

# Resource Catalogue: Food Budgeting and Meal Planning

Developed by Curtin University Student Dietitians



Government of **Western Australia**  
**North Metropolitan Health Service**  
Mental Health, Public Health and Dental Services



**Curtin University**

# FOOD BUDGETING RESOURCES

**Eat for health** - website contains the national strategic nutrition guidelines, information and evidence. This includes quick and easy interpretations of the Australian Dietary Guidelines, posters, information excerpts, nutrition calculators and recipes etc.

<https://www.eatforhealth.gov.au/>



**LiveLighter®** - free resources to help you eat well, move more and feel great. Download or order hard-copy resources and merchandise including recipe booklets, posters, infographics and wallet cards.

<https://livelighter.com.au/toolbox/download-resources>



**Boost Your Budget** - a LiveLighter® campaign webpage hub for people who want to eat well on a budget.

<https://livelighter.com.au/eating-well/boost-your-budget>



**Shop Smart Booklet** - free booklet that provides nutrition information, \$100 food shop to feed a family of four, how to save money at the supermarket, how to read food labels, tips to shift your food spending and more!

<https://cdn.livelighter.com.au/assets/resource/booklet/ll-shop-smart.pdf>



**Eat Smart Booklet** - free booklet that provides recipes, shopping lists, sample weekly menu, 7 days of tasty dinners and more!

<https://cdn.livelighter.com.au/assets/resource/booklet/ll-eat-smart.pdf>



# FOOD BUDGETING RESOURCES

**Grocery staples for cheap and cheerful meals** - great examples of cheap food items and what to do with what you get by LiveLighter®.

<https://livelighter.com.au/news/grocery-staples-for-cheap-and-cheerful-meals>



**18 easy meals you can make with pantry staples** - examples of what to do with what you get by LiveLighter®. Many of the ingredients are found at Foodbank WA or food relief hampers.

<https://livelighter.com.au/news/18-easy-meals-you-can-make-with-pantry-staples>



**How to eat well on the cheap** - detailed examples of quick budget meals and a handy sandwich builder resource by LiveLighter®.

<https://livelighter.com.au/news/how-to-eat-well-on-the-cheap>



**Free Healthy Recipes for All book** - easy, tasty and budget-friendly recipes made by Foodbank WA.

<https://www.superherofoodshq.org.au/product/best-of-healthy-recipes-for-all/>



**Healthy recipes and resources** - including recipe booklets, portion plate, children's activity books and nutrition education posters by Foodbank WA.

<https://www.superherofoodshq.org.au/product-category/all-resources/>



# FOOD BUDGETING RESOURCES

**Tips to tackle the cost of living** - money saving tips and meal planning on a budget by Foodbank WA.

<https://www.foodbank.org.au/money-saving-tips-meal-planning-budget>



**Five healthy family meals for less than \$2 per serving** - more budget recipes to add into the weekly rotation by LiveLighter®.

<https://livelighter.com.au/news/five-healthy-family-meals-for-less-than-2-per-serving>



**No Money No Time®** - think the 'Google' of cheap and easy recipes; perfect for what's in your kitchen.

<https://nomoneynotime.com.au>



**Eat for the week for \$60** - example meal plan for a week including a shopping list by No Money No Time.

<https://nomoneynotime.com.au/uploads/NMNT-60-meal-plan.pdf>



**How to save money at the supermarket** - handy tips and swaps to get the most out of your weekly food shop by No Money No Time.

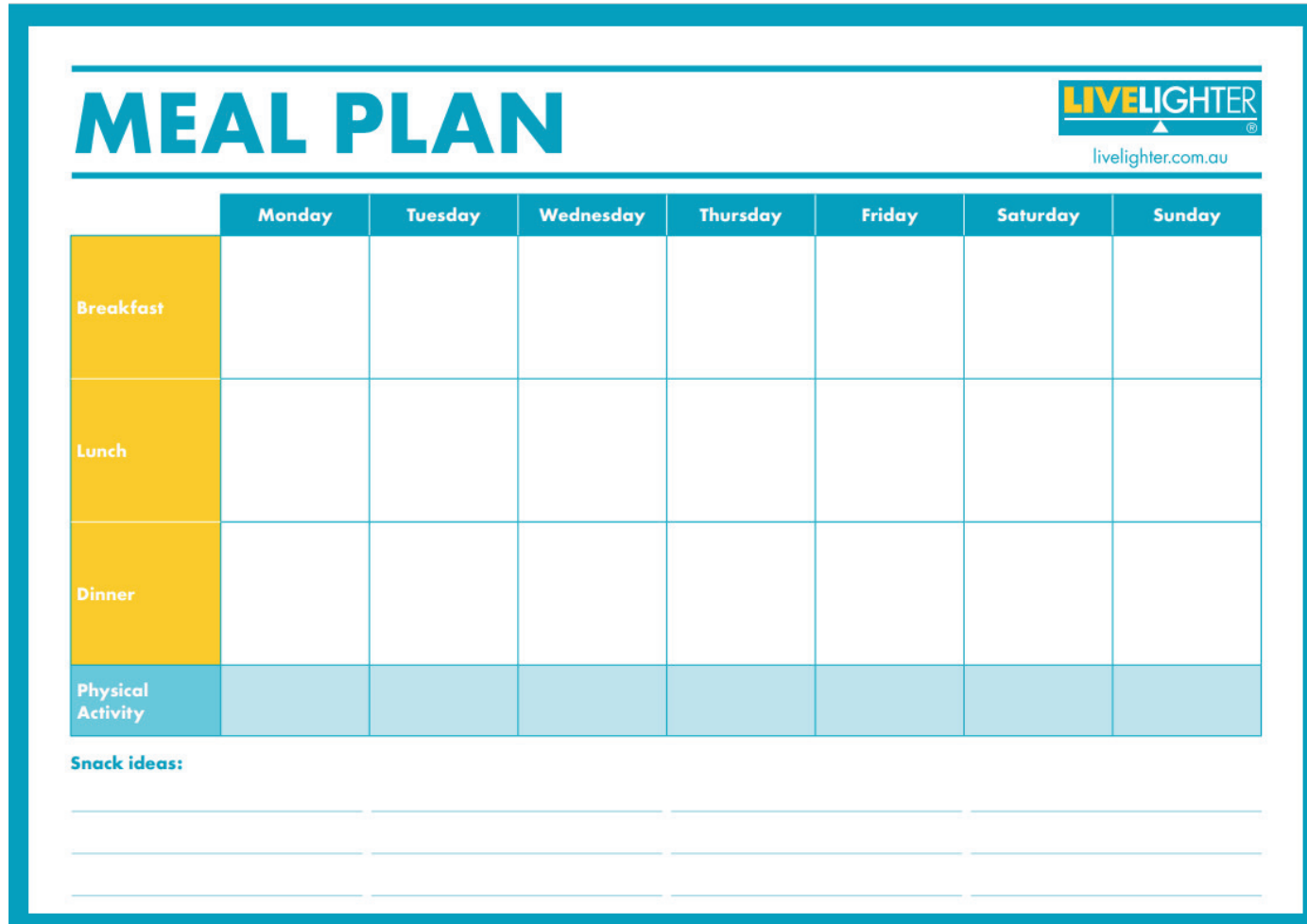
<https://nomoneynotime.com.au/hacks-myths-faqs/how-to-save-money-at-the-supermarket>



# MEAL PLANNING RESOURCES

- Useful for planning weekly meals and tracking spending
- Meal plans are great reminders for what to eat when life gets busy

Image sourced from LiveLighter® © State of Western Australia, reproduced with permission.



**MEAL PLAN**

**LIVELIGHTER**  
livelighter.com.au

|                   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast         |        |         |           |          |        |          |        |
| Lunch             |        |         |           |          |        |          |        |
| Dinner            |        |         |           |          |        |          |        |
| Physical Activity |        |         |           |          |        |          |        |

**Snack ideas:**

\_\_\_\_\_

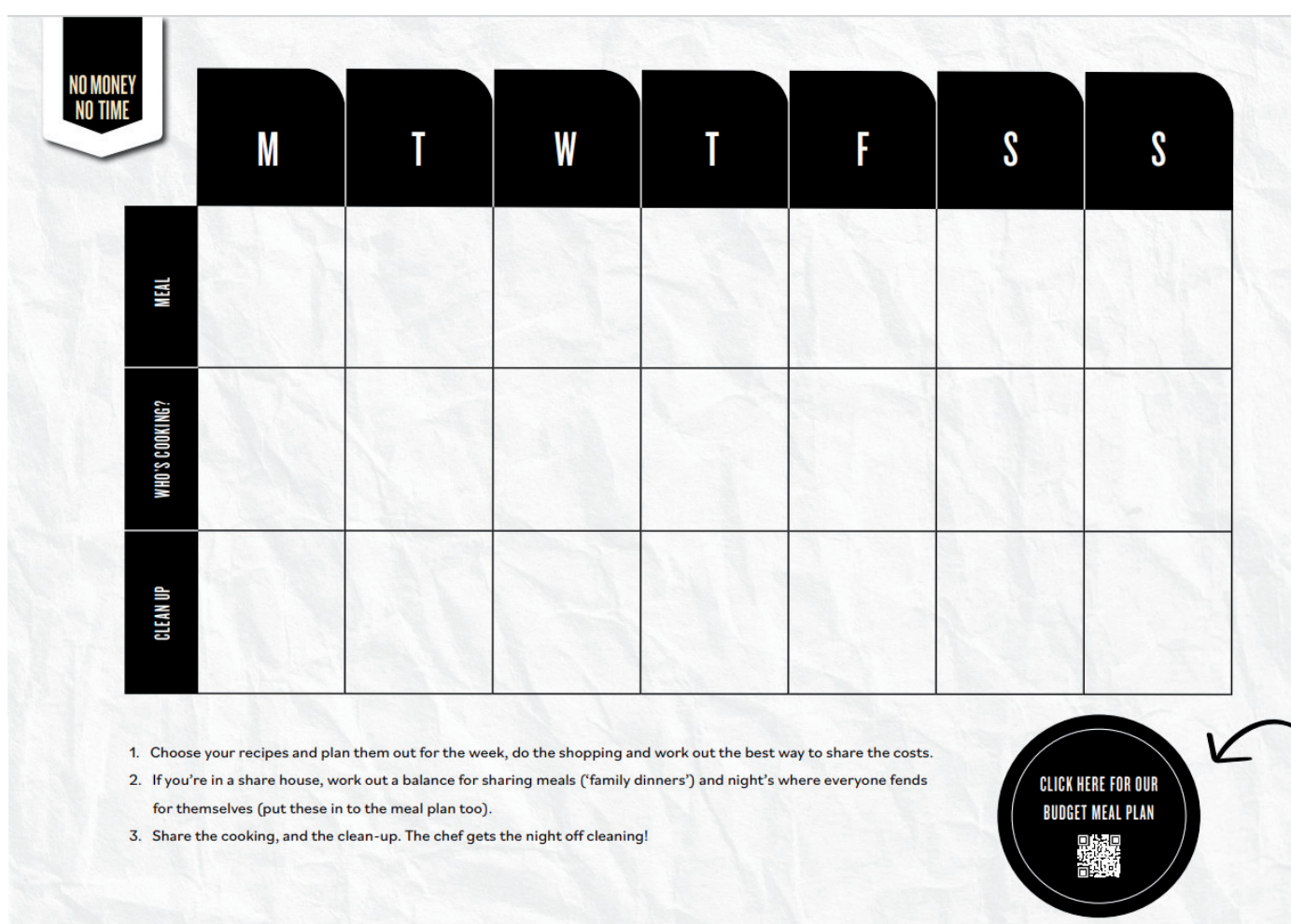
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## LiveLighter® Meal Planner

[https://livelighter.com.au/eating-well/healthy-cooking/meal-planning\\_](https://livelighter.com.au/eating-well/healthy-cooking/meal-planning_)



**NO MONEY NO TIME**

|                | M | T | W | T | F | S | S |
|----------------|---|---|---|---|---|---|---|
| MEAL           |   |   |   |   |   |   |   |
| WHO'S COOKING? |   |   |   |   |   |   |   |
| CLEAN UP       |   |   |   |   |   |   |   |

1. Choose your recipes and plan them out for the week, do the shopping and work out the best way to share the costs.
2. If you're in a share house, work out a balance for sharing meals ('family dinners') and night's where everyone fends for themselves (put these in to the meal plan too).
3. Share the cooking, and the clean-up. The chef gets the night off cleaning!

**CLICK HERE FOR OUR BUDGET MEAL PLAN**



## No Money No Time® Meal Planner

<https://nomoneynotime.com.au/uploads/Meal-planners.pdf>

# MEAL PLANNING RESOURCES

Provided courtesy of Foodbank WA



## Magnetic Menu Planner & Shopping List

<https://www.superherofoodshq.org.au/product/magnetic-meal-planner-shopping-list-2/>

Image sourced from LiveLighter® © State of Western Australia, reproduced with permission.

## Boost Your Budget 4-Week Challenge

<https://cdn.livelighter.com.au/assets/resource/flyer/boost-your-budget-printable.pdf>



# 60/30/10 RULE FOR GROCERY SHOPPING

## Spend 10% or less on Highly processed foods:

- Such as sugary drinks, chips, chocolate are expensive & not needed for a healthy diet

## Spend 30% on Protein foods:

- Canned legumes & beans are a great source of affordable protein
- Eggs, chicken & lean meat are often cheaper if bought in larger portions, check the price per kg!
- Canned & frozen fish are great options & cheaper than fresh

## Spend 60% on Fruit, veg & wholegrains:

- Fresh, frozen & canned are great cheap fruit & veg options
- Home brand wholegrains are often cheaper than branded versions & just as good!



Concept and images adapted from LiveLighter® © State of Western Australia, reproduced with permission.

## How will the 60/30/10 rule help me?

**Spend less money by  
swapping expensive,  
highly processed foods for  
healthier and cheaper  
foods**

**Use foods that are bought  
to make affordable and  
filling meals**

More information available on the LiveLighter® website:



<https://livelighter.com.au/eating-well/shop-smart/the-603010-rule-for-grocery-shopping>

# EXAMPLE 60/30/10 RULE FOR GROCERY SHOPPING

Plan ahead and make small changes to your shopping by following the 60/30/10 rule, you can free up extra \$ in your budget!

| USUAL RECEIPT                   |                    |
|---------------------------------|--------------------|
| Chocolate flavoured cereal 650g | \$10               |
| Home brand reduced fat milk 2L  | \$3.10             |
| Muesli bars x 6                 | \$5.50             |
| Branded bread loaf              | \$4.90             |
| Leg ham 100g                    | \$3.70             |
| Mayonnaise 365g                 | \$3.50             |
| Branded pasta sauce 700g        | \$4.50             |
| Beef mince 3 star 1kg           | \$13               |
| Home brand spaghetti 500g       | \$0.90             |
| Soft drink cans 10 pack         | \$14               |
| USUAL RECEIPT TOTAL             |                    |
| Fruit, veg & wholegrains        | \$0.90             |
| Protein foods                   | \$25.50            |
| Foods to limit                  | \$36.70            |
| Total cost & weight             | \$63.10<br>6.05 kg |



| 60/30/10 RECEIPT                           |                   |
|--|-------------------|
| Home brand rolled oats 900g                | \$1.65            |
| Home brand reduced fat milk 2L             | \$3.10            |
| Banana x 5                                 | \$3               |
| Home brand wholemeal loaf                  | \$2.70            |
| Home brand canned tuna 185g                | \$2.20            |
| Home brand tomato & basil pasta sauce 700g | \$2.10            |
| Canned lentils 420g x 2                    | \$2               |
| Beef mince 3 star 500g                     | \$7               |
| Home brand spaghetti 500g                  | \$0.90            |
| 60/30/10 RECEIPT TOTAL                     |                   |
| Fruit, veg & wholegrains                   | \$10.35           |
| Protein foods                              | \$14.30           |
| Foods to limit                             | \$0               |
| Total cost & weight                        | \$24.65<br>6.9 kg |



TOTAL SAVINGS = \$38.45

# Takeaway vs Fakeaway

**Setting aside some time to cook can help save \$**

Check out these common takeaways vs how much can be saved on the homemade version...



Takeaway Regular  
Spaghetti Bolognese  
= \$18.95 per serve



Homemade Spinach &  
Ricotta Cannelloni  
No Money No Time® recipe  
= **\$3.10 per serve**

**Save \$15.85 and make**



Takeaway Regular  
Chicken Burrito  
= \$13.70 per serve



Homemade Chicken Burrito  
No Money No Time® recipe  
= **\$3.00 per serve**

**Save \$10.70 and make**



# MEAL PLANNER



Government of Western Australia  
North Metropolitan Health Service  
Mental Health, Public Health and Dental Services

Weekly Grocery Budget: \_\_\_\_\_

**Instructions:** List the ingredients needed for each meal of the week. Remember to consider ingredients you already have in the fridge and pantry, and leftover food from the meals in planning and shopping.

|   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast                                   |        |         |           |          |        |          |        |
| Lunch                                       |        |         |           |          |        |          |        |
| Dinner                                      |        |         |           |          |        |          |        |
| Money spent on groceries:                   |        |         |           |          |        |          |        |
| Money spent on takeaway: (limit to 2 times) |        |         |           |          |        |          |        |

**Low cost snack ideas:** (try use leftover ingredients from weekly meals)

**Total Money Spent:** \_\_\_\_\_  
(add money spent on groceries + takeaway)

# HEALTHY BUDGET GO-TOs

## Grains

**Brown/white rice 5kg**  
\$9.50 (\$0.19 per 100g)

**Home brand white rice 1kg**  
\$1.50 (\$0.14 per 100g)

**Home brand brown rice 1kg**  
\$2.50 (\$0.25 per 100g)

**Long grain rice 2kg**  
\$2.80 (\$0.14 per 100g)

**Home brand rolled oats 1.5kg/1.8kg**  
\$2.60/3.10 (\$0.17 per 100g)

**Quick oats 750g**  
\$1.40 (\$0.19 per 100g)

**Home brand wholemeal bread 650g**  
\$2.70 (\$0.42 per 100g)

**Home brand wheat blocks 1.12kg**  
\$4.60 (\$0.41 per 100g)

**Home brand pasta 500g**  
\$0.90 (\$0.18 per 100g)

### HEALTHY PANTRY PASTA

#### RECIPE



## Dairy & alternatives

**Home brand low-fat milk 3L**  
\$4.50 (\$1.50 per L)

**Home brand skim milk powder 1kg**  
\$10 (\$1 per L milk equiv.)

**Home brand soy milk 1L** \$1.15  
(\$1.15 per 1L)

**Home brand Greek yoghurt 1kg**  
\$4.40 (\$0.44 per 100g)

**Home brand cheddar cheese block 1kg**  
\$11 (\$1.10 per 100g)

### HEALTHY PERFECT PORRIDGE RECIPE



### HEALTHY RICE PUDDING RECIPE



Recipe images sourced from LiveLighter® © State of Western Australia, reproduced with permission.



All prices listed average across major supermarket chains online.

Prices current as of August 2023 and will change regularly.

# HEALTHY BUDGET GO-TOs

## Fruit & Veg

Carrots

Tomato

Corn

Potatoes

Frozen mixed  
vegCanned  
veg/legumes

Onions

Cabbage

Canned fruit

Kiwi fruit

Mandarins

Apples



### In-season fruits



## Meat & alternatives

Home brand canned tuna 425g  
\$3.50 (\$0.82 per 100g)

Home brand canned chickpeas 420g  
\$1.05 (\$0.25 per 100g)

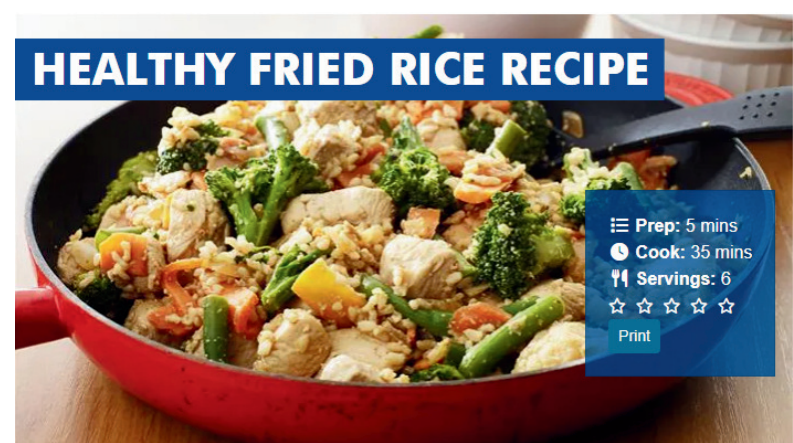
Home brand canned lentils 420g  
\$1.05 (\$0.25 per 100g)

Home brand canned 4 beans mix 420g  
\$1.05 (\$0.25 per 100g)

Home brand eggs 12 pack 700g  
\$4.60 (\$0.66 per 100g)

Home brand deli chicken drumstick  
\$0.72 (\$4.50 per kg)

Lamb bones 1kg  
\$7.00 (\$7.00 per kg)



# Looking for snack ideas?

**Check out our favourite snacks that are healthy, cheap and fast to prepare**

Morning and afternoon snacks are great opportunities to provide healthy foods for you and your child. Save money and time by doing a bulk cook up and freezing items such as muffins, fritters and pikelets.

You can also cook extra vegetables at meal times to use for snacks the next day. To ensure variety, include options from all five food groups.

## Vegetables



Avocado on toast



Vegetable pikelets



Corn on the cob



Savoury muffins or scones



Vegetable dip

## Grains and cereals



Homemade muesli bars



Rice paper rolls



Wholegrain crackers



Wholemeal sandwich with vegemite or peanut butter



Fruit toast with peanut butter or cream cheese

## Lean meat and alternatives



Hard boiled eggs



Homemade fish patties



Falafel



Canned tuna or salmon



Canned beans (chickpeas, kidney, butter or baked beans)

## Milk, yoghurt and cheese



Plain yoghurt, and fresh fruit



Cheese (cubes or grated)



Plain milk box (add frozen to lunch box)



Cream cheese or ricotta on wholemeal bread or wrap



Yoghurt and milk fruit smoothie (fresh, canned or frozen fruit – freeze to make popsicles)

## Fruit



Fresh fruit pieces



Apple or banana with nut butter spread



Small amount of dried fruit



Canned fruit in natural juice



Fruit muffins

# FOOD SAFETY AND STORAGE

**Planning and preparing meals involves storing, reheating and washing up.**

Here are some handy links to eat safe and save on food waste...

**Food safety** - a one stop shop for all things food safety, including information, videos and tips by WA Health.

<https://www.healthywa.wa.gov.au/foodsafety>



**War on waste** - top tips to reduce food waste and save money; from planning and storage to experimenting with the whole plant by LiveLighter®.

<https://livelighter.com.au/eating-well/healthy-cooking/reducing-food-waste>



**Best before vs use by dates** - information on when food is and isn't safe to eat according to the dates on their packaging by Foodbank WA.

<https://www.foodbank.org.au/use-by-and-best-before-dates-on-food>



**Microwaving foods... is it safe and healthy?**

- an article explaining that microwaving foods is safe and preserves nutrients, by No Money No Time®.

<https://nomoneynotime.com.au/hacks-myths-faqs/microwaving-foods-is-it-safe-and-healthy>



# AUSTRALIAN GUIDE TO HEALTHY EATING



Australian Government  
National Health and Medical Research Council  
Department of Health and Ageing

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods  
from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods,  
mostly wholegrain  
and/or high cereal  
fibre varieties



Vegetables and  
legumes/beans



Lean meats and  
poultry, fish, eggs,  
tofu, nuts and seeds  
and legumes/beans



Milk, yoghurt, cheese and/or  
alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



# AUSTRALIAN GUIDE TO HEALTHY EATING



Australian Government  
National Health and Medical Research Council  
Department of Health

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## Aboriginal and Torres Strait Islander Guide to **Healthy** Eating

Eat different types  
of foods from the five  
food groups every day.



Use small amounts



Only sometimes  
and in small amounts



11256 September 2015

# AUSTRALIAN GUIDE TO HEALTHY EATING

## SERVE SIZES



### Vegetables and legumes/beans

#### Serves per day

|       | 19-50 years | 51-70 years | 70+ years |
|-------|-------------|-------------|-----------|
| Men   | 6           | 5½          | 5         |
| Women | 5           | 5           | 5         |

A standard serve of vegetables is about 75g (100-350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked, dried or canned beans, peas or lentils\*
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato

\*preferably with no added salt



### Fruit

#### Serves per day

|       | 19-50 years | 51-70 years | 70+ years |
|-------|-------------|-------------|-----------|
| Men   | 2           | 2           | 2         |
| Women | 2           | 2           | 2         |

A standard serve of fruit is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (with no added sugar)

Or only occasionally:

- 125ml (½ cup) fruit juice (with no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)



### Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

#### Serves per day

|       | 19-50 years | 51-70 years | 70+ years |
|-------|-------------|-------------|-----------|
| Men   | 6           | 6           | 4½        |
| Women | 6           | 4           | 3         |

A standard serve (500kJ) is:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- ¾ cup (30g) wheat cereal flakes
- ¼ cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone



### Lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

#### Serves per day

|       | 19-50 years | 51-70 years | 70+ years |
|-------|-------------|-------------|-----------|
| Men   | 3           | 2½          | 2½        |
| Women | 2½          | 2           | 2         |

A standard serve (500-600kJ) is:

- 65g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)\*
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw weight) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)

\*weekly limit of 455g



### Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

#### Serves per day

|       | 19-50 years | 51-70 years | 70+ years |
|-------|-------------|-------------|-----------|
| Men   | 2½          | 2½          | 3½        |
| Women | 2½          | 4           | 4         |

A standard serve (500-600kJ) is:

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ¾ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

- To meet additional energy needs, extra serves from the Five Food Groups or unsaturated spreads and oils, or discretionary choices may be needed only by those adults who are taller or more active, but not overweight.

- An allowance for unsaturated spreads and oils for cooking, or nuts and seeds can be included in the following quantities: 28-40g per day for men less than 70 years of age, and 14-20g per day for women and older men.

- For meal ideas and advice on how to apply the serve sizes go to:

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## ADULTS

# AUSTRALIAN GUIDE TO HEALTHY EATING

## SERVE SIZES



### Vegetables and legumes/beans

#### Serves per day

|       | 2-3 years | 4-8 years | 9-11 years | 12-13 years | 14-18 years |
|-------|-----------|-----------|------------|-------------|-------------|
| Boys  | 2½        | 4½        | 5          | 5½          | 5½          |
| Girls | 2½        | 4½        | 5          | 5           | 5           |

A standard serve of vegetables is about 75g (100-350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked, dried or canned beans, peas or lentils\*
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato

\*preferably with no added salt



### Fruit

#### Serves per day

|       | 2-3 years | 4-8 years | 9-11 years | 12-13 years | 14-18 years |
|-------|-----------|-----------|------------|-------------|-------------|
| Boys  | 1         | 1½        | 2          | 2           | 2           |
| Girls | 1         | 1½        | 2          | 2           | 2           |

A standard serve of fruit is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (with no added sugar)
- Or only occasionally:
- 125ml (½ cup) fruit juice (with no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)



### Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

#### Serves per day

|       | 2-3 years | 4-8 years | 9-11 years | 12-13 years | 14-18 years |
|-------|-----------|-----------|------------|-------------|-------------|
| Boys  | 4         | 4         | 5          | 6           | 7           |
| Girls | 4         | 4         | 4          | 5           | 7           |

A standard serve (500kJ) is:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- ¾ cup (30g) wheat cereal flakes
- ¼ cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone



### Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

#### Serves per day

|       | 2-3 years | 4-8 years | 9-11 years | 12-13 years | 14-18 years |
|-------|-----------|-----------|------------|-------------|-------------|
| Boys  | 1         | 1½        | 2½         | 2½          | 2½          |
| Girls | 1         | 1½        | 2½         | 2½          | 2½          |

A standard serve (500-600kJ) is:

- 65g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)\*
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw weight) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)

\*weekly limit of 455g



### Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

#### Serves per day

|       | 2-3 years | 4-8 years | 9-11 years | 12-13 years | 14-18 years |
|-------|-----------|-----------|------------|-------------|-------------|
| Boys  | 1½        | 2         | 2½         | 3½          | 3½          |
| Girls | 1½        | 1½        | 3          | 3½          | 3½          |

A standard serve (500-600kJ) is:

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ¾ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

- To meet additional energy needs, extra serves from the Five Food Groups or unsaturated spreads and oils, or discretionary choices may be needed by children who are not overweight but are taller, more active or older in their age band.
- An allowance for unsaturated spreads and oils for cooking, or nuts and seeds can be included in the following quantities: 4-5g per day for children 2-3 years of age, 7-10g per day for children 3-12 years of age, 11-15g per day for children 12-13 years of age and 14-20g per day for adolescents 14-18 years of age.
- For meal ideas and advice on how to apply the serve sizes go to: [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## CHILDREN

# EDUCATION AND COOKING

## PROGRAMS

**Better Health Company** (please note this is NOT Better Health Channel) run free programs for:

- Early years (Active8, 2-5yrs) - <https://betterhealthcompany.org/active8/>
- Primary (Better Health Program, 6-12yrs, above healthy weight) - <https://betterhealthcompany.org/better-health-program/>
- Adolescents (Think, Eat and Move, 13-17yrs) - <https://betterhealthcompany.org/think-eat-and-move/>
- Adults (coming soon) - <https://betterhealthcompany.org/adults-coming-soon/>
- Contact via their website - <https://betterhealthcompany.org/contact/>

**Foodbank WA** run nutrition education and cooking programs across all life stages along with a suite of nutrition resources:

- nom! nutrition education and cooking programs tailored to your target group, free or low cost (adults, parents and children, schools (curriculum-linked), youth, all abilities, communities, professionals, nutrition presentations) - <https://www.foodbank.org.au/WA/healthy-eating-cooking-programs/>
- Superhero Foods HQ stores a suite of hands-on, interactive nutrition resources including recipe booklets, interactive web app, merchandise, educational posters and more - <https://www.superherofoodshq.org.au/>

**Ishar Multicultural Women's Health Services** is currently piloting a nutrition education program tailored to culturally and linguistically diverse people called "Healthy Food, Healthy Cultures". Contact [info@ishar.org.au](mailto:info@ishar.org.au) to host a program or invite participants.

**OzHarvest** currently has two programs available for schools that runs for a whole term (10 weeks) that is curriculum-linked:

- Feast for primary schools - <https://education.ozharvest.org/primary-schools/>
- Feast for high schools - <https://education.ozharvest.org/high-schools/>

Online professional development training is provided for teachers to confidently implement the program. When enrolling to FEAST, teachers receive a full curriculum package including lessons, recipes, students' workbook, access to teacher training and support from the OzHarvest's FEAST team. For more information and to register your interest, visit [education.ozharvest.org](https://education.ozharvest.org) or email [feast@ozharvest.org](mailto:feast@ozharvest.org)

# EDUCATION AND COOKING

## PROGRAMS

**FreshSNAP** - a whole of school healthy eating program providing a statewide advisory and implementation service to support schools to create healthy food environments and deliver nutrition education. FreshSNAP offers free phone, email and face to face support, [FoodChecker](#) an online product, recipe and menu assessment tool, curriculum materials, online and face to face training, webinars, GREEN and AMBER recipes, and online tools and resources for teachers, canteens, school leadership and parents. All resources are available on the FreshSNAP website <https://www.freshsnap.org.au>. For more information, email [waschools@nutritionaustralia.org.au](mailto:waschools@nutritionaustralia.org.au).

**Crunch&Sip** is a primary school nutrition program, developed to increase the amount of vegetables, fruits and water being consumed by Western Australian children. It is a set time during the school day for students to eat vegetables and fruit, and drink water in the classroom. It is not designed to replace recess and must occur within class time. Students bring vegetables and/or fruit in a reusable container and a clear water bottle to school each day for the Crunch&Sip break - <https://www.crunchandsip.com.au/>

**Packed with Goodness** is linked to Crunch&Sip. Packed with Goodness sessions are free and available to parents at all Western Australian primary schools. The sessions run for approximately one hour and cover the following topics:

- the importance of fruit and vegies for kids
- tips for packing a healthy lunchbox
- healthy alternatives to pre-packaged snacks
- label reading
- the best drink choices for kids

The Packed with Goodness sessions aim to provide parents with ideas, inspiration and alternatives and offer support for those who are seeking it. Each parent takes home a free resource kit packed with information and goodies to get started. To book a program visit: <https://www.crunchandsip.com.au/healthy-lunchboxes/book-a-session>. For other nutrition programs please visit: <https://livelighter.com.au/living-well/healthy-families/programs-and-services>

# FOOD RELIEF

To find food relief charities or to update your organisation's details, please visit WA Connect via <https://waconnect.org.au/> and type in food into the system.



Every year our food relief agencies struggle to meet the growing need for food relief. They rely on the generosity of the community to donate money or food. Money is the better option as this allows food relief agencies to purchase the particular foods that are low in stock and will be used best to support the community. If you are donating food, please keep in mind quality, culturally familiar food items and health.

Donating to local food relief agencies is fantastic, however if you have the opportunity to, we recommend donating to our larger services that provide support to your local food relief agencies. This ensures our food relief sector is streamlined and builds the capacity of our large scale agencies to reach the "hard to reach" population groups.

**To fundraise or foodraise,  
please see the below suggested organisations:**

## **Foodbank WA**

<https://foodbank-community-hub.raisely.com/startfundraising>



## **OzHarvest**

<https://events.ozharvest.org/donate-to-ozharvest>



## **Second Bite**

<https://secondbite.org/support-us/>





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# Help with health?

Access the  
**My Community  
Directory**



**My Community Directory**

[mycommunitydirectory.com.au](http://mycommunitydirectory.com.au)

Scan QR code



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# Help with food?

Access the  
**WACONNECT – Community  
Relief Directory**

**WACONNECT**

[wacconnect.org.au](http://wacconnect.org.au)

Scan QR code



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# OTHER

**AskIzzy** - free website that connects people in need with housing, a meal, money help, family violence support, counselling and much more. If you're on the Telstra or Vodafone mobile networks, you can access Ask Izzy on your phone even if you don't have credit or access to wifi.

<https://askizzy.org.au/>



**Community Gardens Australia** - search a map that locates community gardens or community garden events near you.

<https://communitygarden.org.au/find-a-garden/>



**Budget Friendly Blog** - entertaining blog articles with tips, tricks, ideas and hacks for food budgeting.

<https://livelighter.com.au/blog?page=1&catid=59>



**Mobile Foodbank** - food assistance closer to home. Foodbank WA's Mobile Foodbank visits many metro and regional suburbs each week, making it easier for people to access low-cost groceries.

<https://www.foodbank.org.au/WA/mobile-foodbank>



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