



## Experience the magic of OSHC at home with a recipe the whole family can make!

In Outside School Hours Care (OSHC) we make sure that the children who attend our programs eat healthy and delicious snacks that are in line with the Australian Dietary Guidelines. Cooking is one of the favourites in our endless range of fun and enriching activities, and we've got heaps of recipes that are really yummy, and healthy too.

Continue the love of cooking and healthy eating at home by making one of our fun recipes, straight out of our Camp Australia Healthy Eating Cookbook.

### **Mexican Bean & Corn Dip:** *Great warm or cold!*

#### **Ingredients:**

2x 400g tins of beans (we recommend kidney beans)

1x 400g tin of corn • 1x jar of salsa

½ cup grated reduced fat cheese

5-6 medium cherry tomatoes (diced)



#### **Method:**

1. Pre-heat oven to 190°C (if serving warm)
2. Drain excess liquid from the tin of beans and corn (don't rinse)
3. Mix salsa and beans together in a large bowl
4. Place grated cheese and tomatoes on top
5. Bake for 5-10 mins (if serving warm), otherwise serve cold with cut up vegetables and crackers. Yum!

Our OSHC service is open and operating for those that need our care. For families who require care, childcare will be provided free of charge until 28th June as per the Federal Government's announcement on the 2nd April. Whilst care is free, we still need to know if you are coming. We ask that you get your bookings in as soon as you can.

**It's FREE to Register.** (and if you want to use OSHC, you first need to register).

Register at [pp.campaustalia.com.au/account/login](https://pp.campaustalia.com.au/account/login). Once registered, it's easy to make and manage your bookings online via our Parent Portal.

**Visit our blog for helpful information and fun activities.**

New articles are added each week for parents and cover various topics to help families. This month we are focusing on all things COVID-19. We talk about how to adjust to the changes you've made in your household, including fun activity ideas to entertain your child at home. Visit the blog here:

<https://campaustalia.com.au/blog>