



## MARIO'S NOTES

Dear Club Member,

**Honesty** is precisely matching the facts about a person, incident or circumstance with what I say, write or report.

Honesty is a rare virtue & honest people are becoming an endangered species. Honesty is the number 1 on the list of character qualities most admired. Its twin cousins are integrity & trustworthiness.

Be careful because being honest is often misunderstood. Honesty without respect is misplaced & without benevolence it is heartless.

The good news is that we can all make lying & cheating very uncool. Leadership in personal morality leads to family, social, political & corporate morality. It has to work because we are all in families, society & business corporations

To be honest is very difficult – that is why it is the most valued virtue. We can be dishonest in our daily lives by calling in sick when we were actually fishing, by telling some one to say “I am not home to take the phone call”, by not telling the correct age of children etc. Yes the little things grow into big things.

Enjoy the challenge.....Mario

## Zest For Life Lunch

### Is it Important to Eat Lunch?

Lunch is incredibly important as it gives you energy, strength & keeps your brain functioning for the rest of the day. It stabilizes blood sugar & keeps your mood even until dinnertime.

With the kids just back at school, make this a healthier lunch year! These ideas are great for adults too.

### Hints & tips

- Eating a good hearty lunch prevents grouchiness
- Keep lunches interesting for kids
- Limit treats (chips, lollies, sugars etc). Remember a “treat” isn’t a regular thing
- Know what your kids are eating, limit tuck shop unhealthy lunches
- Avoid soft drink & limit juice poppers as they contain

high amounts of sugar. Drink water!

- Healthy lunches start with parents being a role model. You can’t eat junk & expect them not to
- Get the kids to make their own lunch
- Make extra at the night meal so everyone gets some for lunch
- Prepare & cut up lunches the night before while preparing the evening meal
- Have the kids take an esky to school
- Protein shakes are a great healthy after school snack. We recommend Iso Whey, as it has no added sugar & is full of other added nutrients & vitamins – Available in store

### Easy & Healthy Lunch Ideas For School

- ☺ Fresh & raw vegies & salads. Make it interesting
- ☺ Veggie sticks & dips (preferably home made)
- ☺ Yoghurt with no preservatives, additives or sugar. Buy plain yoghurt and add your own fruit
- ☺ Nuts, seeds & dried fruit – With no preservatives
- ☺ If your kids like roll ups, check the label, don’t want ones with added sugar
- ☺ Sultanas – single serving size
- ☺ Slices of cheese ☺ Home made soup
- ☺ Growing bodies need carbs - Sandwiches with wholemeal & Rhy bread, wraps, rice cakes & corn cakes. Avoid white bread!
- ☺ Get the kids to grow their own sprouts. Lots of fun & full of protein, enzymes, vitamins & minerals
- ☺ Sandwich ideas – Meat (preferably non processed) & salad; vegies & cheese; fish; egg; left overs. Don’t use margarine. Alternatives are butter, avocado, hommus, tahini or nut pastes
- ☺ Left overs from the night before
- ☺ Boiled egg ☺ Tin Tuna ☺ Fruit salad
- ☺ Little home made quiches or zucchini slice. Get the kids to bake them with you. Can freeze & pull out as required. Will be thawed by lunchtime & keeps other food cool too
- ☺ Little meat balls, chicken balls or vego balls
- ☺ At work have a healthy stash of food eg. Nuts in a container and some tinned fish. Great for snacks & emergency lunch (instead of takeaway)
- ☺ Come in & check out our healthy range of kids snacks in store

# Z e s t f o r l i f e !

## Come in & Check out our Healthy Snacks For Kids!

### Annie's All Fruit Bars

100% pure fruit High in Fibre  
 Made from 6 layers of dehydrated fruit pulp  
 1 bar = ¼ kg of fresh fruit  
 No added sugar, flavours or colouring  
 Free of fat, gluten, sulphur, nuts & dairy  
 Are a good alternative to provide a regular fruit intake \$2.75 each



### Mrs May's Naturals – Nut & Seed Crunch

All natural  
 Nut & seed snacks are slowly dry-roasted  
 Ever so-lightly sweetened using organic evaporated cane juice  
 Free of cholesterol, dairy, gluten, wheat & preservatives \$2.50 each

## Healthy Lunch Recipes

### LITTLE QUICHES

Ingredients: 400g veggies (grated zucchini, grated carrot, peas, corn, pineapple, tomatoe – whatever your kids enjoy or healthy food you want to disguise in there), 1 large onion finely chopped, 3 rashers of bacon/ham (optional), 1 cup sifted S R wholemeal flour, 1/3 cup olive oil, 5 lightly beaten eggs, seasoning & herbs, 1 tsp bicarb soda (optional), 1 cup grated cheese

- Combine all ingredients, mix well
  - Spray muffin tray or grease with olive oil
  - Approx 1 dessert spn of mix in each (varies with tray size)
  - Bake at 180 degrees C for 15-20 mins
- Freeze & pull out as required. Will be thawed by lunch Yummy Cold!

### QUICK & EASY HOMOUS

Ingredients: 1 can chick peas – drained & rinsed, 1dsp unhulled tahini, drizzle of olive oil, a few cloves of garlic, coriander or parsley, lemon or lime juice

- Mix all in a food processor until a soft paste forms
- Serve with any of these: veggie sticks of carrot, celery & cucumber, cherry tomatoes, small radishes, green beans & snow peas

### SEED SLICE – Great For Lunch Box Snacks

Ingredients: 1 cup pumpkin seeds, 1 cup sunflower seeds, 1 cup sesame seeds, ½ cup honey, 1 cup tahini

- Combine all ingredients
- Gladbake oven tray, scoop in and spread evenly
- Bake for 10-15 mins at 180 degrees C
- Cool & cut into pieces of approx 4cm x 2cm

**COME ON IN & GET THE REST OF OUR SUGGESTIONS & RECIPES**

### FREE HEARING SCREENING FOR SENIORS

Woree Thursday 8th Feb 9am - 4pm  
 North Cairns Wednesday 7th Feb 1pm – 4pm  
**BOOKINGS ARE ESSENTIAL**



**CALANNA PHARMACY**

## Back to School Products

### START EARLY, GET YOUR BRAIN FUNCTIONING WITH MARIO'S BRAIN JUICE CONCENTRATE



- Blend of herbs to help with Memory, Concentration, Stress, energy & to keep Focused!!

**SAVE \$5 Now Only \$30.95 190ml**

### HAVE THE KIDS BROUGHT HEAD LICE HOME ALREADY?

Remove & Prevent Naturally With:

**Mario's Lie Down & Die Shampoo** – Combination of herbs & essential oils helps kill lice & eggs

**Mario's Egg Remover Conditioner** – Combination of essential oils helps loosen head lice eggs for easier remover from the hair

**Lice Prevent Spray** – A mix of essential oils that may help to prevent an outbreak of head lice. In a convenient spray bottle suitable for daily use.



**All \$9.95 each 190ml**

### HAVE FUN GROWING YOUR OWN SPROUTS

- Discover how much fun & how easy it is to cultivate your own fresh & crunchy shoots & sprouts
- Sprouts & shoots are the perfect accompaniment to a well-balanced diet at any time of the year & are a great source of vitamins & minerals
- Seeds are from organically controlled crops. We stock Mung Bean & Alfalfa seeds & a variety of sprouters.



Available at Woree Only!

Sources: Calanna Pharmacy Health Practitioners & Staff, Annie's website, Mrs Mays Website & A Vogel website

Woree Ph: 4054 2440 • North Cairns Ph: 4031 4222  
**www.calannapharmacy.com.au**