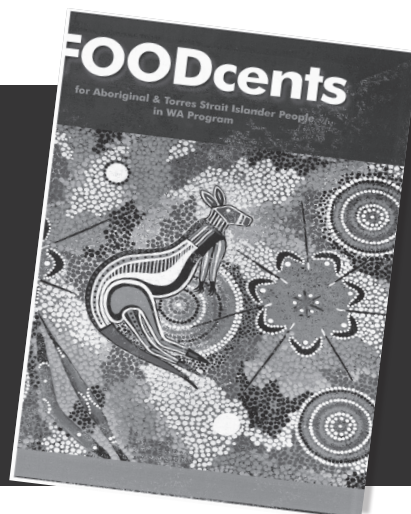


FOODcents for Aboriginal and Torres Strait Islander people (2005)



Type: Resource package

Description:

FOODcents is an education program that aims to help families save money on their groceries and to achieve a healthy diet at the same time.

The program is based on the simple fact that the foods that are healthiest are also generally the cheapest per kilo to buy - fruit and vegetables, wholegrains and cereals. Meat and processed foods actually cost more per kilo as do cakes, sweets and other 'snack' foods.

This resource package was created as part of the *FOODcents for Aboriginal and Torres Strait Islander people in WA program* which is an adaptation of the Health Department of WA's mainstream *FOODcents program*. It includes:

- an educational manual - a guide for people who wish to run a FOODcents program, containing ideas for sessions, activities to do in your sessions, and background information. Activities in the manual include 'healthy foods', 'healthy dollars' and 'cook-up'
- the *Deadly tucker cookbook* - recipes are easy to prepare and low in cost. The cookbook has colour step-by-step photographs, and lists of ingredients, cooking utensils and equipment needed

There is now also an online FOODcents advisor training program which consists of seven fun, easy to follow, interactive modules. The modules are designed for those without a nutrition qualification. They cover essential background information on nutrition and the FOODcents program.

When to use this resource:

The FOODcents program can be run as a one-off session, or as several sessions. Activities can be run for groups or individuals, and for existing groups who already meet regularly. Community FOODcents workshops can be designed to cover topics such as healthy eating, food budgeting, cooking and a supermarket tour.

The program can be run with a healthy eating, healthy weight and physical activity focus, which enables participants to learn how to make changes to the way they spend their food budget to achieve a healthy diet and lifestyle and to save money on their food bill.

Producer:

North Metropolitan Area Health Service, Perth

To order copies of this resource

Not available in hardcopy. Various resources can be downloaded from:

http://www.healthyfuture.health.wa.gov.au/Health_topics/ASTI-FOOD/AFC-Home.htm

Cookbook order form: http://www.healthyfuture.health.wa.gov.au/Health_topics/ASTI-FOOD/ASTI_FC-order.pdf

View website:

FOODcents program
<http://www.foodcentsprogram.com.au>