

Healthy Eating Resource Kit for Community Workers

Contents

- Section 1 General Healthy Eating, Basic Food Preparation and Food Safety**
- 1.1 The Australian Guide to Healthy Eating:
 - Enjoy a variety of foods every day A4 poster
 - Dietary guidelines brochure
 - Background information for nutrition educators
 - Summary information
 - Large poster
- 1.2 The Food Pyramid (Available in 37 languages. See section 7)
- 1.3 Every day eating for health
- 1.4 One day meal plan
- 1.5 Servings per day
- 1.6 Healthy Foods and Drinks
- 1.7 Healthy Drinks
 Available languages: Amharic, Arabic, Dari, Farsi, Karen, Kurdish-Kurmanji, Kurdish-Sorani, Somali, Swahili, Tigrinya. See section 7.
- 1.8 Healthy Family Food
- 1.9 Healthy Food Healthy Family (Arabic only)
- 1.10 Healthy Food Makes Us Grow (Farsi only)
- 1.11 We Need Healthy Food (Somali only)
- 1.12 Caring For Teeth
- 1.13 Take Care of Your Teeth
- 1.14 Diabetes: Making Healthy Food Choices
 - Healthy eating for Diabetes
 - Carbohydrate foods
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 - High fat protein foods
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 - High fat and high sugar foods
 - Other foods
 - Alcohol
 Available languages: Italian, Chinese and Arabic. See section 7.
- 1.15 Calcium and Vitamin D for strong bones
- 1.16 Iron for strong blood and muscles
- 1.17 Anaemia is not having enough iron in your blood
- 1.18 Melbourne Markets
 - Vegetable guide
 - Fruit Guide

- 1.19 Watch out for drinks with hidden sugars. VFST (Foundation House), 2000.
Funded by VicHealth
- 1.20 Watch our for foods with hidden sugars. VFST (Foundation House), 2000.
Funded by VicHealth
- 1.21 Watch out for foods with hidden fats. VFST (Foundation House), 2000.
Funded by VicHealth
- 1.22 The Welcome Kit
- Buying fruit and vegetables
 - Preparing vegetables
 - Cooking vegetables
 - Preparing fruit
 - Keep your food safe
- Available languages: English, Amharic, Arabic, Somali, Tigrinya, Khmer, Dari. See section 7.
- 1.23 Five keys to safer food – Available in 48 languages. See section 7
- 1.24 Safe Food, Safe Kitchens
- Available languages: English, Amharic, Arabic, Dari, Farsi, Karen, Kurdish- Kurmanji, Kurdish-Sorani, Somali, Swahili, Tigrinya. See section 7
- 1.25 Food safety brochure – How You Cook Can Make You and Others Crook
- 1.26 Food ‘use by’ and ‘best before’ dates
Is processed food as good as organic food?
- 1.27 This = That (life-size food portion pictures book) order form details
- 1.28 Healthy living in Australia. (Electronic version only)

Section 2 Healthy Eating for Babies and Toddlers

- 2.1 Start Them Right – A Parent’s Guide to Healthy Eating for under Fives
- 2.2 First foods for babies brochure
Available languages: English, Arabic, Albanian, Dari, Khmer, Mandarin, Nuer, Vietnamese
- 2.3 Snacks for children aged 1 year and over
- 2.4 Appetite
- 2.5 When its time to eat (Feeding your baby from birth to 3 years / food pyramid for infants) Heinz poster
- First foods
 - 6-9 months
 - 9-12 months
 - 1-3 years
- 2.6 When it’s time to eat – feeding your baby from birth to 3 years
Heinz brochure
- 2.7 Finger Foods A4 poster

Section 3 **Healthy Eating for Children – Lunch Boxes and Snacks**

- 3.1 School lunch posters
- 3.2 Healthy School Lunch
Available languages: English, Amharic, Arabic, Dari, Farsi, Karen, Kurdish-Kurmanji, Kurdish-Sorani, Somali, Swahili, Tigrinya. See section 7
Also available with African, Asian and Middle-Eastern food images.
- 3.3 Melbourne Markets – Kids Snacks and Lunches recipe leaflet
- 3.4 Photos of school lunch ideas
- 3.5 Photos of unhealthy and healthy school lunch choices
- 3.6 Ideas to increase essential food groups in the lunchbox

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- 4.1 Spend Your Money Wisely
Available in 2 versions for cultural food preference
- 4.2 House brand products
- 4.3 Eat cheap for the week – Food for \$40 - \$50
- 4.4 Food for \$35 for the week
- 4.5 Food for \$70 for the week

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 - Spring recipe leaflet
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 - Fresh family favourites #1
 - Fresh family favourites #2
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- 5.4 Healthy Budget Bites recipe book (Electronic version only)

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- 6.1 Emergency Food Relief agencies in the City of Greater Dandenong 2009
- 6.2 Victorian Emergency Relief providers
- 6.3 Halal butchers, restaurants and groceries in Greater Dandenong
- 6.4 VLGA Food Security Network Information
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- 7.1 Where to download more copies
- 7.2 Useful Websites
- 7.3 Centre for Health Promotion publications
- 7.4 CLD parenting resources from the Centre for Multicultural Youth Issues