



Outer East Health  
& Community Support Alliance

# **Building Capacity for Better Nutrition**

**within the Maroondah City Council  
Emergency Food Relief Network**

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## Executive Summary

Food security or access to an affordable, appropriate and nutritious food supply is a priority health promotion action area of the Outer East Health and Community Support Alliance (OEHCSA).

Increasing numbers of local people are experiencing food insecurity and seeking emergency food relief (EFR). The Outer East Nutrition Network (OENN) has identified that it is imperative that the food being provided in EFR packages is nutritious and provides those who are relying on EFR assistance on a regular basis, the opportunity to consume a diet that is more in line with National Nutrition Guidelines. The goal of this project was to increase the capacity of a Maroondah City Council EFR agency to improve the nutritional value of the food provided to clients.

This project assessed the nutritional value of the food provided by Hope City Mission (HCM) Food Bank; an EFR agency in Croydon South. A report was compiled outlining recommendations to improve the nutritional value of the food provided. In addition, six written resources were developed for dissemination by HCM Food Bank.

The nutritional assessment conducted revealed that there was inadequate provision of the core food groups, minimal variety within the food groups and many of the products available were inappropriate choices for everyday consumption. The key recommendation was to base the provision of food on the Australian Guide to Healthy Eating. Resources were targeted at both staff and EFR recipients, to empower them to make healthier choices.

To advocate for the same level of access to nutritious food across the Outer East, it is recommended that all EFR agencies engage in a similar review. In addition, to further build the capacity of these agencies, the resources developed along with existing resources should be shared between agencies. In a broader context, these recommendations could extend to state and national levels.

# Introduction

## Background to the issue – Food Security & Emergency Food Relief

Food security is defined as, 'access by all people at all times to sufficient food for an active and healthy life. Food security includes at a minimum: the ready availability of nutritionally adequate and safe foods, and assured ability to acquire food in socially acceptable ways' (Kendall & Kennedy 1998). Conversely, food insecurity occurs when someone lacks secure access to sufficient amounts of safe and nutritious food for normal growth, development and for an active and healthy life (OENN 2008).

There are many factors that determine food security - including physical access; economic access; safe, socially and culturally appropriate access; and sustainable and secure access, to food (VicHealth 2005). Food insecurity may be constant or temporary, and linked to specific events such as financial crises (SIGNAL 2001). Food insecurity results in a high cost to individuals, families and society; contributing to a reduction in physical, mental, spiritual and social health and wellbeing (Booth & Smith 2001).

Whilst developing long term initiatives that address food insecurity is vital, it is equally important to have in place services that provide assistance to people experiencing food insecurity. Emergency Relief (ER) programs provide critical support to individuals and families experiencing crisis; including food insecurity.

## Setting

The Outer Eastern Primary Care Partnership (OEPCP) or 'Outer East Health & Community Support Alliance' (OEHCSA) includes agencies from the municipalities of Knox, Maroondah and Yarra Ranges. Currently, the OEPCP is comprised of 20 organisations, including local government, community health, hospitals, general practice, district nursing, and non-government services.

The Outer East Nutrition Network (OENN) is a subgroup of the OEPCP, where local health promotion, dietetic, and government representatives come together to share ideas, resources and expertise on the issue of food access in the Outer East. The OENN vision is; '*A healthy community where everyone has easy access to nutritious food*' (OENN 2008).

Maroondah City Council Emergency Food Relief (EFR) Network exists to provide a forum for EFR agencies in the Maroondah municipality (Eastern Access Community Health 2007). The City of Maroondah lies 25 kilometres to the east of Melbourne, is 61.4 km<sup>2</sup> in area and is mainly residential and industrial. Maroondah Council includes the suburbs of Ringwood, Croydon, Kilsyth, Bayswater and Warranwood. The population of Maroondah is 99198, with an average age of 36 – 37 years, however 13.9% of residents are over the age of 65 years (Commonwealth of Australia 2007).

Hope City Mission (HCM) is a not-for-profit agency involved in the Maroondah City Council EFR Network. HCM provides a variety of services including a Food Bank which distributes EFR to residents in the City of Maroondah.

## Needs Assessment

### Normative Need

Food and nutrition are essential components of health and wellbeing, as such having adequate food to eat is recognised as one of the basic elements of human rights (United Nations 1948).

The need to address food insecurity is evident in the national strategic framework, *Eat Well Australia*, as a key objective is 'Ensuring that vulnerable groups have access to foods, which are safe, nutritious, and affordable' (SIGNAL 2001). Furthermore, data from the 1995 National Nutrition Survey indicates that 5 – 8% of the Australian population is food insecure at any one time (ABS 1997).

Food insecurity is also a priority at State level, as 'Promoting accessible and nutritious food' is one of the seven *Health Promotion Priorities for Victoria for 2007 – 2012* (VicHealth 2006). According to Community Indicators Victoria data from 2007, 6.6% of Victorians reported experiencing food insecurity within the previous 12 months. Furthermore, this figure jumps to nearly 25% for Victorians of lower socioeconomic status (Community Indicators Victoria 2007).

In 2008, the OEHCSA identified food security as a priority health promotion action area. Furthermore, Food Security is the chief focus of the OENN, with its vision being 'a healthy community where everyone has access to nutritious food' (OEHCSA 2006).

In 2008, the OENN identified that there was limited information regarding food security in the Outer East. This resulted in a research collaboration between the OENN, Monash and Deakin Universities, which found that food insecurity exists in the Outer East. Specifically, 26% of individuals reported experiencing food insecurity in the past 12 months, and of these, 50% felt that it had worsened over the last two years (Palermo & Smith 2008). This is far greater than the Eastern Metro figure of 4.4%, and general population data that suggests 7% of Victorians experience food insecurity (Community Indicators Victoria 2007).

Recently, the OENN has identified that increasing numbers of local people are experiencing food insecurity and as a result seeking emergency food relief. Data on EFR in Victoria is scarce, however, a recent comprehensive analysis undertaken by RMIT University and Emergency Relief Victoria (ERV) suggests that demand is increasing (Engels 2006). In light of the increase in reliance on EFR in the Outer East, the OENN have identified that it is imperative that the food being provided in emergency relief packages is nutritious and provides those who are relying on EFR assistance on a regular basis, the opportunity to consume a diet that is more in line with National Nutrition Guidelines (Australian Dietary Guidelines (NHMRC 2003), The Australian Guide to Healthy Eating (Department of Health and Ageing 1998), and the Nutrient Reference Values (NHMRC 2006)). In response, Knox City Council in conjunction with the OENN recently completed a review of the nutritional content of food packages being provided by the Knox EFR Network agency, Infolink. This resulted in improvements in the nutritional value of the packages provided, as well as the provision of additional written resources.

The OENN has identified a need to replicate the Infolink review, in the Maroondah City Council EFR network, to ensure the same level of access to nutritious food is available across the Outer East.

## Comparative Need

The Outer Eastern Metropolitan region is similar to other regions across Melbourne and Victoria, with statistics showing similar levels of food insecurity (Palermo & Smith 2008). Furthermore, a comparison of the demand for Emergency Relief (ER) in different regions of Victoria found that the demand in Middle Melbourne (including Maroondah) is similar to that in other regions of Victoria (Engels, Nissim & Landvogt 2009).

The 2006 Census revealed that the median weekly individual income for the City of Maroondah (\$501) was higher than the Victorian average (\$456). However, more than a quarter of adults living in Maroondah receive less than \$250 income per week. Given that the cost of a 'Healthy Food Basket' for a single adult in Maroondah is \$199.16, this impacts on individual's economic access to food. Socio Economic Indexes for Areas (SEIFA) rankings reveal that the City of Maroondah is ranked above the 80<sup>th</sup> percentile for relative social disadvantage (where the 100<sup>th</sup> percentile indicates the most advantaged areas). However, disadvantage coexists with advantage within this municipality as the SEIFA percentile rankings range from 12 – 93 (ABS 2008).

The City of Maroondah has similar demographic characteristics to the other two local government areas in the Outer Eastern region; the City of Knox and the Shire of Yarra Ranges. One significant difference is that the City of Maroondah has a larger proportion of lone person households (24.7%), in comparison to Knox (18.8%) and Yarra Ranges (19.3%) (Commonwealth of Australia 2007).

## Expressed Need

Anecdotal evidence from EFR agencies show that the number of people accessing EFR services has increased. The '*Outer East Community Food Access Research Project*', found that only 50% of residents experiencing food insecurity knew how to access EFR. This suggests that the demand for EFR services is much higher than what is currently being experienced. This is a significant issue as it is suggested that the demand for EFR already outweighs the current supply (Palermo & Smith 2008).

## Felt Need

As part of the '*Outer East Community Food Access Research Project*', consultations were undertaken with target groups known to be vulnerable to food insecurity and workers from EFR organisations. Community workers voiced concern about the following issues:

- The amount of space and facilities (fridge/freezer) determine the amount and type of foods EFR agencies can offer.
- The demand for EFR outweighs current supply. In addition, a noticeable increase in demand has been felt and some services cannot meet the demand.
- Members of the community appear to lack knowledge of how to prepare healthy and nutritious food.

Maroondah EFR Network agencies have identified a need to better cater for clients' dietary requirements such as gluten free (coeliac disease), low fat, low sugar, and low GI for clients with diabetes.

## Goals & Objectives

**Goal:** To increase the capacity of a Maroondah City Council EFR agency to improve the nutritional value of food packages provided, to enhance the opportunity for those relying on emergency relief assistance on a regular basis to consume a diet that is more in line with National Nutrition Guidelines (Australian Guide to Healthy Eating, Nutrient Reference Values, Australian Dietary Guidelines).

**Objective 1** To assess the nutritional adequacy of food packages provided by Hope City Mission emergency relief (Weeks 2 – 3).

- Strategies**
- 1.1 To research the methodology used in the Knox City Council review of the nutritional value of food packages provided by the emergency food relief agency, Infolink.
  - 1.2 Conduct a nutritional analysis of the food packages provided by Hope City Mission emergency relief, using the nutritional analysis database *FoodWorks*.
  - 1.3 Compare results of the nutritional analysis to National Guidelines, including the Australian Guide to Healthy Eating and the Nutrient Reference Values.

**Objective 2** To make recommendations, as required, to improve the nutritional adequacy of the food packages provided by Hope City Mission emergency relief, during week 3.

- Strategies**
- 2.1 Compile a report outlining the nutritional content of food packages, and short term and long term recommendations.
  - 2.2 Present findings to Maroondah City Council Emergency Food Relief Network and Hope City Mission emergency relief.

**Objective 3** To develop written resources for dissemination by Hope City Mission emergency relief (Weeks 3 and 4).

- Strategies**
- 3.1 Consult with Hope City Mission emergency relief to determine areas of need for resources.
  - 3.2 Investigate existing resources as benchmarks, to ensure resources developed are based on best practice.
  - 3.3 Develop written resources based on findings from the nutritional analysis conducted and consultation with Hope City Mission emergency relief (may include simple recipe ideas using the food packages, adapting food packages to meet special dietary requirements, safe food storage etc).

**Objective 4** By October 2009, disseminate findings to all relevant stakeholders.

- Strategy**
- 4.1 Develop and implement a dissemination strategy

## Target Groups

### Primary Target Group

The primary target group is the Emergency Food Relief agency Hope City Mission and its staff/volunteers.

### Secondary Target Group

The secondary target group are those that are most vulnerable to food insecurity and therefore most likely to access the City of Maroondah EFR services, including;

❖ People who have experienced a crisis (job loss, death of spouse, sudden loss of housing, unexpected illness or accident, environmental crisis – fire, flooding etc.)	❖ People living in housing which is considered insecure (government or public housing, supported accommodation, rental)
❖ Homeless people and people at risk of homelessness	❖ People living in a single household
❖ Socially isolated people	❖ Sole parents
❖ Lower socioeconomic groups	❖ People with chronic health conditions
❖ Low income earners	❖ Indigenous people
❖ Unemployed	❖ Newly arrived migrants and refugees
❖ People with a disability (physical, intellectual and developmental)	❖ People suffering from an addiction (alcohol or drug abusers)
❖ People with a mental illness	❖ Young people (< 60 years of age)
❖ Those receiving Centrelink payments	

## Project Outline

To achieve the project goal of increasing the capacity of a Maroondah City Council EFR agency to improve the nutritional value of food provided to clients, the project officers attended the August Maroondah EFR Network meeting to assess the scope for the project and form a partnership with an EFR agency. A partnership was developed with Hope City Mission (HCM) Food Bank, located in Croydon South. The project officers met with the HCM Chief Executive Officer (CEO) and Food Bank Coordinator to discuss the project and determine the needs of the agency.

The HCM Food Bank operates one day a week and provides emergency food relief to 10 – 12 people each week. Currently there are 60 people regularly accessing HCM Food Bank and approximately 60% of these people are families with young children. To be eligible to receive EFR, clients must present a current ID, concession card and statement of income from Centrelink. Food Bank stock is obtained from Vic Relief, Victoria's largest independent EFR resource centre. The Food Bank coordinator is responsible for selecting items from Vic Relief on a fortnightly basis.

HCM EFR recipients receive a shopping list and are able to select a certain number of perishable and non-perishable items, with minimal direction from HCM staff. The number of items allocated and how frequently EFR services may be accessed is dependent on clients' financial and social situation. Refer to Table 1 and 2.



**Table 1. Shopping List Item Allocation**

	Non-Perishable Item Allowance	Perishable Item Allowance
Single	13	2
Couple	15	4
Adult & Child	15	4
2 Adults, 2 Children	17	5

**Table 2. Classification system for frequency of service provision**

	One of the following:
<b>Category 1</b> <b>Weekly Attendance</b>	<ul style="list-style-type: none"> <li>• Homeless</li> <li>• Income &lt; \$150 per fortnight</li> <li>• Great financial hardship</li> </ul>
<b>Category 2</b> <b>Fortnightly Attendance</b>	<ul style="list-style-type: none"> <li>• Income &lt; \$250 per fortnight</li> <li>• Many unpaid bills</li> </ul>
<b>Category 3</b> <b>Monthly Attendance</b>	<ul style="list-style-type: none"> <li>• Requiring practical support (eg. budgeting)</li> <li>• A few unpaid bills</li> </ul>

### **Nutritional Analysis**

In order to assess the nutritional value of food provided by HCM, the project officers researched the methodology used in the Knox City Council Infolink review. The nutritional assessment of HCM Food Bank was based on the ability of the Shopping List to meet the recommended daily food group serves, as outlined in the Australian Guide to Healthy Eating (AGTHE) (Department of Health and Ageing 1998). The fat, sugar and sodium content (per 100g) of products available on the Shopping List was assessed against label recommendations developed by Knox Community Health Service Dietetics Department (See Appendix 1).

### **Recommendations**

A report was compiled outlining recommendations for HCM, to improve the nutritional value of the Shopping List, based on findings from the nutritional analysis. The report will be presented to and discussed with the HCM CEO and Food Bank Coordinator in October 2009.

### **Resource Development**

The project officers obtained various existing resources from the Knox City Council EFR Network and Knox Community Health Service as benchmarks for development of resources. Resource development was also informed by areas of need identified through consultations with the HCM CEO and Food Bank Coordinator. Accordingly, six written resources were developed for dissemination by Hope City Mission Food Bank.

## Findings

### Nutritional Analysis & Recommendations

#### **Australian Guide to Healthy Eating**

Results of the assessment of the ability of the HCM Shopping List to meet the recommended daily food group serves, as outlined in the Australian Guide to Healthy Eating, are as follows.

#### Vegetables

Currently the HCM Food Bank Shopping List includes four different varieties of canned vegetables including peas, tomatoes and various beans, as well as instant mashed potato. Although it would be possible to achieve the recommended five serves of vegetables, it was assessed that there is a lack of variety in this category. To improve the ability of individuals accessing HCM EFR to consume adequate serves of vegetables, it was recommended that HCM attempt to provide a wider variety of vegetables.

#### **The following recommendations were made:**

- **Include canned or frozen:**
  - **Carrot**
  - **Corn (whole kernels or creamed)**
  - **Mushroom**
  - **Beetroot**
  - **Mixed vegetables**

#### Fruits

At present, the HCM Shopping List offers large tins (825g) of peaches, apricots and fruit salad. Although it would be possible to achieve the recommended two serves of fruit, it was assessed that there is a lack of variety in this category. Furthermore, the size of tinned fruit offered is limiting as once it has been opened clients may find it difficult to store, and it is not practical to include in school lunchboxes.

#### **The following recommendations were made:**

- **Increase variety of fruits available:**
  - **Two fruits**
  - **Pineapple**
  - **Pears**
  - **Dried fruit e.g. apricots, sultanas**
  - **Fruit juice (no added sugar)**
- **Try to obtain individual packs of fruit for school lunches (e.g. pureed apple, 2 fruits, diced peaches, dried fruit).**

## **Dairy**

Currently the HCM Shopping List includes long-life full cream milk (1L carton), two varieties of full fat sliced cheese, and Sustagen tetra packs (250ml). Although it is possible for clients to meet the recommended two serves of dairy, the variety of dairy products offered could be broadened to enhance the opportunity for clients to meet daily recommendations. Additionally, it was assessed that only offering full cream dairy products (milk, cheese) is not appropriate due to their saturated fat content.

### **The following recommendations were made:**

- **Consider including:**
  - **Long-life custard**
  - **Long-life soy milk (calcium enriched)**
  - **Up & Go**
  
- **Include low fat dairy products.**

## **Meat, Fish, Poultry, Eggs, Nuts, Legumes**

HCM Food Bank is limited in its ability to provide fresh produce and can currently only provide non-perishable and frozen products to clients. Therefore, there is limited ability for clients to meet the daily recommended serves of meat and meat alternatives. Currently, the HCM Shopping List includes a variety of canned salmon, tuna and legumes, as well as processed frozen meats, such as pies, nuggets and burgers. There is adequate variety of canned salmon and tuna available, however it was recommended that HCM source a larger tin of plain tuna, rather than individual flavoured varieties, to cater for family meals. The HCM Shopping List includes a large selection of high fat processed frozen foods, however following discussions with the CEO and Food Bank Coordinator, it was apparent that these were included for special occasions and clients were not encouraged to choose these items on a regular basis. As such, no recommendations were made to address this issue.

### **The following recommendations were made:**

- **Try to obtain a larger can of plain tuna (~400g).**

## **Breads and Cereals**

It was assessed that the HCM Shopping List provides adequate opportunity for clients to meet the recommended serves of breads and cereals. There is a large variety of breakfast cereal, pasta, rice, noodles and dry biscuits available. One issue identified was that instant pasta and noodles were included in the 'Pasta' and 'Noodles' sections. As these products are high in fat and sodium it was recommended to HCM that they relocate these items. It was also suggested that plain noodles should be sourced, and staff should encourage selection of dried pasta and noodles to be used in recipes. Vita-Weats and Corn Cakes were listed as 'Snack foods' on the HCM Shopping List, however these products can contribute to daily breads and cereal serves.

### **The following recommendations were made:**

- **Re-categorise instant pasta and noodle products as 'Snack foods'.**
- **Try to obtain plain dry noodles.**
- **Re-categorise Vita-Weats and Corn Cakes as 'Breads and Cereals'.**

### **Additional Recommendations based on AGTHE**

To empower clients to make choices that are more in line with the AGTHE additional recommendations were made to amend the HCM Shopping List.

#### **The following recommendations were made:**

- **Split the Shopping List into 'Everyday Foods' (5 Food Groups), 'Sometimes Foods' (Extras) and 'Pantry Items' (eg. flour, tea, oil), respectively.**
- **Order 'Everyday Foods' as they appear in the AGTHE to be consistent.**
- **Include under each category heading the number of serves for each food group, as recommended in the AGTHE.**
- **Set a limit of two 'Sometimes Food' items for a single or a couple, and four items for a family, to encourage choosing more nutritious options and utilise recipes provided.**
- **In the 'Drinks' section water should be highlighted as the best choice as other drinks are extras.**

To further improve the HCM Shopping List, it was recommended to re-categorise some items to be consistent with the AGTHE. For example, move beans and chickpeas to 'Protein foods' section and also highlight that they can be counted as a serve of vegetables.

### **Label Recommendations**

The fat, sugar and sodium content (per 100g) of products available on the Shopping List was assessed against label recommendations developed by Knox Community Health Service Dietetics Department (See Appendix 1). Given that the products available are subject to change, the results of these investigations have not been included in detail, but can be found in Appendix 2. The label assessment revealed that many of the products available on the HCM Shopping List are inappropriate choices for everyday consumption. Specifically, there is an abundance of high fat sweet biscuits, sugary drinks, instant noodles and pasta, snack foods, desserts and frozen goods.

To address this issue the HCM Food Bank Coordinator has been targeted, as they are responsible for selection of products from Vic Relief. The Food Bank Coordinator has been provided with a report outlining recommendations to improve the nutritional adequacy of the Shopping List. This included a user-friendly table of guidelines on label reading and better options in each category. See Appendix 3.

### **Other Recommendations**

Given the limited ability of HCM to provide fresh produce, it was suggested that local butchers and green grocers be approached to support the agency, by providing vouchers or donations of produce for distribution. Additionally, a recommendation was made to source disposable baking dishes to increase the capacity of clients to prepare meals using the recipes provided.

## **Resource Development**

Areas of need for written resources were identified through consultations with the HCM CEO and Food Bank Coordinator. From this, six resources were developed by the project officers (See Appendices 4 – 9 for the full resources).

### **Quick & Easy Recipe Ideas**

The Maroondah City Council EFR Network and HCM Food Bank both identified that clients experience difficulty in creating nutritious meals using items provided by EFR agencies. As such, the project officers sought to develop a resource with simple recipe ideas using items from the HCM Shopping List. All recipes developed could be produced solely using items from the Shopping List. In addition, 'Optional items to buy' were included to enhance the nutritional value of recipes if possible, e.g. adding fresh meat or vegetables. Photos of the finished product were included as a guide for clients. Recipes were developed to cater for families of four, as 60% of HCM Food Bank clientele are young families. Furthermore, a range of recipes were included to meet special dietary needs, including vegetarian and gluten free.

### **School Lunch Ideas**

As the majority of people accessing HCM Food Bank are families with school aged children, the CEO and Food Bank Coordinator requested a resource outlining lunchbox ideas. The aim of this resource was to provide ideas that were based on what was available on the Shopping List. Healthy 'Everyday Food' options were listed first, followed by 'Sometimes Food' ideas. Photos of the finished product were included as a guide for clients.

### **The Super 6 Lunch Box Essentials**

A list of six 'essential' lunch box items (carbohydrate, fruit, vegetable, protein, dairy and drink) was developed. This was to supplement the 'School Lunch Ideas' resource, to empower parents and children to continually make choices that are in line with the AGTHE. The resource was designed for children and parents to use together with simple, exciting language and bright pictures.

### **Smart Shopping Tips**

The development of a resource relating to budgeting and affordable shopping was informed by the Knox City Council EFR review. It has been noted that people accessing EFR often lack budgeting skills, therefore this resource aims to educate clients and develop skills that can be utilised long-term.

### **Coeliac Disease and Gluten Free Foods**

HCM Food Bank staff requested a Coeliac disease resource as they have a client with Coeliac disease, and feel ill-equipped to assist this client and future clients adequately. The resource covers basic information on Coeliac disease, foods containing gluten, and gluten free foods. Detailed information regarding label reading to identify sources of gluten was also included. Information was sourced from [www.coeliac.com.au](http://www.coeliac.com.au), a website run by Dr. Sue Shepherd, one of Australia's experts on Coeliac disease.

### **Healthy Eating Made Easy**

The HCM Food Bank Coordinator expressed concern regarding assisting clients to make appropriate choices from the Shopping List, due to inadequate nutrition knowledge. The *Healthy Eating Made Easy* resource was developed to address this issue and educate clients and staff on healthy eating. Information included is based on the Australian Guide to Healthy Eating, and includes an explanation of each of the five food groups and extras, recommended number of daily serves, and what constitutes a serve. Additional information was included on better options in each food group, as well as key nutrients provided by each group.

# Evaluation

## Process Evaluation

### Project Capacity

#### **Strategies**

Evaluation of how each strategy has been addressed is outlined below:

Strategy	Evaluation
1.1	The project officers researched the method used in the Knox City Council review of the EFR agency Infolink.
1.2	As HCM Food Bank provides clients with a Shopping List rather than a set package, it was deemed unsuitable to perform a nutritional analysis using FoodWorks, as used in the Infolink review, as there is wide variation in the food each client receives. Therefore, the nutritional assessment was based on the ability of the Shopping List to meet the recommended daily food group serves, as outlined in the Australian Guide to Healthy Eating (AGTHE). In addition, the fat, sugar and sodium content (per 100g) of products available was assessed against label recommendations developed by Knox Community Health Service Dietetics Department.
1.3	Results of the nutritional analysis were compared to the AGTHE but were unable to be compared to the Nutrient Reference Values. Due to the Shopping List system employed at HCM, the macro and micronutrient content of the packages could not be accurately determined.
2.1	A report outlining findings from the nutritional assessment of the HCM Shopping List and recommendations was compiled (See Appendix 3).
2.2	The report outlining findings and recommendations will be presented to HCM CEO and Food Bank Coordinator on October 5 <sup>th</sup> 2009. However, findings will not be presented to the MaroonDAH City Council EFR Network by the project officers as the next meeting is in November 2009.
3.1	HCM CEO and Food Bank Coordinator were consulted with to determine areas of need for resources.
3.2	Existing resources from Knox City Council EFR Network and Knox Community Health Service, Dr. Sue Shepherd and the AGTHE were used to guide resource development for HCM Food Bank.
3.3	Six written resources were developed for dissemination by HCM Food Bank; <i>'Quick &amp; Easy Recipe Ideas'</i> ; <i>'School Lunch Ideas'</i> ; <i>'The Super 6 Lunch Box Essentials'</i> ; <i>'Smart Shopping Tips'</i> ; <i>'Coeliac Disease and Gluten Free Foods'</i> ; and <i>'Healthy Eating Made Easy'</i> .
4.1	A dissemination strategy was developed and is in the process of being implemented.

### ***Timeline & Budget***

All project tasks were carried out within the allocated timeframe and the project was completed within the budget. See Appendix 10 for an outline of the project timeline and budget.

### **Project Reach**

The primary target group was reached as project officers consulted with HCM CEO and Food Bank Coordinator to determine areas of need. A table of guidelines on label reading and better options in each food category was developed and provided to the HCM Food Bank Coordinator to empower better selection of products from Vic Relief for the Food Bank. Additionally, the *'Healthy Eating Made Easy'* resource was developed to assist the Food Bank Coordinator in helping clients to make choices from the Shopping List that are in line with the AGTHE.

The remaining resources were aimed at those accessing EFR services (secondary target group). Specifically, the *'Quick and Easy Recipe Ideas'*, *'Smart Shopping Tips'*, *'School Lunch Ideas'* and *'The Super 6 Lunch Box Essentials'* were developed for families with school aged children which constitutes two-thirds of HCM clients. The *'Coeliac Disease and Gluten Free Foods'* resource was developed as requested by HCM Food Bank staff.

### **Project Relevancy**

The project was relevant and reflected community needs as food insecurity exists in the Outer East and EFR Networks have identified an increase in demand for EFR services. Therefore, it is imperative that the food being provided is nutritious and provides those relying on EFR the opportunity to consume a diet that is more in line with National Nutrition Guidelines.

### **Project Satisfaction**

The project officers discussed project outcomes with OENN representatives, who were satisfied with how the project was conducted and that it had achieved the aims and objectives. A meeting has been scheduled with HCM in October to ascertain their satisfaction with the project.

## **Impact Evaluation**

### ***Objective 1 – Achieved***

The nutritional assessment of the food provided by HCM Food Bank was completed by week 3 of the project. However, the method of analysis used differed from what was proposed (Refer to discussion of Strategy 1.2 and 1.3 above).

### ***Objective 2 - Ongoing***

A report outlining recommendations to improve the nutritional adequacy of food provided by HCM Food Bank has been prepared. However, the recommendations were not presented to HCM by week 4 as proposed, due to the availability of HCM staff. A meeting has been scheduled for October 2009 to determine whether recommendations are applicable and achievable for HCM Food Bank.

### ***Objective 3 - Ongoing***

Written resources were developed and presented to the OENN by week 4. This objective remains ongoing as it is intended that the resources will be presented to determine their useability and appropriateness at the meeting with HCM in October 2009. It is anticipated that the resources developed will be distributed to HCM Food Bank clients as required.

### ***Objective 4 – On target***

A final report will be disseminated to all relevant stakeholders, including the HCM Food Bank, Maroondah City Council EFR Network, and the Outer East Nutrition Network by October 2009.



## Outcome Evaluation

Due to the limited timeframe, evaluation of the long-term effects of the project is beyond the scope of the project officers. How the long-term effects of the project could be evaluated is included below.

Performance Indicators	Evaluation Strategies
<p>Recommendations made to Hope City Mission maintained long term, and resources remain effective and appropriate</p>	<ul style="list-style-type: none"> <li>• Encourage a progress evaluation after 3 - 6 months, to determine if recommended changes have been sustained and if resources are still being utilised</li> </ul>
<p>Capacity of the Maroondah City Council emergency food relief network to improve the nutritional value of food packages provided is increased</p> <ul style="list-style-type: none"> <li>- Other EFR agencies starting to think about the nutritional value of food packages they provide</li> <li>- Resources developed can be adopted by other Emergency Food Relief agencies in the Outer East</li> </ul>	<ul style="list-style-type: none"> <li>• Survey of other EFR agencies in the Outer East to see if they feel their capacity to improve the nutritional value of food packages has increased, and if they feel they could implement similar changes at their agency</li> <li>• Survey of Outer East EFR agencies to determine is resources developed could be used by their agency</li> </ul>
<p>The proportion of people relying on emergency food relief on a regular basis, consuming a diet more in line with National Nutrition Guidelines is increased</p>	<ul style="list-style-type: none"> <li>• Difficult to evaluate. Can assume that if recommendations to improve the nutritional value of food packages provided by Hope City Mission are implemented, then this goal will have been somewhat achieved</li> </ul>

## Future Recommendations

To ensure the same level of access to nutritious food is available across the Outer East, it is recommended that all EFR agencies in this region engage in evaluation of the nutritional adequacy of the food they provide. The methodologies used in this project and the Infolink review by Knox City Council can be drawn upon as a guide. This could be achieved by utilising future dietetic student placements to assess the nutritional adequacy of EFR agencies. It may be possible for multiple agencies to be assessed in a single placement block, given that the methodology required to achieve this has been established in this project. In a broader context, it is recommended that all agencies providing EFR state-wide should consider assessing the nutritional adequacy of food provision.

In addition, there should be regulation of EFR provision across Victoria. EFR distribution centres such as Vic Relief should consider standardising distribution of products, to ensure what is provided by individual EFR agencies is consistent with National Nutrition Guidelines, specifically the AGTHE. At present, representatives from EFR agencies select food from Vic Relief at their own discretion. This can result in inadequate provision of the core food groups, minimal variety within the food groups, and a disproportionate supply of non-essential items. This was evident at HCM Food Bank, as there was inadequate provision of dairy, fruit and vegetables, and excessive provision of processed and snack foods, such as sweet biscuits. Regulation of product distribution could be achieved through education of EFR agency representatives accessing Vic Relief. In addition, the guide to label reading and *Healthy Eating Made Easy* resource developed in this project could be disseminated to empower and encourage agency representatives to select appropriate foods from distribution centres.

To increase the capacity of agencies within the Maroondah City Council EFR Network to enhance the opportunity for those accessing EFR services to consume a diet that is more in line with National Nutrition Guidelines, the resources developed in this project, as well as existing resources should be shared between agencies. Furthermore, in a broader sense, resource sharing should extend state-wide and possibly nationally, to build capacity for better nutrition for all Australians experiencing food insecurity.

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**APPENDIX 1. Label recommendations  
developed by Knox Community Health  
Service Dietetics Department**

	<b>Fat</b>	<b>Fibre</b>	<b>Sugar</b>	<b>Salt</b>
<b>Bread</b>	Less than 5g per 100g Less than 10g per 100g if grainy	More than 7.5g per 100g		Less than 400mg per 100g
<b>Cereal</b>	Less than 5g per 100g Less than 15g per 100g if oats, grains or seeds	More than 10g per 100g	Less than 15g per 100g	Less than 400mg per 100g
<b>Savoury Biscuits</b>	Less than 5g per 100g Less than 10g per 100g if poly/monounsaturated	More than 5g per 100g		Less than 400mg per 100g
<b>Sweet Biscuits/cakes</b>	Less than 5g per 100g Less than 10g per 100g if poly/monounsaturated	More than 5g per 100g	Less than 20g per 100g (higher allowed if from fruit)	Less than 300mg per 100g
<b>Muesli bar</b>	Saturated fat less than 1.5g per individual bar	More than 1.8g per individual bar	Less than 10g per bar	Less than 300mg per 100g
<b>Milk</b>	Less than 2g per 100ml (2%)		Less than 10g per 100g	
<b>Yoghurt/Fromage /custard/ice cream</b>	Less than 2g per 100g		Less than 15g per 100g	
<b>Cheese</b>	Less than 15g per 100g			
<b>Canned soup/vegetables</b>	Less than 5g per 100g Less than 10g per 100g if poly/monounsaturated			Less than 400mg per 100g
<b>Canned tuna</b>	In springwater Less than 15g per 100g			Less than 400mg per 100g
<b>Canned fruit</b>		In natural juice – no added sugar		
<b>Butter, margarine, oil</b>	Monounsaturated			Less than 400mg per 100g

**APPENDIX 2. Fat, sugar and sodium content  
(per 100g) of products available on the  
Shopping List.**

## Nutritional Analysis per 100g

		Fat (g)	Sugar (g)	Sodium (mg)	
<b>Biscuits/Cakes</b>					
Betty Crocker - Hot Fudge Browne Mix	88g	14.7	49.7	260	
Custard Cream	250g	22	30	334	
Naytura Choc Chip Biscuits	180g	19.4	0.2	180	
Paradise Cottage Cookies & Cream	200g	18.9	29.2	276	
Ritz Cracker Biscuits	250g	25.7		744	
Shredded Wheat Biscuits	250g	11.6	16.5	454	
Tim Tams Chocloate Biscuits	200g	27	45	170	
Walkers Shortbread	175g	29.9	15.7	356	
<b>Breakfast Cereal</b>					
Kellogs Cornflakes	525g	1	7.9	720	
Nestle Cheerios	375g	1.4	3.3	290	
Sanitarium Weetbix	1.3kg	1	22	275	
Sanitarium Weetbix Fruity	500g	1.5	20	474	
<b>Deserts</b>					
White Wings Honeycomb Buzz Instant Mousse	85g	3.8	13.8	45	
White Wings Wildberry Whirl Instant Mousse	85g	3.8	13.8	45	
<b>Drinks (Juice etc)</b>					
Berri Tomato Juice	170ml		3.6	295	
Bickford's Pomegranate Juice	1 Ltr		15.8		
Club Tonic Water	1.25 L		9.3		
Golden Circle Pine Coconut	1 Ltr		8.7	5	
Lipton Ice Tea Drink - Lemon	250ml		6.7	5	
Lipton Ice Tea Drink - Peach	250ml		6.7	5	
Lucozade Energy Drink	300ml		8.8		
Prima Tropical Fruit Drink (6pt)	200ml		10.7	8	
Schweppes Dry Ginger Ale	250ml		7	10	
Schweppes Indian Tonic Water	250ml		8.9	5	
Tang Lemon Flavour Drink	45g		3.4		
<b>Milk</b>					
Devondale Full Cream Milk	1Ltr	3.3	5.1	40	
<b>Noodles</b>					
Fantastic Noodles - Beef	70g	3.6		458	
Maggi 2 Minute Noodles - Chicken & Corn	83g	<1	<1	393	
<b>Snack Foods</b>					
Arnotts TV Snacks	175g	18.6	35.2	187	
Crunchy Nut Muesli Bars (6 per pack)	180g	34	28	265	per bar
Pure Harvest Corn Cakes	150g	3		250	
Uncle Tobys Crunchy Orignal Muesli (ind)	20g	144	16	210	per bar
Uncle Tobys Rollups Cherry Berry (8 per pk)	15g	3.1	17		per bar
Vita Wheat Grain Snacks	280g	13.9	4	645	



<b>Frozen Items</b>					
Apple Spring Rolls	48 Pieces	10.6	5.6	376	
Chips	1 kg	4		61	
Chunky Steak Meat Pie	2 x 100g	12.4	1	560	
Coon Sliced Cheese	500g	33.3	<1	650	
Cottage Pies	2 x 100g				
Garlic Bread	450g	11.5	1.5	577	
Girgar Butter	250g	82.9		18	
Lean Cuisine Beef & Potatoe Mash Meals	370g	2.1	3	240	
McCain Garlic Pizza Bread	320g	10	4.5	350	
Pitango Organic Chicken & Garlic Rissotti	500g	5	1.6	314	
Plain Meat Pies	2 x 100g	13.2	1.3	509	
Tempura Chicken Nuggets	1kg	8.3		413	
Western Star Butter Light	250g	40	1.7	500	

## **APPENDIX 3. Recommendations and Guidelines provided to Hope City Mission**



# Recommendations for Hope City Mission

## Reordering the Shopping List:

### 1) Split shopping list into 'Everyday Foods', 'Sometimes Foods', 'Pantry Items':

- **Everyday Foods:**
  - Breads & Cereal (Cereal, Rice, Pasta, Plain Noodles, Crackers)
  - Vegetables
  - Fruit
  - Dairy (milk, yoghurt, cheese, custard)
  - Protein foods (Tuna, Salmon, Legumes – Beans, Lentils, Chickpeas) \*  
Legumes also count as a serve of vegetable
  
- **Sometimes Foods:**
  - Biscuits & Cakes
  - Desserts
  - Snack Foods (Instant Noodles, Cup-a-soup, Muesli bars, Roll ups, chocolate)
  - Drinks
  
- **Pantry Items:**
  - Soup
  - Sauces & Dressing
  - Spreads
  - Sugar
  - Flour
  - Coffee & Tea
  - Oil & Vinegar
  - Miscellaneous (eg. bicarb, coconut, stuffing mix etc.)

### 2) Under each category include how many serves are recommended each day according to the Australian Guide to Healthy Eating:

- Breads & Cereals: more than 4
- Vegetables: 5
- Fruit: 2
- Dairy: 2 – 3
- Meat: 1 – 1 ½
- Extras: less than 2

### 3) Sometimes foods should have a limit of 2 for a single & couple, and 4 for a family

- Encourages people to pick more sustainable and nutritious options & use recipes (eg. 1 pack of dried pasta & sauce could equal 8 instant noodles)

## Recommendations for each Section:

### EVERYDAY FOODS

#### Breads & Cereals

- Pasta
  - Good range of dried pasta
  - Suggest moving Kraft Easy Mac into snack section as high in fat and salt
  - Encourage utilising recipes to make pasta meals rather than ready made pasta meals
  
- Rice
  - Suggest trying to get some Arborio rice for risotto recipes
  
- Noodles
  - Look at also getting plain noodles for using in cooking eg. stir-fry (vermicelli, egg noodles, rice noodles)
  
  - Instant noodles should be included in 'Sometimes foods: Snack foods' as they are high fat and high salt
  - Maggi brand is better than Fantastic brand nutritionally
    - Maggi: < 1g fat, 393mg salt
    - Fantastic: 3.6g fat, 458mg salt
  - Suggest using half the flavour sachet to reduce salt
  
- Crackers
  - Vita-Weats and Corn Cakes should go into this section as they are a good source of carbohydrate and low in fat unlike other snack foods. Both can be used in school lunches as an alternative to bread

#### Vegetables

- Increase variety (canned or frozen – same nutritional value):
  - Carrot
  - Corn (whole kernels or creamed)
  - Mushroom
  - Beetroot
  - Mixed vegetables
  
- Move beans & chickpeas to protein foods section (and highlight that they also count as a serve of vegetables)

## **Fruit**

- If possible try to get individual packs of fruit for school lunches
- Increase variety of fruits available if possible
  - 2 fruits
  - Pineapple
  - Pears
  - Dried fruit eg. apricots, sultanas – good for school lunches

## **Dairy**

- Include ready to drink Sustagen in Dairy section
- Additional options that can be stored on the shelf
  - Long-life Custard
  - Low Fat Long Life Milk
  - Calcium enriched Soy Milk
  - Up & Go
  - Light cheese

## **Protein Foods**

- Salmon / Tuna
  - Try to get a larger can of tuna for meals eg. 400g
- Include legumes here (baked beans, kidney beans, chickpeas, 3 bean mix)

## **SOMETIMES FOODS**

### **Biscuits & Cakes**

### **Desserts**

- Include jelly in this section and if possible choose diet variety

### **Snack Foods**

### **Drinks**

- Water is the best choice, all the drinks included are extra foods
- Try to choose more juices (no added sugar) – can be counted towards a fruit serving
- Diet soft drink, tang, iced tea are a good choice

## **PANTRY ITEMS**

### **Soup**

- Try to choose canned soup (low salt) instead of cup-a-soup / instant varieties as they are often high in fat & salt, and canned soup can often count towards a serve of vegetables

### **Sauces & Dressings**

- Encourage using recipes on back of jars

### **Spreads**

- Try to get honey if possible – for baking

### **Sugar**

### **Flour**

- Try to get plain flour for baking

### **Tea & Coffee**

- Include Milo in this section

### **Oil & Vinegar**

- Olive oil is a good choice

### **Miscellaneous**

- Olives can be included vegetable section
- Jelly can be included in dessert section
- Baked beans move to protein foods section
- Spaghetti move to pasta section

### **Recommendations to increase fresh food:**

- Sourcing vouchers or donations from local green grocers / butchers
  - o Donations probably better given history of selling of food vouchers
- If possible try to get some baking dishes to increase the capacity for people to prepare meals, eg. alfoil baking dishes

## Guide to Nutritious Shopping – Food Labels, What to Look For

Category	Label Recommendations (per 100g)			Better Choices
	Fat	Sugar	Salt	
<b>Breads &amp; Cereals</b>				
Bread	< 5g < 10g (if grains)		< 400mg	multigrain, wholemeal, rye, pita / flat bread
Cereal	< 5g	< 15g	< 400mg	Plain Porridge Oats Weetbix Wholegrain cereals Muesli All Bran Cornflakes
Rice				Brown rice
Pasta				Wholemeal pasta
Plain Noodles (Not instant varieties)				Rice noodles Egg noodles Vermicelli
Crackers (savoury)	< 10g		< 400mg	Water crackers Rice crackers Corn crackers Vita-Weats Cruskits Saladas (98% fat free) Ryvita
<b>Vegetables</b>				
Canned Vegetables	< 10g		< 400mg	Look for 'no added salt' or 'reduced salt' varieties
<b>Fruit</b>				
		No added sugar		Look for fruit in 'Natural Juice' rather than 'syrup'
<b>Dairy</b>				
Milk	<2g	<10g		Look for low fat varieties
Yoghurt / Custard	<2g	<15g		

Cheese	<15g			
<b>Protein Foods</b>				
Canned fish (Tuna / Salmon)	<15g		< 400mg	Look for 'in spring water' or 'light' varieties
Legumes (Beans, Baked Beans, Lentils, Chickpeas)	< 10g		< 400mg	Look for 'no added salt' or 'reduced salt' varieties
<b>Biscuits &amp; Cakes</b>				
Sweet Biscuits	<5g	<20g <30g (if fruit)	< 300mg	Arnott's Snack right fruit slice Paradise Vive Lites
Cakes	<5g	<20g <30g (if fruit)	< 300mg	Sponge rolls (chocolate or jam)
<b>Snacks</b>				
Muesli bars	< 1.5g saturated fat (per bar)	<10g (per bar)	< 300mg	Uncle Toby's oven baked fruit bars
Instant noodles				Choose baked (not fried) Choose low salt Maggi better than Fantastic
Cup-a-soup				Choose low salt
<b>Drinks</b>				
				WATER! Juices (as long as no added sugar, count as a fruit serve) Diet Soft Drinks
<b>Canned Soup</b>	< 10g		< 400mg	Canned Soup is better than instant soups (Choose low salt varieties) Look for 'no added salt' or 'reduced salt' varieties



## **APPENDIX 4. *Quick & Easy Recipe Ideas***



## Quick & Easy Recipe Ideas from Hope City Mission Food Bank

### Burritos

Serves 4

#### Items from Hope City Mission Food Bank Shopping List

- Tortillas
- 3 Bean mix
- Diced and peeled, or Whole tomatoes
- Taco seasoning (1 packet)
- Taco sauce
- Grated cheese



#### Optional Items to Buy

- Minced beef or chicken (100g per person)
- Grated carrot
- Chopped lettuce

#### Directions

1. *With meat* - cook meat in a pan until brown, then add beans, tomatoes, taco seasoning and 1 cup of water. Stir and cook for 10 minutes.

*Without meat* - cook the beans, tomatoes and taco seasoning in a saucepan with 1 cup of water. Stir and cook for 10 minutes.

2. Place meat &/or bean mix, any optional extras and taco sauce on tortilla, wrap it up and use your hands to pick it up and enjoy!

*Handy Hint:* if cooking for 1 or 2 people, keep meat / bean mix in the fridge and reheat and complete step 2. to enjoy Burritos again.

# Saucy Pasta Options

Serves 4

## Items from Hope City Mission Food Bank Shopping List

- 1 packet pasta, eg. penne, spaghetti (approx. 100g dry per person)
- Jar of pasta sauce, eg. tomato & basil, 5 cheese

## Optional Items from Hope City Mission Food Bank Shopping List

- Tuna tinned (approx 100g per 2 people)
- Diced and peeled tomatoes
- 3 Bean mix or Baked beans
- Olives
- Grated cheese

## Optional Items to Buy

- Minced beef or chicken (100g per person)
- Grated carrot or zucchini
- Chopped mushrooms

## **Directions:**

1. Boil water then add pasta and cook pasta until soft.
2. Drain pasta and then mix cooked pasta with pasta sauce in saucepan, heat on stove until hot.
3. Sprinkle with grated cheese to serve.



## Variations:

### Tuna pasta:

1. Complete step 1 as above.
2. Drain tuna and add in when mixing pasta with pasta sauce in step 2.

### Bean pasta:

1. Complete step 1 as above.
  2. Drain 3 Bean Mix and add in when mixing pasta with pasta sauce in step 2.
- If using baked beans, no need to drain, just add in at step 2.

### Meat pasta:

1. Complete step 1 as above.
2. Cook meat until brown, then add pasta sauce, pasta and stir through.

**Handy Hints:** Beans can be added to both tuna and meat pasta to make the dish more filling and nutritious.

Adding vegetables such as grated carrot, zucchini, chopped mushrooms or olives when cooking sauce will make the dish tastier and healthier.



## Tuna / Salmon & Tomato Risotto

Serves 4

### Items from Hope City Mission Food Bank Shopping List

- Large can of Tuna or Salmon (approx 415g)
- 1 Can whole peeled or diced and peeled tomatoes
- 2 cups Rice (if possible choose Arborio)
- 5 cups Stock (any flavour)

### Directions:

1. Make up stock using stock cubes as per directions on packet or use ready to use liquid stock.
2. Bring stock to the boil.
3. Add rice to stock, reduce heat and simmer for 20 minutes.
4. Add tuna and tomatoes and continue to simmer, stirring regularly until all liquid has been absorbed.

*Handy Hint:* Adding beans (baked beans or 3 Bean Mix) in step 4 will make the dish more filling and nutritious. You can also serve with cooked peas and/or corn on the side.

# Very Veggie Risotto (Microwave meal)

Serves 4

## Items from Hope City Mission Food Bank Shopping List

- 2 cups Rice (if possible choose Arborio)
- 5 cups Stock (any flavour)
- 4 cups frozen / canned vegetables (eg. peas, carrot, corn)

## Optional Items to Buy

- 2 cups cooked chicken, diced
- Grated cheese for topping



## Directions

1. Make up stock using stock cubes as per directions on the packet or use ready to use liquid stock.
2. Combine rice and stock in a microwave-safe dish and microwave, covered, on HIGH for 12 minutes.
3. Stir well, then add vegetables and chicken (optional).
4. Allow to stand for 2 minutes, sprinkle with cheese to serve (optional)

**Handy Hint:** Cooked chicken could be left over from a store bought roast chicken. Try shopping near closing time to pick up a discount.

# Chilli Con Carne

Serves 4

## Items from Hope City Mission Food Bank Shopping List

- Large can of diced & peeled or Whole tomatoes
- Large can of kidney beans or 3 Bean Mix
- Taco seasoning (1 packet)

## Need to Buy:

- Minced beef (100g per person)

## Optional Items from Hope City Mission Food Bank Shopping List

- Frozen / canned vegetables (eg. peas or corn)



## **Directions:**

1. Cook minced meat in fry pan until brown.
2. Add taco seasoning to meat and stir through.
3. Add tomatoes, beans, vegetables and  $\frac{1}{2}$  cup water and stir through.
4. Cover and simmer for 15 minutes, stirring regularly.

**Handy Hint:** Serve with rice and vegetables (eg. peas and corn) on the side, to make the Chilli Con Carne more filling and nutritious!



## Tuna / Salmon Pasta Bake

Serves 4

### Items from Hope City Mission Food Bank Shopping List

- Large tin of Tuna or Salmon (approx 425g)
- Jar of pasta sauce (eg. tomato or cheese)
- Packet of dried pasta (approx. 100g dry per person)
- 100g grated cheese
- 2 cups frozen vegetables (eg. peas or corn)

### Directions:

1. Boil water, add pasta and cook until soft, strain and then set aside.
2. Combine cooked pasta, tuna/salmon, vegetables, pasta sauce and half the cheese in a baking dish and mix through.
3. Sprinkle cheese over pasta and place in a 180°C oven, bake for 30 minutes.

*Handy Hint: Serve with vegetables (eg. peas and corn) on the side, to make the dish tastier and more nutritious.*

# Create Your Own Pizza

Serves 4

## Items from Hope City Mission Food Bank Shopping List

- McCain Garlic Pizza base (frozen)

## Choose Toppings from Hope City Mission Food Bank:

- Chunky Salsa
- Flavoured Tuna (eg. tomato and capsicum, spicy red chilli)
- 3 Bean mix
- Chickpeas
- Kalamata Olives
- Pineapple pieces
- Grated cheese

## Optional Toppings to Buy:

- Ham
- Chicken (cooked)
- Egg
- Vegetables including capsicum, mushrooms, onion, spinach, tomato

## **Directions:**

- 1. Remove frozen pizza from packet.**
- 2. Add your favourite toppings.**
- 3. Cook in oven following packet directions (generally 10 - 20 minutes).**







## Mashed Potato with Baked Beans & Cheese

Serves 4

### Items from Hope City Mission Food Bank Shopping List

- Mash potato mix (200g) or buy 4 large potatoes
- Baked beans
- Tuna (large can)
- 1 cup grated cheese

### Directions:

1. Follow directions to make mashed potato or peel and cook potatoes in boiling water and mash.
2. Combine baked beans and drained tuna in a small baking dish.
3. Place mashed potato onto baked bean and tuna mix.
4. Sprinkle with some grated cheese and bake until cheese is golden. If you do not have baking facilities, mix grated cheese with mashed potato and eat with warm baked beans and a can of tuna.

# Chicken & Vegetable Soup

Serves 4

## Items from Hope City Mission Food Bank Shopping List

- 1 Litre Chicken stock
- 2 cups frozen Vegetables (eg. peas and corn)
- McKenzie's Soup mix (use half a packet)

## Optional Items to Buy:

- 3 Chicken breast fillets, thinly sliced
- Large can of Creamed Corn (approx. 420g)
- Vegetables eg. Celery, carrot, zucchini, green beans, tomatoes, leeks etc.



## **Directions:**

1. Make up stock using stock cubes as per directions on packet or use ready to use liquid stock.
2. Place stock in a large saucepan, stir in vegetables and creamed corn.
3. Bring to the boil, stirring occasionally.
3. Reduce heat to a simmer & add chicken, stirring thoroughly to break up chicken.
4. Cook for 5 minutes or until chicken is cooked through.

**Handy Hint:** Double the recipe and freeze some for later.

Resource prepared by Claire Trevorrow & Nicole Boyer, Deakin University Student Dietitians, for Hope City Mission (2009).

## **APPENDIX 5. *School Lunch Ideas***



## School Lunch Ideas from Hope City Mission Food Bank

### EVERYDAY FOODS

#### Lunch Box Ideas using Hope City Mission Food Bank Shopping List

Rice Cakes or Ritz Crackers with spreads such as:

- Jam
- Peanut Butter
- Vegemite
- Cheese

Veggie Sticks

- Carrot
- Cucumber
- Celery
- Capsicum
- Mushroom



Serve with dips or spreads including:

- Hummus (chickpea dip)
- Peanut Butter
- Cream Cheese

Fruit Pieces

- Peaches
- Apricots
- Fruit Salad

*Handy Hint:* Tinned fruit can be packed in lunch boxes by using smaller plastic containers.

# Corn Fritters

Makes 4 large, or 12 small

## Items from Hope City Mission Food Bank Shopping List:

- 1 can corn kernels, drained
- 1 cup self raising flour
- 2/3 cup water

## Directions:

1. Mix flour and water together.
2. Add corn and mix well.
3. Cook in fry pan with small amount of oil/butter, flip once and cook until golden brown on both sides.



*Handy Hint:* You may like to serve these with Chunky Salsa, or add  $\frac{1}{2}$  cup cheese to the recipe.

## SOMETIMES FOODS

### Easy Peasy Muffins

Makes 12

Items from Hope City Mission Food Bank Shopping List:

- 2  $\frac{1}{2}$  cups Self-raising Flour
- $\frac{3}{4}$  cup Caster Sugar
- 1 tablespoon Margarine / Butter, melted
- 1 cup Milk

Need to Buy:

- 1 Egg



**Directions:**

1. Preheat oven to 180°C.
2. Spray muffin tin with oil or grease with margarine/butter, or use patty cases on a flat tray.
3. Sift flour into large bowl.
4. Stir in sugar.
5. Use a fork to whisk together melted margarine/butter, milk and egg. Then add to flour mixture.
6. Add in optional ingredients (eg. Peach, apricot, choc chips, banana, raspberries). (See below).
7. Stir gently until mixture is combined.
8. Spoon mixture into tin/cases.
9. Bake for 20 - 25 minutes or until muffins have risen and spring back when touched.
10. Leave in pan to cool.

## Variations

### Fruit Muffins:

#### Items from Hope City Mission Food Bank:

- Peach Slices or Apricot halves, drained and chopped into cubes.



### Choc-Chip Muffins:

#### Need to Buy:

- Chocolate chips (milk, dark or white).
  - o Add 1 packet to muffin mix.

### Banana or Banana & Choc-Chip Muffins:

#### Need to Buy:

- 2 ripe bananas, mashed
- Choc chips (milk, dark or white).
  - o Add 1 packet to muffin mix.



### Raspberry or Raspberry & Choc-Chip Muffins:

#### Need to Buy

- Choc chips (milk, dark or white).
  - o Add 1 packet to muffin mix.
- 1 cup frozen or fresh Raspberries.

**Handy Hint:** Be very gentle when stirring raspberries as they can break very easily.

**Fruit Muffins (eg. Banana, peach, raspberries) are the best option, save chocolate chip muffins for special occasions!**

# Cool Cookies

Makes 50

## Items from the Hope City Mission Food Bank Shopping List:

- 250g Butter, softened
- 1 cup Caster Sugar
- 2  $\frac{1}{2}$  cups Plain Flour

## Directions:

1. Beat butter and sugar in a bowl until light and fluffy (use electric mixer or wooden spoon).
2. Stir in sifted flour.
3. Knead dough until smooth.
4. Divide dough in half and roll each into a log shape (as big as a 50c piece and 25 cm long).
5. Wrap dough in plastic wrap and refrigerate for 1 hour.
6. Cut rolls into 1 cm slices.
7. Place 1cm apart on greased oven trays.
8. Cook for 10 minutes in 180°C oven until golden brown.

*Handy Hint:* The mixture is quite crumbly at first so needs to be kneaded quite a lot to properly combine the butter and flour.



## *Variations:*

Add sprinkles or chocolate chips before baking.



# Honey Joys

Makes 24



## Items from Hope City Mission Food Bank Shopping List:

- 90g Butter or Margarine
- 1/3 cup Caster Sugar
- 1 tablespoon of Honey
- 4 cups Cornflakes

## Need to Buy:

- Patty cases

## Directions:

1. Preheat oven to 150°C.
2. Set out patty cases on tray.
3. Melt butter, sugar and honey together in a saucepan or in the microwave.
4. Add cornflakes and mix well.
5. Spoon mixture into patty cases.
6. Bake in oven for 10 minutes.
7. Refrigerate until set.

*Handy Hint: Keep Honey Joys in the fridge to make sure they stay crisp.*

# Pikelets

Makes 20

## Items from Hope City Mission Food Bank Shopping List:

- 2 cups Self-raising Flour
- $\frac{1}{2}$  cup Caster Sugar
- 1 cup Milk

## Need to Buy:

- 2 Eggs

## Directions:

1. Beat eggs and sugar together (using fork or whisk).
2. Add milk, then flour.
3. Mix until combined.
4. Cook in fry pan with small amount of oil/butter, flip once, cook until golden brown on both sides.

*Handy Hint: Serve with jam, honey, golden syrup, sugar, Nutella or lemon. Can be eaten straight away or put in school lunch boxes for a snack.*



Prepared by Nicole Boyer and Claire Trevorrow,  
Student Dietitians from Deakin University (2009).

**APPENDIX 6. *The Super 6 Lunch Box  
Essentials***

# The Super 6 Lunch Box Essentials



## 1 Crazy Carbohydrates

Bread, bread roll, crackers, pita bread, rice cakes, pasta, rice, pikelet



## 2 Fantastic Fruit

Pieces of fresh fruit (eg. Apple, strawberries, banana) or tinned fruit in natural juice



## 3 Vibrant Vegetables

Vegetable sticks with dip or cream cheese or salad in a sandwich (eg. Lettuce, grated carrot)



## 4 Pumping Protein

Meats such as chicken or ham, tuna, eggs or baked beans



## 5 Delicious Dairy

Milk, cheese, yoghurt, custard or soy with added calcium



## 6 Dare to Drink!

Take a drink bottle with WATER for drinking during the day. A pre-packaged milk drink is also a good choice.

## **APPENDIX 7. *Smart Shopping Tips***

# Smart Shopping Tips

**Plan Ahead:** Plan your meals for the week and make a list of the items you will need, including lunches and snacks for the kids (or yourself).



**Make a List:** Add items to your shopping list as they run out or are getting low and resist the temptation to buy items that are not on your list.

**Check the "Junk Mail":** Compare prices between supermarkets and plan meals around weekly specials.



**Choose Home Brand:** Consider buying cheaper brands especially for basic items such as pasta, rice, tinned or frozen vegetables, flour and sugar.

**Buy in Bulk:** If you have the space to store extra items like rice, pasta, flour, sugar, and hygiene products (eg. Soap, shampoo)



**Shop Around:** Compare green grocers and butchers prices with supermarket prices.

**Get Fresh:** Buy fruits and vegetables that are in season, as they are often cheaper.



**Budget Bread:** Bread is often cheaper at a bakery, and is often sold at a reduced price at the end of the day

**Sunset Shopping:** Shop at supermarkets at the end of the day as this is when foods are likely to be discounted.



**APPENDIX 8. *Coeliac Disease and Gluten Free Foods***

# Coeliac Disease and Gluten Free Foods

## What is Coeliac disease?

Coeliac disease is a condition that causes damage to the small intestine when foods containing gluten are included in the diet.

## People with Coeliac disease need to avoid gluten for the rest of their lives.

Most people with Coeliac disease will feel unwell if they eat gluten, and symptoms include bloating, diarrhoea, abdominal pain and feeling tired all the time.

Some people do not feel unwell when they eat gluten, but there will still be internal damage to their bodies.

## What is gluten?

Gluten is a protein found in wheat, rye, oats and barley and all of their derivatives. All foods containing these ingredients, or other ingredients containing gluten, need to be avoided by people with Coeliac disease.

### Common foods containing gluten:

- Bread
- Cereals – wheat, oats, rye, barley
- Flour
- Biscuits
- Cake
- Buns
- Pasta
- Pizza
- Pies
- Doughnuts
- Pancakes
- Ice cream cones
- Crumbed and battered foods (eg. Chicken schnitzel)
- Hamburgers
- Vegemite
- Milo
- Beer



However, there are a lot of foods that do not contain gluten, and there are plenty of ways to maintain a healthy, nutritious diet whilst avoiding gluten.

### Gluten Free Foods:

- Rice
- All fresh Fruit and Vegetables
- Fresh meat (beef, chicken, fish)
- Eggs
- Nuts
- Milk



- Cheese
- Most yoghurts and ice creams
- Jam
- Honey
- Peanut Butter
- Tea
- Coffee





### How do I know if a food contains gluten?

Some foods will have the words 'gluten free' or the gluten free symbol printed on the packet. These foods will be safe to eat.



You can also check the ingredient list.

Some ingredients derived from wheat are safe to eat because they contain no detectable gluten.

These include:

- wheat glucose
- wheat glucose syrup
- wheat dextrose
- caramel colour (150) from wheat



If you see any of these words on the ingredient list, the food is **NOT** gluten free:

- wheat flour
- wheat starch
- wheat maltodextrin
- wheat dextrin
- wheat protein
- barley
- rye
- oats
- triticale
- gluten
- semolina
- burghul
- couscous
- spelt
- kamut

Any ingredient that comes from a gluten containing source **MUST** have the source declared.

Eg. Thickener (modified wheat starch)

If an ingredient is **NOT** derived from a gluten containing source, the source does **NOT** need to be declared. Eg. Thickener (modified starch).

**NO NEWS  
IS GOOD  
NEWS!**

### Reading Food Labels

Use these examples of food product labels to practice reading labels and identifying whether or not they are gluten free.

#### Capsicum and Tomato Pasta Sauce

Tomatoes (85%), red capsicum (4.5%), glucose syrup (from wheat), salt, onion, garlic, food acid (citric), chilli, spices, water added.

#### **Is this product gluten free?**

Yes! Glucose syrup from wheat contains no detectable gluten and is safe to eat. All other ingredients are safe.

Strawberry Yoghurt

Milk, skim milk, strawberries (8%), sugar, thickener (1422), gelatine, acidophilus bifidus, preservative.

**Is this product gluten free?**

Yes! The thickener does not state that it came from a gluten-containing source so NO NEWS IS GOOD NEWS! All other ingredients are safe.

Spinach and Potato Soup

Water, Potatoes (34%), Spinach (4.5%), cream, onions, maize starch, salt, yeast extract (contains traces of barley), sugar, spice.

**Is this product gluten free?**

No. Although maize is a safe source, the yeast extract has been labelled as containing barley which is a gluten-containing source.

Creamy Sun Dried Tomato Pesto

Tomatoes (reconstituted, paste), vegetable oil, sun-dried tomatoes (6%), peanuts, milk solids, salt, garlic, pinenuts, lemon juice concentrate, flavour, vinegar, yeast extract, herbs, spices, vegetable gum (415).

**Is this product gluten free?**

Yes! The yeast extract does not state that it came from a gluten-containing source and the vinegar is not declared as malt vinegar so NO NEWS IS GOOD NEWS.

**DOUBLE CHECK!**

You should always check the label even if it is a product you have eaten before. Sometimes companies change their recipes without informing their customers. Just because it was gluten free before, doesn't mean it will always be gluten free. Also, the ingredients of products will vary between brands.

**Gluten Free Products**

Of course, there are many specially made gluten free products available including gluten free flour, pasta, cake mixes, biscuits, bread, baked beans, lollies, and the list goes on. These products will be safe to eat.

You can also try making your own gluten free foods as these are usually cheaper than buying packaged biscuits and cakes.

**Hopefully you can see now that there are plenty of regular food products that are suitable for people with Coeliac disease, it just takes a little extra time to read the label.**

For more help in understanding Coeliac disease and choosing gluten free foods you may like to contact the Coeliac Society of Victoria on 9808 9922 or visit their website [www.coeliac.org.au](http://www.coeliac.org.au)

## **APPENDIX 9. *Healthy Eating Made Easy***



## Healthy Eating made **EASY**

Hope City Mission Food Bank

Here is some information about the kinds of foods that you need to eat each day to get enough of the nutrients you need to stay healthy. Healthy eating throughout life will reduce the risk of health problems such as heart disease, cancer, diabetes and obesity.

### The 5 Food Groups: **Everyday Foods**

- ✓ Breads, Cereals, Rice, Pasta, Noodles
- ✓ Vegetables & Legumes
- ✓ Fruit
- ✓ Dairy Foods: Milk, Yoghurt, Cheese
- ✓ Meat, Fish, Poultry, Eggs, Nuts, Legumes

These provide the important nutrients the body needs and should be eaten **everyday!**



### Extra Foods: **Sometimes Foods**

- ✗ Other foods that should be eaten **sometimes** and only in **small amounts** (e.g. biscuits, chocolate, lollies, chips, takeaway)

## Everyday Foods

- ❖ Try to eat a wide variety of foods from **within** each of the 5 food groups, as different foods provide different nutrients and amounts of nutrients. If you eat a variety of foods from within each group, you will most likely get all of the nutrients your body needs to stay healthy!

### ✓ Breads, Cereals, Rice, Pasta, Noodles

#### ❖ Best choices:

- Breads: multigrain, wholemeal, rye, pita / flat bread
- Cereals: weetbix / vita brits , porridge / oats, bran muesli (untoasted), sustain, just right, sultana bran
- Rice: brown rice
- Pasta: wholemeal pasta
- Noodles: plain noodles (try to avoid instant varieties)
- Polenta
- Couscous



How many serves each day?		What is a serve?
4 - 7 years	3 - 4	2 slices of bread
8 - 11 years	4 - 6	1 medium sized bread roll
12 - 18 years	4 - 7	1 cup cooked rice, pasta or noodles
Women 19 - 60 years	4 - 6	1 cup porridge
Women 60+ years	3 - 5	1 1/3 cup breakfast cereal
Men 19 - 60 years	5 - 7	1/2 cup muesli
Men 60+ years	4 - 6	

- ❖ Try not to just choose bread and cereals, also eat rice, pasta and noodles as they contain less salt!
- ❖ Look for products that are **less than 400mg sodium/100g** and **less than 15g sugar/100g**
- ❖ Try new foods you may not have eaten before. Try couscous or polenta in place of pasta or rice (available in supermarkets).

These foods are a great source of **carbohydrates, protein, fibre** and a range of **vitamins and minerals**, especially the **B-group vitamins** and **iron!**

## ✓ Vegetables & Legumes

- ❖ Eat a wide variety of vegetables every day, including:
  - **Green vegetables:** spinach, broccoli, Asian greens (eg. bok choy)
  - **Orange vegetables:** carrots, pumpkin, sweet potato
  - **Cruciferous vegetables:** cauliflower, cabbage, brussels sprouts
  - **Starchy vegetables:** potato, sweet potato, corn, taro
  - **Salad vegetables:** lettuce, tomato, cucumber, capsicum
  
- ❖ **Legumes** are a SUPER food, full of fibre, vitamins & minerals, includes:
  - Beans
  - Dried peas
  - Lentils
  - Chick peas



How many serves each day?	
4 - 7 years	4
8 - 11 years	4 - 5
12 - 18 years	5
Women 19 - 60 years	5
Women 60+ years	5
Men 19 - 60 years	5
Men 60+ years	5

What is a serve?
1/2 cup (75g) cooked vegetables
1/2 cup (75g) cooked beans, lentils, chickpeas
1 cup salad vegetables
1 potato

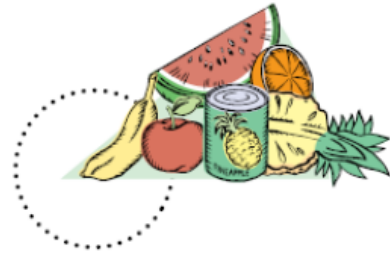
- ❖ **Buy vegetables in season**, they are tastier and best value for money
- ❖ **Use frozen or canned vegetables as an alternative to fresh.** They are often cheaper, quick and easy to prepare, easily stored, and are just as good for you! (Make sure you **buy no-added-salt varieties**).
- ❖ A diet that includes lots of vegetables can help to prevent cancer.

Vegetables & Legumes are SUPER foods, packed full of **vitamins** and **minerals**, - a great source of **fibre** and **carbohydrates**!

## ✓ Fruit

❖ **Eat a wide variety of fruit each week, including:**

- Apples and pears
- Citrus fruit such as oranges and mandarins
- Tropical fruit such as bananas and pineapple
- Stone fruit such as apricot and peaches
- Melons such as cantaloupe and honeydew
- Berries such as raspberries, blueberries
- Grapes



❖ **Make sure you eat the skins too**, as this contains lots of fibre.

❖ Juice is included in this group but it is not as good as fresh fruit, as it doesn't contain as much fibre and often contains added sugar. **If you do choose juice, make sure it contains no added sugar.**

How many serves each day?		What is a serve?
4 - 7 years	2	1 medium piece of fruit e.g. apple, banana, orange, pear
8 - 11 years	2	2 small pieces of fruit, e.g. apricots, kiwi fruit, plums
12 - 18 years	2	1 cup of diced or canned fruit
Women 19 - 60 years	2	1/2 cup of juice (no-added sugar)
Women 60+ years	2	Dried fruit eg. 4 apricot halves
Men 19 - 60 years	2	1/2 tablespoon of sultanas
Men 60+ years	2	

❖ **Buy fruit that is in season**, it is tastier and best value for money

❖ **Use canned fruit as an alternative to fresh.** They are often cheaper, easily stored, and are often just as good for you. **Make sure you buy varieties in natural juice or without added sugar!**

❖ Dried fruit is nutritious and adds variety, but is high in sugar so limit to 1 serve each day.

Fruit is a great source of **vitamins**, especially **vitamin C** and **folate**, **fibre** (especially **in the skins**) and **carbohydrates** (in particular natural sugars)!

## ✓ Dairy Foods: Milk, Yoghurt, Cheese

- ❖ **Milk, Yoghurt and firm cheeses** are the 3 most important foods in this group.
- ❖ **Custard** is also included, but is often high in energy and sugar and should be included less often than milk, yoghurt and cheese.
- ❖ **Ice-cream** is a dairy food but does not contain as much calcium and is often high in energy, sugar and fat - it is a **sometimes** food.
- ❖ **Soft cheeses** such as cottage cheese and ricotta **are not counted as a serve of dairy** as they are low in calcium.
- ❖ For people over 5 years, full cream varieties are not a good option as they are high in saturated fat. **Try to choose reduced fat varieties:**
  - Milk: can be fresh, evaporated or long-life; all are nutritious. Go for options less than 2g fat/100ml & less than 10g sugar/100ml
  - Yoghurt: go for options less than 2g fat/100ml & less than 15g sugar/100ml
  - Cheese: choose varieties less than 15g fat/100g
  - Custard: look for varieties with less than 2g fat/100ml & less than 15g sugar/100ml
- ❖ For children under 5 years of age and people with special needs (eg. frail elderly, underweight), full cream varieties are recommended.

How many serves each day?	
4 - 7 years	3
8 - 11 years	3
12 - 18 years	3 - 5
Women 19 - 60 years	2 - 3
Women 60+ years	2 - 3
Men 19 - 60 years	2 - 4
Men 60+ years	2 - 3

What is a serve?
250ml (1 cup) milk (fresh or long-life)
1/2 cup evaporated milk
40g (2 slices) cheese
200g yoghurt
250ml (1 cup) custard





- ❖ If you are lactose-intolerant or choose not to eat dairy foods make sure you are getting enough calcium. The following foods contain the same amount of calcium as a serve of milk, yoghurt or cheese;

What is a serve?
250ml (1 cup) soy milk *needs to contain at least 100mg of calcium per 100ml
1 cup almonds
5 sardines
$\frac{1}{2}$ cup pink salmon with bones

- ❖ If you can eat dairy foods but simply do not like to, or find it hard to eat 2 - 3 serves each day try the following tips (remember to still go for reduced-fat varieties);
  - Add milk or milk powder to soups, casseroles and sauces
  - Add cheese to omelettes, pasta, vegetable dishes and pancakes
  - Add yoghurt to curries and dips

Dairy foods are an excellent source of **calcium**, and are the best source of calcium in the Australian diet.

Dairy foods are also full of **protein & B-group vitamins (riboflavin & B12)**.

## ✓ Meat, Fish, Poultry, Eggs, Nuts, Legumes

❖ This group contains all kinds of:

- Meat: beef, lamb, pork, ham, goat, mutton, kangaroo
- Poultry: chicken, turkey, duck, quail
- Offal: liver, kidneys
- Fish & Shell-fish: salmon, tuna, whiting, sardines, flake, prawn, mussels, scallops, crab, crayfish, lobster
- Eggs: chicken, duck or goose
- Legumes: beans, lentils, chickpeas, dried peas
- Nuts: go for dry-roasted and unsalted varieties
- Some seeds: sunflower and sesame

How many serves each day?	
4 - 7 years	$\frac{1}{2}$ - 1
8 - 11 years	1 - $1\frac{1}{2}$
12 - 18 years	1 - 2
Women 19 - 60 years	1 - $1\frac{1}{2}$
Women 60+ years	1 - $1\frac{1}{2}$
Men 19 - 60 years	$1\frac{1}{2}$ - 2
Men 60+ years	1 - $1\frac{1}{2}$

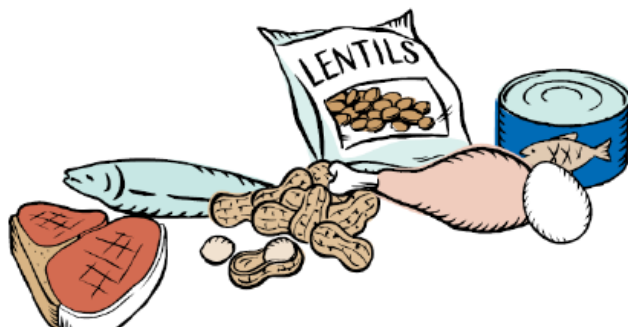
What is a serve?
65 - 100g cooked meat, chicken (eg. $\frac{1}{2}$ cup mince, 2 sml chops, 2 slices roast)
1/2 cup cooked legumes (beans, lentils, chick peas)
80 - 120g cooked fish
2 small eggs
1/3 cup almonds or peanuts
1/4 sunflower or sesame seeds

❖ Foods in this group can often be high in fat, and especially the 'bad fat', saturated fats. These foods are still very nutritious and it is important to include them in your diet, here are some tips on how to avoid eating too much saturated fat:

- **Choose lean meats:** lean or premium mince, skinless chicken breast fillets, trim cuts of meat, 97% fat free deli meats, low fat burgers, low fat sausages
- **Trim visible fat from meat and skin from poultry (chicken)** before cooking
- **Avoid frying or roasting in oil / butter,** grilling, stir-frying (use a small amount of oil) & dry-baking are healthier methods!
- When cooking **use vegetable, canola or olive oil**

- Try to avoid fried fish - **if having fish and chips ask for grilled!**
  - **Try to avoid fried eggs** - hard-boiled, poached, scrambled or an omelette are the best options for eggs
  - **Try to limit sausages and processed meats**, as they are often very high in fat and also salt
  - **Use legumes as an alternative to meat** in casseroles, stews and curries etc.
- ❖ Red meat is an excellent source of iron and zinc - **try to eat red meat 3 - 4 times per week**. This is especially important for young females and women.
- ❖ **Use canned fish as an alternative to fresh**. It is cheaper, easily stored, transportable and just as nutritious! **Make sure you buy varieties in spring water and not oil!**
- ❖ If you are a vegetarian or do not like to eat meat;
- **Make sure you still meet the daily recommended serves** from this group - choose legumes, nuts, seeds
  - **Choose wholegrain or wholemeal breads and cereals**, as these foods are a good source of iron and zinc
  - **Choose breakfast cereals with added iron**
  - Drink fruit juice (no added sugar varieties) or eat fruit in the same meal as legumes, nuts, seeds, wholegrain or wholemeal breads and cereals, as vitamin C increases iron absorption

These foods are a great source of **protein, iron** and a range of **vitamins and minerals**, especially **zinc** and the **B-group vitamins (niacin & vitamin B12)**!



## Sometimes Foods: Extra Foods

- ❖ These are the foods that contain very little nutrients that the body needs and often contain large amounts of saturated fats (bad fats), salt and sugars
- ❖ However, they **can be included sometimes and in small amounts** to add to the enjoyment of eating a healthy, balanced diet!
- ❖ **This group contains:**
  - Biscuits
  - Cakes, muffins, doughnuts
  - Desserts & ice-cream
  - Pastries: croissants
  - Soft drink
  - Potato chips / crisps
  - Pies, sausage rolls, pasties
  - Takeaway foods: McDonalds, Fish & Chips, KFC, Pizza
  - Lollies & Chocolate
  - Cream, mayonnaise
  - Butter, Margarine, oil
  - Alcohol (over 18 years): Australian recommendations are less than 2 standard drinks per day for both males & females, with at least 2 alcohol free days per week. Look on the bottle or can for how many standard drinks are in an alcoholic beverage.

How many serves each day?	
4 - 7 years	1 - 2
8 - 11 years	1 - 2
12 - 18 years	1 - 3
Women 19 - 60 years	0 - 2 $\frac{1}{2}$
Women 60+ years	0 - 2
Men 19 - 60 years	0 - 3
Men 60+ years	0 - 2 $\frac{1}{2}$

What is a serve?
4 plain sweet biscuits (35g)
1 doughnut (40g)
1 slice plain cake (40g)
1/2 small chocolate bar (25g)
2 tablespoons cream or mayonnaise
1 tablespoon butter, marg, oil (20g)
1 can soft drink (375ml)
1/3 meat pie or pasties
12 hot chips
1 1/2 scoops ice-cream

## ❖ Fats & Oils

- **Bad Fats:**
  - **Saturated fats** are a type of fat that can increase your risk of heart disease and are not recommended
  - Saturated fats are found in large quantities in:
    - Butter
    - Lard
    - Dripping
- **Good Fats:**
  - **Unsaturated fats** are a type of fat that can have a positive effect on your health by lowering cholesterol levels in your blood
  - Includes 'polyunsaturated' and 'unsaturated' fats
  - Unsaturated fats are found in:
    - Olive oil
    - Canola oil
    - Peanut oil
    - Sunflower oil
    - Safflower oil
    - Corn oil
    - Soya bean oil
- Try to use unsaturated (good fats) when cooking

## ❖ Healthy Snack Suggestions

- Add fruit to milk & blend together to make **fruit smoothies**
- **Easy to carry fruits:** Sultanas, apples, bananas and mandarins
- **Fruit bread**, crumpets or toast
- Try pikelets, crispbread, **rice cakes with spreads or dips**
- **Vegetable sticks**, eg. carrot & celery
- **Freeze fruit** like grapes, oranges or bananas **in summer!**

Source: The Australian Guide to Healthy Eating

Resource prepared by Claire Trevorrow  
& Nicole Boyer, Deakin University Student  
Dietitians, for Hope City Mission (2009).



# APPENDIX 10. Project Timeline and Budget

## Timeline

Task	Performed by	Week 1	Week 2	Week 3	Week 4	Week 5	Post
Literature Review	Nicole & Claire	██████████					
Consult with KCC	Nicole & Claire	██████████					
Attend MCC EFR meeting	Nicole & Claire	██████████					
Consult with HCM	Nicole & Claire		██████████				
Assess Nutritional adequacy of HCM food packages	Nicole & Claire		██████████	██████████			
Compile report & Present findings to MCC and HCM	Nicole & Claire			██████████	██████████		
Develop Resource(s)	Nicole & Claire			██████████	██████████		
Complete project report write up	Nicole & Claire					██████████	
Evaluate	Nicole & Claire					██████████	
Disseminate report	Nicole & Claire					██████████	██████████

## Budget

Budget Item	Cost (\$)
<b><u>Direct Costs</u></b>	
Dietitian, Grade 2, year 4 @ 0.2EFT for 5 weeks (20 contact hours)	640
Dietetic Students, final year, 2 @ 1.0EFT	0
<b>Total Personnel</b>	<b>640</b>
Materials	400
Catering	200
Travel ~200km @ \$0.60 per km	120
<b>Total Other Direct Costs</b>	<b>720</b>
<b><u>Indirect Costs</u></b>	
On-costs - 25% of personnel budget	160
Admin costs - 10% of other costs	72
<b>Total Indirect Costs</b>	<b>232</b>
<b>Total</b>	<b>1592</b>

# APPENDIX 11. Hope City Mission Food Bank Shopping List

<b>Product</b>	<b>Size</b>
<b>Biscuits/Cakes</b>	
Betty Crocker - Hot Fudge Browne Mix	88g
Chocolate Bottoms & Cookies	200g
Chocolate Chip Cookies	300g
Coles Biscuits	250g
Custard Cream	250g
Festival Cookies	200g
FineFare Chocolate Biscuits	200g
Glengary Shortbread	200g
Gluten free Choclate Biscust	200g
Gourmet Bits Chocolate Chip Cookie	125g
Naytura Choc Chip Biscuts	180g
Paradise Cottage Cookies & Cream	200g
Ritz Cracker Biscuts	250g
Shortbread Biscuits	250g
Shredded Wheat Biscuits	250g
Tim Tams Chocloate Biscuts	200g
Tiffany Cream Biscuits	35g
Walkers Shortbread	175g
<b>Breakfast Cereal</b>	
Goldenvale Apple, Sultanas, Honey Porridge	40g
Goldenvale Apricot & Grain Porridge	40g
Goldenvale Oates & Date Porridge	40g
Goldenvale Cornflakes	500g
Goldenvale Cornflakes	500g
Goldenvale Wheat Biscuits	1kg
Goldenvale Wheat Biscuits	1kg
Goldenvale Wheat Biscuits	1kg
Kellogs Cornflakes	525g
Nestle Cheerios	375g
Sanitarium Weetbix	1.3kg
Sanitarium Weetbix Fruity	500g
Uncle Tobys Plus Crisp'n Crunchy	45g
Uncle Tobys Vita-Brits	1kg
White Wings Cornflakes	300g
<b>Coffee</b>	
Chicco Doro Ground Coffee	200g
Douwe Ebets Decaff Instant Coffee (S/Serve)	



Dougue Egbert Granulated Instant Coffee	
Jarrah Latte Sachets (8 per pk)	120g
Moccona Coffee	100g
Nescafe Blend 43	150g
Nescafe Coffee Decaf	100g
Nescafe Coffee Gold	100g
<b>Deserts</b>	
White Wings Honeycomb Buzz Instant Mousse	85g
White Wings Wildberry Whirl Instant Mousse	85g
<b>Drinks (Juice etc)</b>	
Berri Tomato Juice	170ml
Bickford's Pomegranate Juice	1 Ltr
Club Tonic Water	1.25 L
Club Tonic Water	1.25 L
Coles Diet Dry Ginger Ale	1.25 L
Galvinina Pomegranate Fruit Beverage	750ml
Golden Circle Pine Coconut	1 Ltr
Lipton Ice Green Tea	325ml
Lipton Ice Tea Drink - Lemon	250ml
Lipton Ice Tea Drink - Peach	250ml
Lipton Ice Tea Drink - Peach	250ml
Lipton Ice Tea Drink - Peach	250ml
Lucozade Energy Drink	300ml
Milo	750g
Prima Tropical Fruit Drink (6pt)	200ml
Schweppes Dry Ginger Ale	250ml
Schweppes Indian Tonic Water	250ml
Sustugen Mocha Choc	250ml
Tang Lemon Flavour Drink	45g
Tang Orange Flavour Drink	45g
Thorpedo Berry Blaster	350ml
<b>Flour</b>	
Coles Cornflour	300g
Tip Top Self Raising Flour	1kg
Tip Top Self Raising Flour	1kg
Tip Top Self Raising Flour	1kg
Tip Top Self Raising Flour	1kg
White Wings Corn Flour	1kg
<b>Fruit</b>	
Coles Apricot Halves	825g
Coles Fruit Salad	825g
Coles Peach Slices	825g
Homebrand Peach Slices	825g
<b>Mexican Meals</b>	

Coles Chunky Salsa - Mild	350g
Coles Mexican (6pk) Burrito Tortillas	240g
Coles Nacho Topping - Mild	350g
Coles Taco Seasoning	35g
Coles Taco Seasoning	35g
Coles Taco Seasoning Mix	35g
Coles Taco Sauce - Medium	250g
Coles Taco Sauce - Mild	250g
Coles Taco Sauce - Mild	250g
<b>Milk</b>	
Devondale Full Cream Milk	1Ltr
Devondale Full Cream Milk	1Ltr
<b>Noodles</b>	
Ever Roka Instant Noodles - Beef	65g
Ever Roka Instant Noodles - Chicken	65g
Fantastic Noodles - Beef	70g
Jade (Single Pk) 2 min Noodles - Chicken	75g
Maggi Super Noodle Mega - Tandoori Chicken	100g
Maggi Tandoori Chicken Noodle	100g
Maggi 2 Minute Noodles - Beef	83g
Maggi 2 Minute Noodles - Beef	83g
Maggi 2 Minute Noodles - Chicken & Corn	83g
Maggi 2 Minute Noodles - Chicken & Corn	83g
Maggi 2 Minute Noodles - Chicken & Corn	83g
Mamee Express Noodles - Beef	60g
<b>Pasta</b>	
Clear Bags of Spiral Pasta	500g
Clear Bags of Tortelli Pasta	1kg
Corvaloni Spiral Spaghetti	500g
Kookaburra Spaghetti	500g
Kraft Easy Mac Cheese Microwave 4pk Cheese	70g
Leggo's Napoletana Shiraz	240g
Leggo's Tuna Napoletana	340g
Leggo Kids Pasta Meals Too Good Tomato	200g
Nanda Penne Pasta	500g
Nanda (Large) Spirals	500g
San Remo Chicken & Curry Pasta Snack	80g
San Remo Instant Canelloni Pasta (box)	125g
San Remo Penne Pasta	350g
SPC Spaghetti	420g
SPC Spaghetti	220g
Vetta Penne Pasta	500g
Kraft Easy Mac (4 pack) Beef	280g
<b>Rice</b>	

Coles Long Grain Rice	1 kg
Imperial Rice	2kg
Rice	2kg
Sunrice Premuin Longrain (White) Rice	500g
Sunrice Tomato Rice	250g
Simple Chicken Risotto (Gluten Free)	280g
<b>Sauces/Dressings</b>	
Basilco - Tomato & Basil Pasta Sauce	400g
Bertolli 5 Cheese Pasta Sause	500g
Bertolli Oven Roasted Garlic & Onion	500g
Bertolli Oven Roasted Garlic & Onion	500g
Bertolli Summer Tomato Basil	500g
Bertolli Summer Tomato Basil	500g
Bertolli Garlic within Wine	500g
Bertolli Garlic within Wine	500g
Bertolli Garlic within Wine	500g
Continental Cream of Chicken	45g
Continental Four Cheeses Pasta Sauce	110g
Continental Hollandaise Sauce	45g
Continental Hollandaise Sauce	45g
Continental White Sauce	35g
Heinz Tomato with Capsicum & Chilli	370ml
Heinz Tomato with Italian Herbs & Olives	370ml
Honey Mustard Chicken Sauce	500g
Honey/Mustard Dressing	1 kg
Leggos Italian Chicken Scallopins	445g
Maggi Beef Hotpot Sauce	110g
Maggi Fish Chowder	45g
Maggi Sweet Chicken Casserole Sauce	110g
Masterfoods Honey Mustard Dressing	1 kg
Masterfoods Wholegrain Mustard	175g
McCormick Tomato & Onion Sausages Flavour	
Oyster Sauce	210ml
Portuguese Peri Peri Sauce	2kg
Select 97% Fat Free Stroganoff Simmer Sauce	250g
Tuscany Pasta Sauce	450g
<b>Snack Foods</b>	
Arnotts TV Snacks	175g
Crunchy Nut Muesli Bars (6 per pack)	180g
Le petit Eco Milk Chocolate	150g
Pure Harvest Corn Cakes	150g
Tandoori Naan Bread	250g
Uncle Tobys Crunchy Orignal Muesli (ind)	20g
Uncle Tobys Rollups Cherry Berry (8 per pk)	15g

Vita Wheat Grain Snacks	280g
<b>Soup</b>	
Chef's Cupboard - Chicken Flavour Stock Cubes	105g
Continental Cupa Soup - Asian Red Thai Curry (2pk)	60g
Continental Cupa Soup - Cremy Chicken & Corn	60g
Continental Cupa Soup - French Onion (4pk)	65g
McKenzies Soup Mix	180g
McKenzies Soup Mix	500g
<b>Spreads</b>	
Bonne Maman Strawberry Spread	28g
Bramwells (Smooth) Peanut Butter	375g
Grandessa Strawberry Conserve	500g
Kraft Vegemite	150g
Kraft Tomato & Basil Deli Spread	230g
Sanitarium Peanut Butter	375g
Select Blackcurrent Jam	620g
<b>Sugar</b>	
Bilo Caster Sugar	500g
Coles White Sugar	2kg
CSR White Sugar	500g
CSR White Sugar	1kg
CSR White Sugar	270g
Merryfield White Sugar	2kg
Pure Caster Sugar	500g
<b>Tea</b>	
Dilmah Ceylon Supreme Tea (10pk)	20g
Harris Black Tea (Single Serve)	
Impra Black & Green Tea	4g
Lipton Chai Latte Hazelnut Tea (1 Box)	185g
Quick Brew Tea Bags (box)	185g
Twinnings Simply Tea	90g
<b>Tuna / Salmon</b>	
Coles Pink Salmon	415g
Greenseas Tuna Mixed Beans	95g
Homebrand Pink Salmon	415g
Homebrand Tuna - Lemon & Black Pepper	95g
Safcol Tuna/Corn & Bean Salsa	95g
Safcol Tuna/Spicy Red Chilli	95g
Safcol Tuna/Tomato & Capsicum	95g
St Lawrence - Tuna (with Onion)	95g
St Lawrence - Tuna (with Tomato & Capsicum)	95g
<b>Vegetables</b>	
Bi Lo Red Kidney Beans	750g
Carloni Diced & Peeled Tomatoes	400g

Coles Chickpeas	425g
Coles Whole Peeled Tomatoes	400g
Coles Whole Peeled Tomatoes	400g
Coles Three Bean Mix	420g
Farmland Green Peas	420g
Homebrand Peas (canned)	400g
Homebrand Peas (canned)	400g
Red Rooster Mashed Potato in Sachet	190g
San Remo Mashed Potato (4 cheeses)	100g
<b>Miscellaneous Products</b>	
Aristocrat Kalamata Olives	275g
Aeroplane Jelly Crytals - Mango Mania	85g
Aeroplane Jelly Crytals - Lime	85g
Aeroplane Jelly Crytals - Raspberry	85g
Bertolli Classic Olive Oil	500ml
Bertolli Organic Extra Virgin Oil	250ml
Coles Golden Syrup	400g
Cromwells Red Wine Vinegar	500ml
Heinz Baked Beans	420g
Homebrand Spagetti	420g
McKenzies Bi-Carb Soda (box)	500g
Mckenzie's Lite Coconut	175g
Paseo Lui Organic Extra Virgin Olive Oil	500ml
Tandaco Stuffing Mix - Sage & Onion	200g
Tandaco Stuffing Mix - Seasoned	200g
Woolworths Extra Greek Virgin Olive Oil	500ml
Woolworths Red Wine Vinegar	500ml
<b>Frozen Items</b>	
Apple Spring Rolls	48 Pieces
Bega Cheese	250g
Chicken Burger Patties 4pk	300g
Chips	1 kg
Chunky Steak Meat Pie	2 x 100g
Club Cheddar Cheese French Onion Flavour	200g
Coles Mint Flavour Peas	500g
Coon Sliced Cheese	500g
Cottage Pies	2 x 100g
Garlic Bread	450g
Girgar Butter	250g
Healthy choice Oyster Beef Meals	300g
Ice	Bags
Lean Cuisine Beef & Potatoe Mash Meals	370g
Mainland Cheese	500g
Mamma Rosa's Kitchen Ravioli	500g

Mamma Rosa's Kitchen Tortellini	500g
McCain Garlic Pizza Bread	320g
Pacific West Fish Goujon Medley	280g
Pitango Organic Chicken & Garlic Rissotti	500g
Plain Meat Pies	2 x 100g
Seafood Bites	240g
Steak & Pea Meat Pie	2 x 100g
Tempura Chicken Nuggets	1kg
Variety Pies	2 x 100g
Western Star Butter Light	250g
Wing Things Chicken	750g