

Greater Western Sydney

Arabic Healthy Lunch Box sessions take off in Western Sydney

Greater Western Sydney's *Eat It To Beat It* team is working with Arabic speaking community members such as local dietitian, **Reem Bashour**, to provide Arabic communities with bilingual Arabic Healthy Lunch Box sessions.

The latest Arabic Healthy Lunch Box sessions were held on March 1 and 8 at Maronite College of the Holy Family in Harris Park. Reem received rave reviews from both the college staff and attending parents, who described Reem as "fantastic and very informative", remarking that they "could have gone all day with this session".

One of the things that Reem discussed is the importance of getting your daily requirement of fruit and vegetable, and some helpful tips on how to achieve it. To increase your daily intake, Reem advised that you can have a piece of fruit, a carrot or celery sticks that can be consumed with humus or labneh dip. This can be easily made at home and packed for children's lunchboxes to take to school, and for adults to take to work.

Reem has been one of *Eat It To Beat It's* biggest ambassadors, engaging the community through interviews on local Arabic radio, and signing up local schools to participate in the program.



Since June 2015, over 60 parents have been reached through the 'Arabic Healthy Lunch Box' session, with more sessions to come.

Reem Bashour is an Accredited Nutritionist and Dietitian. She is the owner, manager and founder of 'Nutritionally

Balanced', www.nutritionallybalanced.com.au. Reem likes to work with community groups, doctors and health centres, and now privately with you and your family too! She can be reached at 0478 612 228.