

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 favourite recipes 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.

You'll need:

- 1 tin of diced tomatoes
- 2 tin of kidney beans
- 1 tins corn
- 1 jar of salsa
- ½ grated cheese



Method:

1. 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 or vegetables.
7. Ready to eat. Enjoy!

To find out more about our programs, view fees or to register your child with Camp Australia visit www.campaustralia.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.

We look forward to seeing you and your family soon!