



Fast Facts

Less than half of all Australians eat the recommended two serves of fruit and five serves of vegetables each day.

Here are some ways you can get more fruit and vegetables in your day:

- Top your breakfast cereal with a piece of fruit.
- Make a smoothie; blend fresh or frozen fruit with skim milk and yoghurt.
- Snack on raw vegetables with homemade healthy dip.
- Make meat go further by adding extra vegetables to stir-fries, casseroles, pasta and rice dishes.
- Make fruit based desserts, fruit crumble or stewed fruit and serve with custard or yoghurt.
- Use fruit and vegetables that are in season.



TRY THIS EASY RECIPE which is loaded with vegetables

Beef and Vegetable Stir Fry

Serves 

Cooking time: 15 minutes

Ingredients:

- 500g lean beef fillet
- 1 piece fresh ginger, peeled, finely sliced
- 2 large garlic cloves, crushed
- 1 green chilli, seeds removed, finely chopped
- Olive oil spray
- 1 tbs sesame seeds
- 1 bunch baby bok choy, leaves separated, stems thinly sliced
- 2 carrots, peeled, cut into short thin sticks
- 1 cup broccoli florets
- 1 red capsicum, deseeded and finely sliced
- 1 handful snow peas, finely sliced
- 1 tbs reduced salt soy sauce
- 1 ½ tbs sweet chilli sauce
- 1 cup bean sprouts, trimmed
- Steamed brown rice, to serve

Method:

1. Cut the beef thinly across the grain and place into a bowl. Add the ginger, garlic and chilli. Spray lightly with oil to coat the beef then stir to combine.
2. Heat wok over high heat until hot. Add sesame seeds and stir-fry for 1 minute until golden, remove to a plate. Spray the hot wok lightly with oil then add one-third of the beef and stir-fry for 1-2 minutes until browned, remove beef to a plate. Repeat in two batches using remaining beef.
3. Spray wok lightly with oil and add the bok choy stems, carrot, capsicum and snow peas and stir-fry for 2 minutes. Add all the beef and any juices on the plate season with soy and sweet chilli, stir-fry for 1 – 2 minutes. Add the bok choy leaves, beans sprouts and sesame seeds, toss well to combine. Serve immediately with rice.



Shire of Murray

IN FOCUS

Since 2008, the Shire of Murray has demonstrated an ongoing commitment to the continual improvement of the health, wellbeing and safety of its employees. This is evident through the ongoing high participation and positive feedback from employees. The Shire was also recently recognised by Healthier Workplace WA for demonstrating excellence in workplace health and wellbeing.



Photo courtesy of the Shire of Murray: Chris Pretorius (Manager Operations) and Alan Smith (Director Technical Services) who received the trophy after showing off some amazing badminton skills.

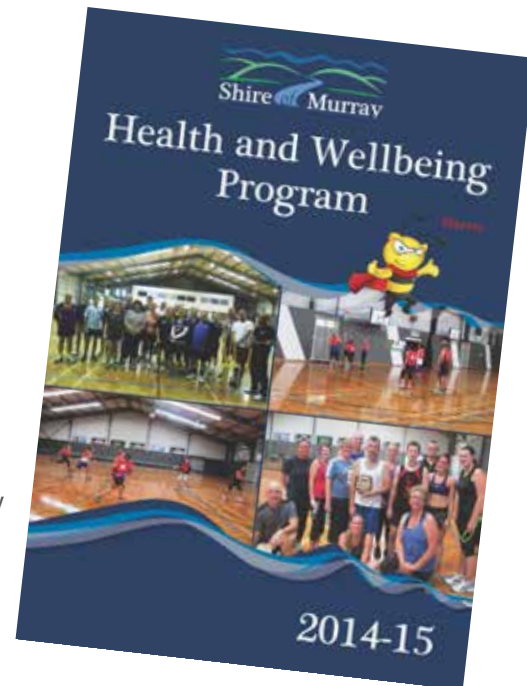
The Shire with the support of LGIS provides a suite of health initiatives each year, including skin cancer screens, health assessments and flu vaccinations. In addition they also offer initiatives that are suggested by employees and/or target risk areas, such as:

- Weekly fitness classes
- Eye tests
- Ergonomic assessments
- Hep A and B vaccinations for relevant staff
- Fresh fruit Tuesday

On a quarterly basis, interdepartmental challenges allow teams to compete against each other in both physical (netball, basketball, soccer) and non-physical (bingo, the amazing race) contests. The winning department of these contests receives a prize and gets to proudly display the trophy in their department until the next challenge.

The Shire has seen many benefits since implementing their health and wellbeing program including:

- Reduction in stress levels and improvements in stress management
- Effective team work
- Increased health awareness and education



- Improved safety performance
- identified as an employer of choice
- Early detection of life threatening health conditions, e.g., melanoma.

The success of the Shire of Murray's program can be attributed to strong executive leadership support coupled with the fact the program is also employee driven with all levels of staff encouraged to provide suggestions and feedback through an annual survey. The Shire has also acknowledged the support provided by LGIS as contributing to the success of the program.

The new format of the LGIS health and wellbeing program has been in place since July 2014 and offers a wider variety of initiatives to benefit local government.

Lvl 3 170 Railway Parade,
West Leederville WA 6007

 (08) 9483 8888  www.lgiswa.com.au

The information provided in this newsletter is general guidance only and should not be relied on as a substitute for professional advice. No liability will be accepted for losses resulting to any reader relying solely on this publication. No part of this newsletter may be reproduced without permission from LGIS.

Renee Rohde is a specialist health and wellbeing professional and Program Manager at LGIS.

Contact Renee on 9483 8888 for more information regarding these programs.