

Eating well on a budget

www.healthyliving.nsw.gov.au



Accessing affordable healthy food

At the supermarket – look out for nutritious rich tinned foods (with a ring pull can); eg. baked beans; soups, stews; salmon, tuna, chicken.

- **Shelf** cheese, milk (long life or powdered), rice custard, bottled water, dried fruit, healthy snack choices – rice crackers, wholemeal biscuits, soups, noodles, cereals (hot and cold), spreads: peanut butter, vegemite, fruit jams
- **Bread** high nutritional choices (Wholemeal, multigrain)
- **Fresh and dried** fruit and vegetables

Healthy affordable high nutritious recipes, food preparation

- **Healthy Eating Active Living** – Healthy recipes <https://www.healthyliving.nsw.gov.au/food/healthy-recipes>
- **Yhunger Cookbooks** recipes and preparation <https://seslhd.health.nsw.gov.au/yhunger>
- **Diabetes Australia** recipes <https://www.diabetesaustralia.com.au/recipes/>
- **National Heart Foundation** Koori recipes <https://resources.heartfoundation.org.au/your-heart/aboriginal-health/cooking-and-eating-good-tucker/>
- **Libraries** have a range of healthy cookbooks

Food security

- Carry containers, including insulated food and drink containers to place food in once opened; have a secure backpack with lots of compartments for the different foods e.g. different compartments for the bread; tinned items
- Once food is opened throw out if not all eaten
- If staying in a hostel or shelter – refrigerate food, don't leave in a tin, empty into sealed containers
- **For further food security tips see Yhunger cookbooks** <https://seslhd.health.nsw.gov.au/yhunger>

Getting healthy starts with small steps



Ideas for services/providers/centres/councils

- **Ensure healthy food choices are available at centres, at events as part of healthy practices at services and outreach programs**
- **Healthy catering guidelines** https://www.cancercouncil.com.au/wp-content/uploads/2010/11/09272_CAN3045_HealthyChoices_FINAL.pdf-low-res-for-web.pdf
- **Local gardening:** Most services and councils have community gardens where healthy nutritious food can be accessed.
- Include **NSW Health Healthy Living information** www.healthyliving.nsw.gov.au into calendar of activities and council newsletters and communication channels including social media and websites.
- **Integrate relevant Get Healthy Programs** <https://www.gethealthynsw.com.au/program/> Clients who enrol and complete a health program or course may be eligible to pay off a fine by requesting a Work and Development Order (WDO). These courses may include the Get Healthy telephone coaching program or other similar programs.
- **Diabetes Australia** has many free diabetes prevention programs <https://www.diabetesaustralia.com.au/prevention-programs/>, education programs and resources including for First Nations and multicultural groups and First Nation Workforce training for First Nations people <https://www.diabetesaustralia.com.au/atsi/health-worker-training>