett has just produced a wonderful book called **Snack It Out (please link to order page)**. It is full of healthy salubrious snacks for kids that are good for them and taste amazing.

Snack It Out has tips for snacks, smoothies, slushies, fresh fruit ideas, veggie snacks, dips, sweet things, lunch box ideas and many more. You can purchase **Snack It Out** from by order page \$20.00 plus \$5.00 postage and handling (order now) {link please}. Or I've made a special offer which includes Changing Habits Changing Lives Cookbook and Snack it Out, normally the two would be \$47.00 plus postage and handling, but for May you can order the two books for \$39.00 plus postage and handling of \$5.00 (order now){link please}.

Once you have the ideas the rest is easy. At the end of this newsletter you'll find Spicy Roasted Potato Wedges from **Snack It Out**, my children love this as a quick snack.

(I'd like a picture of the front cover of the book snack it out here)

Snack It Out - Spicy Roasted Potato Wedges

2 medium sweet potatoes (white or red)
3 large potatoes
1 tsp cumin
1 tsp coriander
1 tsp paprika
Pinch cayenne
2 TBS extra virgin olive oil

- Mix oil and spices in a baking tray
- Cut Potatoes into wedges and coat with oil – mix (I use my hands for this mix)
- Roast until tender and golden brown (this depends on the size of your wedges)
- Sprinkle with sea salt and serve with pesto, sweet chilli sauce, sour cream, salsa or avocado dip
- These can be eaten hot or cold or tossed through salad mix or rocket mix.