

Healthy Lifestyle Resources

Good Food for New Arrivals, ASeTTS Infant Feeding Resources



The following resources can be downloaded as a colour PDF:

- A Guide to Discussing Infant Feeding Practices in Newly Arrived Refugees (poster) <http://pubs.asetts.org.au/nutrition/Documents/A3PosterInfantFeeding.pdf>
- Assisting Refugee Mothers New to Australia with Infant Feeding Issues (booklet) <http://pubs.asetts.org.au/nutrition/Documents/AssistingRefugeeMothers.pdf>
- Bottle to Cup (English, Dari, Swahili and Arabic)
<http://pubs.asetts.org.au/nutrition/Documents/Bottle%20to%20cup/English.pdf>
<http://pubs.asetts.org.au/nutrition/Documents/Bottle%20to%20cup/Dari.pdf>
<http://pubs.asetts.org.au/nutrition/Documents/Bottle%20to%20cup/Swahili.pdf>
<http://pubs.asetts.org.au/nutrition/Documents/Bottle%20to%20cup/Arabic.pdf>

Nourishing New Communities, Queensland Health Healthy Babies: Breastfeeding your baby in Australia



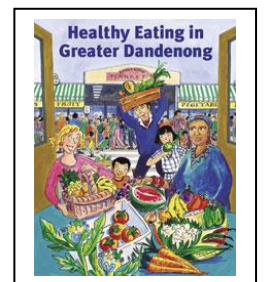
These resources consist of two colour posters (A2 and A3 size) and a flipchart booklet. These resources can be downloaded in a PDF format and promote that breastfeeding is welcome everywhere in Australia.

http://www.health.qld.gov.au/multicultural/public/child_hlth/bfeed_poster_A2.pdf
http://www.health.qld.gov.au/multicultural/public/child_hlth/bfeed_booklet.pdf

First Foods for Babies Healthy Eating in Greater Dandenong

<http://www.refugeehealthnetwork.org.au/resources/Nutrition>

The brochure is available to download as a PDF in **English**, **Albanian**, **Arabic**, **Sudanese Arabic**, **Dari**, **Nuer**, **Khmer**, **Mandarin** and **Vietnamese**.



For further information contact (03) 9239 5100 or email: council@cgd.vic.gov.au

Good Food for New Arrivals, ASeTTS Nutrition resources and training package

<http://asetts.vacau.com/nutrition/resources.htm>

The resources include flipcharts, food cards, ESL and school lesson plans and client information on the following topics:



- Anaemia and poor appetite
- School lunches
- Vitamin D
- Money for food and budgeting
- African and Middle East traditional food lists
- Religious food requirements; and the
- Southern Sudan Friendship Cookbook.

These resources can be downloaded as a PDF document and are suitable for Afghan and Sudanese communities, as well as for use in ELS and school lessons to improve vocabulary.

A number of the resources can be bulk purchased by contacting nutrition@asetts.org.au or downloading the order form from the website.

There is also a training package available for download, complete with power-point presentations, activities and evaluation forms. There are four units which comprise the training:

- The refugee experience and its impact on new arrivals
- Engaging with Refugee communities
- Food issues for Refugees in countries of origin and Australia; and
- Nutrition issues for refugees and their effect on health.

Nourishing New Communities, Queensland Health

http://www.health.qld.gov.au/multicultural/health_workers/nutritn_res.asp

These resources include:

- Healthy Food in the First Seven Days: focuses on planning, shopping and preparing meals
- Food and Kitchen Safety for Newly Arrived Refugees: education sessions on food and kitchen safety, including pictorial resource sheets on home hygiene and safety, food preparation and cooking.

The resources can be used by caseworkers, bicultural workers, health professionals and volunteers working with newly arrived families.

Resources are available for download and are suitable for Eritrean, Sierra Leonean, Middle Eastern, Sudanese, Burundi/Rwandan and Karen-Burmese families.

Healthy Eating in Brimbank Brimbank City Council

http://www.brimbank.vic.gov.au/Page/page.asp?Page_Id=1775&h=1

A Welcome Kit for emerging communities was produced which contains the following fact sheets:

- [Healthy Eating in Brimbank Welcome Kit - Buying Fruits and Vegetables](#)
- [Healthy Eating in Brimbank Welcome Kit - Cooking Vegetables](#)
- [Healthy Eating in Brimbank Welcome Kit - Keep Food Safe](#)
- [Healthy Eating in Brimbank Welcome Kit - Preparing Fruit](#)
- [Healthy Eating in Brimbank Welcome Kit - Preparing Vegetables](#)

The pictorial resources are available for download in Amharic, Arabic, Khmer, Dari, Somali and Tigrinya language and are used to familiarise new arrivals with fruits and vegetables available in the supermarket in Australia.

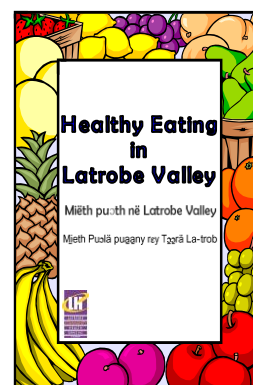
For further information on the project contact Healthy Eating in Brimbank Project Officer on (03) 9249 4030 or email: healthyeating@brimbank.vic.gov.au

Healthy Eating in Latrobe Valley Latrobe Community Health Service

These resources were adapted from the Healthy Eating in Brimbank resources, and were translated into Nuer and Dinka for the Sudanese community.

The five translated fact sheets are:

- How to buy fruit and vegetables
- How to prepare fruit
- How to keep your food safe
- How to cook vegetables; and
- Preparing vegetables.



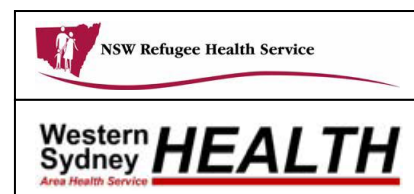
For enquiries or to obtain copies of the resource, please contact (03) 5171 1450.

Eating and Living in Australia:

Information to Shop Well, Eat Well and Feel Well

NSW Refugee Health Service and West Sydney Area Health

http://www.sswahs.nsw.gov.au/sswahs/refugee/pdf/HealthyEating_English.pdf



This pamphlet provides simple messages for newly arrived communities on healthy eating, preparing breakfasts and school lunches, promoting breastfeeding and drinking water.

It is available for download in English (halal and non halal versions) and Farsi/Dari.

[Healthy Eating - English](#)

[Healthy Eating - English \(halal version\)](#)

[Healthy Eating - Farsi](#)

The pamphlet will also be available in audio format (on a CD rom), in Dinka, Assyrian, Somali and Krio languages. Hard copies can be obtained by calling (02) 8778 0770.

The Fairfield Refugee Nutrition Project: Resource Manual NSW Refugee Health Service



<http://www.sswahs.nsw.gov.au/sswahs/refugee/pdf/NutritionProgramManual.pdf>

The manual was developed to address nutrition and food security issues among refugee children and their families. It includes lesson plans and activities on the following topics:

[Bad Foods and Better Alternatives](#)

[Food Experiences in Australia](#)

[Food Literacy and Sampling](#)

[Food Storage and Safety](#)

[Lunchbox Workshop](#)

[Cooking Traditional Foods in Australia](#)

[Food Groups](#)

[Food Pyramid](#)

[Group Cooking](#)

[Supermarket Tour](#)

A number of new topics including Vitamin D, Iron and Iodine, Food in the first year of life, Fruit and Veggies, Fussy eating for refugees, Managing overweight and underweight in one household, and Managing the consumption of sweetened drinks are currently being developed.

For more information please contact the NSW Refugee Health Service's Community Dietitian: (03) 8778 0770 or email: refugeehealth@sswahs.nsw.gov.au.

Food safety and healthy lunchbox ideas for you and your family
NSW Refugee Health Service, Uniting Care Burnside and the Smith Family

<http://www.sswahs.nsw.gov.au/sswahs/refugee/pdf/lunchbox.pdf>

This resource booklet is for men and their families about food safety and healthy lunchboxes, and includes pictorial fact sheets and information.

For more information about this resource please contact the NSW Refugee Health Service on (02) 8778 0770 or the Uniting Care Burnside on (02) 9781 3333.

Healthy Living in Australia
Migrant Resource Centre, Eastern Melbourne



[http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/healthy_living_in_australia_booklet.pdf/\\$File/healthy_living_in_australia_booklet.pdf](http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/healthy_living_in_australia_booklet.pdf/$File/healthy_living_in_australia_booklet.pdf)

This booklet was developed to assist newly arrived community members to make healthy food choices, and can be used in conjunction with practical education activities such as supermarket tours and cooking demonstrations.

The resource is available in Arabic, Chin (Hakha), Chinese, English and Karen.

For information or an order form, contact the Migrant Information Centre on (03) 9285 4888.

The Healthy Living in Wyndham Karen Community Resource Kit
Wyndham Humanitarian Network

<http://www.refugeehealthnetwork.org.au/resources/Nutrition>

The resource kit comprised seven topics including:

- Safety in the home
- Dental health
- Personal health
- Healthy food habits
- Staying fit and active
- Alcohol and Tobacco; and
- Mental Health.

The resource is available for download as a PDF document, and is translated into Karen.

For more information please contact the Health Promotion Officer at ISIS Primary Care on (03) 8734 1400.



Go for Life, Victoria Health

http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pracpages/Kids_Go_for_your_life?open

There are a number of tip sheets available to download on healthy eating and physical activity, in the following languages:

[Arabic](#) عربي

[Chinese](#) 普通話

[Greek](#) Ελληνικά

[Italian](#)

[Vietnamese](#) Việt Ngữ

Kids - 'Go for your life' Translated message strips

Victoria Health

http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pracpages/Kids_Go_for_your_life_translated_message_strips?Open

The following health messages can be download in Arabic, Chinese, Dari, Dinka, Somali and Vietnamese:

- [Tap into Water Everyday – Drink water, not sugar! \(1.3mb, pdf\)](#)
- [Turn Off, Switch to Play – Limit screen time and increase play every day! \(1.6mb, pdf\)](#)
- [Plant Fruit & Veg in your Lunch box – Eat vegetables and fruit every day! \(1mb, pdf\)](#)
- [Move, Play and Go – Increase play every day! \(1mb, pdf\)](#)
- [Limit Sometimes Foods – Limit food and drinks high in fat, salt and sugar! \(967kb, pdf\)](#)
- [Stride and Ride – Increase active transport every day! \(1mb, pdf\)](#)

The following resources for early years (1-2 years old) in Arabic and Vietnamese are also available:

- [Feeding your 1-2 year old \(669kb, pdf\)](#)
- [Keeping little bodies active \(789kb, pdf\)](#)
- [First foods for babies \(778kb, pdf\)](#)
- [Time for play every day \(1.4mb, pdf\)](#)

Living Well Multicultural: A healthy lifestyle program for CALD populations Ethnic Communities Council of Queensland

http://www.eccq-cd.com.au/index.php?option=com_content&view=article&id=44&Itemid=41

The modules can be delivered by multicultural health workers and include where to buy healthy food, food myths, fasting, food labels, healthy cooking and food safety, and nutrition across the lifespan.

The program has been developed for Arabic, Bosnian, Greek, Indian, Filipino, Samoan, Spanish speaking, Sudanese and Vietnamese communities.

The resources will be available on DVD and online from August 2011, or can be ordered on (07) 3255 1540.



The food pyramid in different languages

Available in Amharic, Arabic, Bengali, Bosnian, Cambodian, Chinese, English, Farsi, French, German, Greek, Gujarati, Haitian-Creole, Hebrew, Hindi, Hmong, Igbo, Japanese, Korea, Kurdish, Laotian, Oromo, Polish, Portugese, Romanian, Russian, Somali, Spanish, Swahili, Thai, Tigrinian, Turkish, Ukranian, Urdu, Vietnamese, Yoruba

<http://monarch.gsu.edu/multiculturalhealth>

Multicultural Cookbooks NSW Multicultural Health Communication Service

<http://www.mhcs.health.nsw.gov.au/services/campaign/MultilingualCookbookLaunch.asp>



The cookbooks were developed to encourage members of multicultural communities to increase their consumption of fruit and vegetables.

Cookbooks are available for Chinese, Filipino, Italian, Samoan, Sinhalese and Tamil communities and be downloaded from the website.

[Healthy & Tasty Cookbook](#)

[Chinese Recipes](#)

[Filipino Recipes](#)

[Italian Recipes](#)

[Samoan Recipes](#)

[Sinhalese Recipes](#)

[Tamil Recipes](#)

Alternatively, please contact the NSW Multicultural Health Communication Service on (02) 9816 0347 to receive a copy.

Assorted School Lunches resources

School Lunches, ASeTTS

http://www.healthyfuture.health.wa.gov.au/Health_topics/GFNA/SchoolsNutrition.htm

Healthy School Lunch Food Safety Matters, Queensland Health

Pictorial posters available for download as a colour PDF document for the Middle East, Asia and Africa.



http://www.foodsafetymatters.com/multicultural/public/ref_nut_resources/English/SSL-ME_English.pdf

http://www.foodsafetymatters.com/multicultural/public/ref_nut_resources/English/SSL_AF_English.pdf

http://www.foodsafetymatters.com/multicultural/public/ref_nut_resources/English/SSL_AS_English.pdf

Healthy Eating Resource Kit for Workers

Greater Dandenong Community Health Service and City of Greater Dandenong

<http://www.refugeehealthnetwork.org.au/resources/Nutrition>

This resource contains handouts, resources and information on general nutrition for those working with newly arrived communities with the following sections:

- General Health Eating, Basic food preparation and food safety
- Healthy Eating for Babies and Toddlers
- Healthy Eating for Children – lunch boxes and snacks
- Food budgeting; and
- Fast Easy recipes and cookbooks including the [Healthy Budget Bites recipe book](#) and the [The Step by Step Cook Book](#).

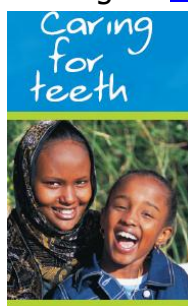
New Zealand Ministry of Health, Manatu Hauora New Immigrants Health resources

<http://www.healthed.govt.nz/resources/thehealthdatabase.aspx>



Pictorial resources (posters and pamphlets) for new immigrants available to download and/or to order include:

- Healthy Food, Healthy Families (Arabic)
<http://www.healthed.govt.nz/resources/healthyfoodhealthyfamily.aspx>
- Healthy Food and Drinks (English)
<http://www.healthed.govt.nz/resources/healthyfoodanddrinks.aspx>
- Healthy Family Food (English, Amharic, Arabic, Dinka, French, Lingala, Somali, Swahili, Tigrinya) <http://www.healthed.govt.nz/resources/healthyfamilyfood.aspx>
- Caring for Teeth (Tigrinya, Dinka, Lingala, Somali, Swahili, Arabic and Amharic)
- Healthy Food makes us grow (Farsi)
<http://www.healthed.govt.nz/resources/healthyfoodmakesusgrow.aspx>
- We need Healthy Food (Somali) <http://www.healthed.govt.nz/resources/weneedhealthyfood.aspx>
- Caring for Teeth – English <http://www.healthed.govt.nz/resources/caringforteach.aspx>



Safe Food, Safe Kitchens
Food Safety, Queensland Health
www.health.qld.gov.au

Pictorial resources available for download as a PDF in English, Amharic, Arabic, Dari, Farsi, Karen, Kurdish-Kurmanji, Kurdish-Sorani, Somali, Swahili and Tigrinya.

Five keys to safer food, World Health Organisation
<http://www.who.int/foodsafety/publications/consumer/5keys/en/>

The pictorial poster is available for download and printing in 48 languages including Nepali, Arabic, Myanmar and Hindi.



Food Safety Tips sheets
Maribyrnong City Council
<http://www.maribyrnong.vic.gov.au/Files/FinalTipsSheets.pdf>

The website contains a number of pictorial resources for download including:

- food 'use by' and 'best before dates'
- lunch box checklist
- shopping tips to save money
- house brand products
- what should you be drinking; and
- is processed food as good as organic food?



Making Healthy Food Choices
Diabetes NSW/Australian Diabetes Council
http://www.diabetesnsw.com.au/diabetes_prevention/nonenglish.asp

A series of books containing easy to understand information, available for download in English, Italian, Chinese, Greek, Vietnamese, Tongan, Samoan and Arabic.



Multilingual Resources, Diabetes Australia
www.diabetesaustralia.com.au/en/About-Diabetes-Australia/Multilingual

A variety of resources available for download and printing including:

- Understanding Diabetes handout (English, Croatian, Greek, Italian, Spanish and Turkish)
- Positively Managing Diabetes (Arabic, Vietnamese)
- Recipe Cards (Turkish)
- Understanding Gestational Diabetes DVD (English, Vietnamese, Arabic, Mandarin, Cantonese and Turkish); and
- The better for you shopping guide (Arabic).



Translated Resources for health professionals

NSW Refugee Health
Multilingual Health Resource – translated resources
<http://www.sswahs.nsw.gov.au/sswahs/refugee/>



Foundation House

Foundation House develops publications and resources to enhance the understanding of the needs of people from refugee backgrounds
http://www.foundationhouse.com.au/resources/publications_and_resources.htm

Health Translation Online Directory
<http://www.healthtranslations.vic.gov.au/>



The directory contains more than 10,000 multilingual resources with a search function for resources which can be printed and downloaded. Topics include nutrition, maternal, Diabetes and child health.

NSW Health Multicultural Communication Service
<http://www.mhcs.health.nsw.gov.au/mhcs/languages.html>

Brochures about a variety of health issues in 64 languages including:

- Breastfeeding: Best for Babies and Mothers
- Healthy food + active lifestyle = happy life for my family
- Nutrition for Kids; and
- Lunchbox checklist.

Multicultural Health resources, Queensland Health
<http://www.health.qld.gov.au/multicultural/public/language.asp>

Translated information for a variety of health topics in more than 60 languages, as well as links to other multicultural health websites in Australia.

U.S. Committee for Refugees and Immigrants
<http://www.refugees.org/article.aspx?id=1818>

Nutrition outreach toolkit – Healthy Eating, Healthy Living Flipchart available in 16 different languages.

Diversity Health Institute Clearinghouse
<http://203.32.142.106/clearinghouse/default.htm>



A catalogue of multicultural health resources, including health information, services, projects and events.

DISCLAIMER: These resources have been collated by Department of Health and Human Services (DHHS) for use with Culturally and Linguistically Diverse communities. They do not take the place of a qualified health professional or interpreter. DHHS takes no responsibility for the accuracy of the information provided in the resource links. Last updated October 2011. Please send through any amendments to email:

Community.Nutrition@dhhs.tas.gov.au