

Tucker talk tips: healthy eating and physical activity tip sheets

(2010)



Type: Factsheets

Description:

The Victorian Aboriginal Community Controlled Health Organisation (VACCHO), peak body for the community controlled sector in that state, and the Victorian Government, have collaboratively developed a series of 12 culturally appropriate physical activity and healthy eating factsheets, on the following topics:

- Feeding your baby
- Fuelling up for sport
- Getting active
- Good food for Elders
- Healthy drinking guidelines
- Healthy eating during pregnancy
- Healthy eating guidelines
- Healthy eating on a budget
- Healthy weight
- Healthy, active Koori kids
- Reading food labels
- Tucker for your ticker

Producer:

Victorian Aboriginal Community Controlled Health Organisation, Go for your life, Victorian Aboriginal Community Controlled Health Organisation, Melbourne

To order copies of this resource

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<http://www.vaccho.org.au/>

When to use this resource:

The resource is intended for people in the Victorian Indigenous community and designed to be distributed by Aboriginal Health Workers, other health professionals and Indigenous organisations. The fact sheets can be used to generate discussions on healthy eating and exercise with clients, in private consultation or in group settings.

