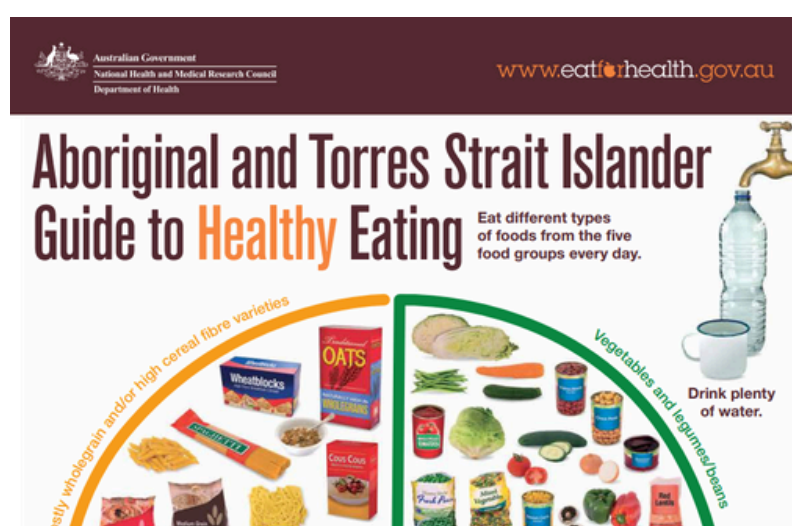




Aboriginal-specific healthy food and lunchbox ideas



Aboriginal and Torres Strait Islander Guide to Healthy Eating

A nutrition resource helping to educate Aboriginal and Torres Strait Islander families about choosing a balanced and healthy diet.



Tucker Talk Tips 4 Kids – Healthy Lunch Box Ideas

A healthy lunchbox resource that provides useful healthy lunchbox ideas.



Deadly Tucker Box – healthy alternatives

A resource with tips for Aboriginal & Torres Strait Islander parents to pack a healthy lunch for their pre-school and primary school aged kids.



Quick Meals for Kooris

A hands-on food and nutrition resource developed to support healthy family food preparation at home.

Videos

Recipe book



EON Recipe Book

Delicious and healthy recipes to use the fresh fruit and vegetables grown in your EON Edible Garden.



For more information visit www.swapit.net.au



Get Up and Grow – good drinks for our kids

A booklet providing information for parents and carers of Aboriginal and Torres Strait Islander children about consuming healthy drinks.



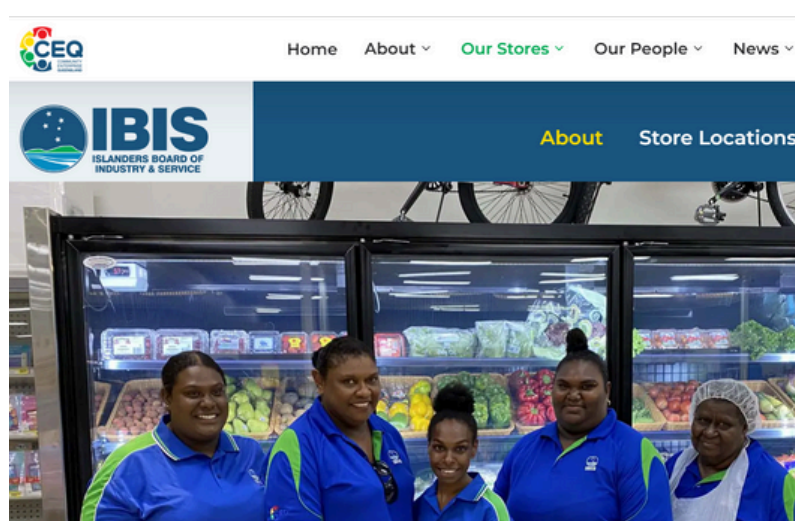
Get Up and Grow – healthy foods for strong kids 1-5 yrs

A booklet providing information to parents and carers of Aboriginal and Torres Strait Islander children about healthy eating.



Tucker Talk Tips 4 Kids – 2-13 yrs

A resource that provides information about what foods to choose each day for a balanced and healthy diet.



Islanders Board of Industry and Service – The IBIS Healthy Food Program

A webpage providing education on healthy food choices and the benefits of exercise to the people of the Torres Strait and Northern Peninsula Area.



Deadly Choices – Good Quick Tukka Recipes

A resource that provides quick and healthy Tukka recipe ideas for healthy, quick and easy meals.



Deadly Choices – Nutrition

Nutrition resource that provides quick tips on eating the right foods to promote good health and nutrition.

For more information visit www.swapit.net.au



Artwork: "The heart of a child" by Lara Went, Worimi Artist



Rethink Sugary Drinks

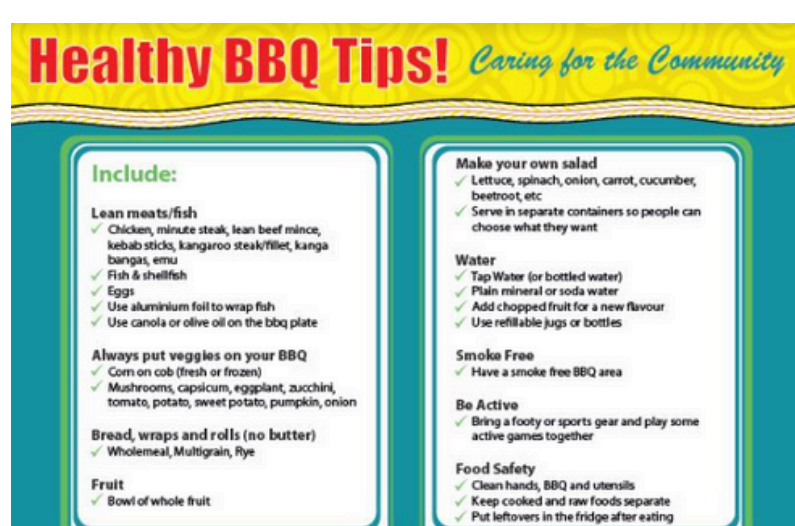
An educational resource that encourages all Australians to rethink their sugary drink consumption.

Videos: Victorian Aboriginal Rethink Sugary Drinks
Sugary drinks are full of crap



Handy Serve Sizes

A useful guide to demonstrate food portions and serving sizes, with the use of hands as comparison.



Healthy BBQ tips

A resource that helps identify what to include and what to leave out.



Which Way – Deadly Nutrition

Resources developed to promote healthy eating and physical activity in a culturally appropriate way within Aboriginal & Torres Strait Islander communities.



Feeding Your Mob

A recipe booklet designed to support Aboriginal families with practical tips on incorporating fruit, vegetables and traditional bush tucker into everyday meals.



Raising Children – Aboriginal & Torres Strait Islander parents

A resource with reliable, up-to-date and independent information for Aboriginal & Torres Strait Islander parents. Designed for busy families, full of tips and tricks on food and nutrition, breastfeeding and daily care.



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