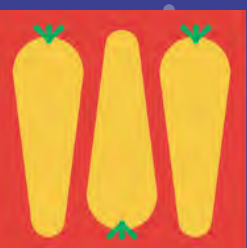


# DIRECTORY OF NUTRITION RESOURCES

FOR CULTURALLY AND LINGUISTICALLY  
DIVERSE (CALD) COMMUNITIES

NOVEMBER 2021



HEALTHYEATING  
ACTIVE LIVING



# ABOUT THE DIRECTORY

**This directory lists reliable healthy eating information for culturally and linguistically diverse (CALD) community members. The directory is divided into topics with a brief description of each resource. The name of each resource is in underlined bold type and is hyperlinked for easy access.**

- 3** **TRADITIONAL FOODS**
- 3** **HEALTHY EATING GUIDELINES**
- 4** **MEAL IDEAS AND RECIPES**
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- 5** **HOW TO READ FOOD LABELS**
- 5** **FOOD SAFETY AND STORAGE**
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- 9** **FRUIT AND VEGETABLES**



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## Where to find traditional foods

- **Fair food directory - ethnic grocers:** Food directory of ethnic grocers who sell traditional foods in the Illawarra. This website ([foodfairnessillawarra.org.au](http://foodfairnessillawarra.org.au)) also has directories for local food, community gardens and free and low-cost meals.

## Healthy eating guidelines

- **The Australian Guide to Healthy Eating handout (includes serve information):**  
This two-page handout shows the five food groups and standard serve sizes recommended each day for adults and children. Available in English, Arabic, Khmer, Dari, Hindi, Punjabi, Korean, Filipino, Tamil, Turkish and Vietnamese.
- **Healthy eating video:**  
This 10-minute healthy eating video is available in Arabic, Italian, Greek, Simplified Chinese, Vietnamese and English. The video describes the five food groups, serve sizes and recommended number of daily serves, plus healthy cooking methods. This resource may also be beneficial for those living with diabetes.
- **Healthy eating guide handout:**  
A simple one-page visual resource which provides information to support the Australian Guide to Healthy Eating. Available in English, Greek, Urdu and Simplified Chinese.
- **Healthy living in Australia booklet:**  
A 44-page booklet about how to eat well, maintain good bowel health, good teeth and the importance of physical activity. Available in English, Arabic, Chin Hakha, Chinese, Dari and Karen.

See also Diabetes Victoria pictorial guides on page 8.

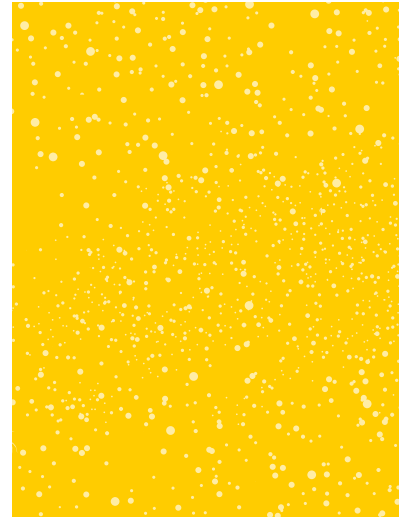


# Meal ideas and recipes

- **The healthy Arabic & community kitchen recipe book:**  
A 64-page recipe book developed by The Healthy Arabic Women Community Kitchen, a program funded and supported by the Food Security Program in South Western Sydney and Sydney Local Health Districts. The recipes are short, in English and Arabic, and contain pictures of traditional Arabic meals that have been modified to make them healthier.
- **The Macedonian cookbook:**  
This cookbook is a compilation of healthy Macedonian recipes from people in the Illawarra and Shoalhaven. Each recipe is written in English, translated to Macedonian and includes pictures.
- **Healthy and tasty challenge recipe competition cookbook in 6 languages:**  
Each file contains illustrated recipes written in English and translated on the same page. Recipes include serving ideas and some key nutrition information in an easy-to-understand style. Available in Chinese (Cantonese & Mandarin), Filipino, Italian, Samoan, Sri Lankan (Sinhalese & Tamil) and Tongan.

# Supermarkets

- **Shopping for healthy food video:**  
*Healthy Eating in Australia* is a series of culturally appropriate, multilingual education videos promoting healthy eating for newly arrived refugee and migrant communities. In this 7-minute video, a family go shopping at a supermarket for healthy food items including fresh, tinned, frozen, and packaged foods and read a nutrition information panel. Alternatives to supermarkets are mentioned and the five food groups are summarised. Filmed in Arabic and available in English, Dari, Tibetan and Karen.
- **Shop smart booklet:**  
A 24-page A5 booklet which may be appropriate for those becoming familiar with the English language. Information includes reading a food label, how to save money at the supermarket, how to use the Health Star Rating, and the cost of healthy versus processed food.





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## How to read food labels

- **Food label guide:**

A one-page simple summary about how to read a food label, with numerical values to aim for, such as '*Limit saturated fats to <3g per 100g*'. The descriptions are available in Greek, Urdu and Simplified Chinese, however, the actual food label is in English.

## Food storage and safety

- **Making food safe to eat video:**

This 10-minute video shows a family learning about safe food practices to prevent food poisoning. Filmed in Tibetan and available in Arabic, Dari, Karen and English.

- **Keeping food safe video:**

This 10-minute video describes basic food safety steps. It is designed for people migrating to Australia from countries where English is not the spoken language, especially those who do not have experience in food preparation. It uses a simple English and pictorial format.

- **Safe food, safe kitchens handout:**

A one-page resource about food safety and storage. It uses pictures of a fridge and freezer to show where to store different foods and how long they can be kept there. Translated into Amharic, Arabic, Dari, Farsi, French, Karen, Kirundi, Kurmanji, Somali, Sorani, Swahili, Tigrinya plus English and an audio file in Dinka.

- **QLD Health: Nourishing new communities - education session:**

Resources for a one-hour education session including a lesson plan, background information, participant handouts and activity sheets and resources.



# Healthy lunches

- **Healthy lunches video:**

This 8-minute video covers the cost, convenience and nutrition of meals prepared at home compared to meals purchased outside the home. The importance of regular physical activity, vitamin D and water as a healthy drink are discussed. Filmed in Dari and available in Karen, Tibetan, Arabic and English.

- **Healthy swaps video:**

A one-page handout with pictures of lunchbox snacks for children, showing healthier swaps for unhealthy snacks. Minimal text and the key messages are in picture format which makes it easy to understand.

- **Food for school video:**

The videos are 2 to 3 minutes long and explain how and why to pack a healthy lunchbox in clear and simple English. A two-page handout provides a summary of the videos in pictures and simple English.

- [Video: Sam's lunchbox](#)
- [Video: How to make a school lunchbox](#)
- [Video: How to make a healthy sandwich](#)
- [Video: Importance of healthy school lunchboxes](#)

- **Food safety & healthy lunchbox ideas for you and your family booklet:**

This 17-page booklet uses simple English and lots of pictures to explain food safety principles, how to pack healthy lunchboxes and encourages fathers to be involved in lunchbox preparation. Includes colouring-in sheets with fruits and vegetables (with names in English).

- **Healthy lunches handout:**

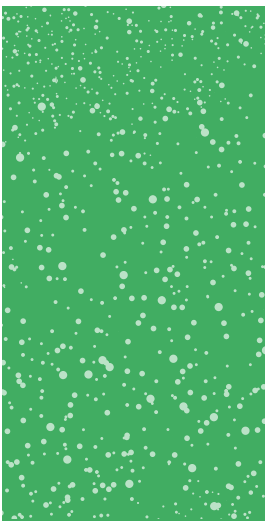
Handouts on preparing healthy lunches for children with culturally appropriate pictures of people and foods. Available in English and translated into Amharic, Arabic, Dinka, French, Kirundi, Somali, Swahili (Kenyan), Tigrinya, Dari, Farsi, Kurmanji, Sorami and Karen. Also available is a 20-page booklet 'A Healthy Start to School' by the Victorian Department of Health, available in Arabic, Simplified Chinese, Dari, Turkish, Urdu and Vietnamese

- **Healthy family routines video:**

This 8-minute video shows a family making changes to their routine and snack food choices to ensure the children get enough sleep and can concentrate at school. Filmed in Karen and available in Arabic, Dari, Tibetan and English.

- **Healthy snacks handout:**

A simple one-page handout showing pictures of healthy snack options. Minimal text in English with the key messages in pictures.





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## Shopping lists

- **Planning healthy meals video:**  
In this 7-minute video, a family plan their weekly food shopping. They prepare a shopping list while talking about the five food groups for healthy eating. Available in Arabic, Dari, Tibetan, Karen and English.
- **QLD Health Multicultural Health: Nourishing new communities - healthy food in the first seven days:**  
Examples of comprehensive shopping lists, including costs, for various refugee communities including Burundi/Rwanda/Congo, Eritrean/Ethiopian, Karen-Burmese, Middle-Eastern, Sierra Leonean/ Liberian and Sudanese.

## Diet and oral health

- **The importance of a healthy diet video:**  
The 3-minute *Healthy Mouth - Something to Smile About* video provides culturally and linguistically appropriate oral health information, targeting newly-arrived refugees and others of migrant background in NSW. The video also covers the importance of a healthy diet. Available in Arabic, Urdu, Dari, Karen, Nepalese, Tamil and English.



## Drinking water

- **Healthy drinks video:**  
This 3-minute video is simple and provides important messages including water in Australia is safe to drink, choose water over unhealthy drinks (such as sugar-sweetened drinks) and how much to drink each day based on age and gender.
- **Healthy drinks handout:**  
A one-page handout with pictures of the healthiest drinks to choose and less healthy drinks to have occasionally. Available in Amharic, Arabic, Dari, Dinka, Farsi, French, Karen, Kirundi, Kurmanji, Somali, Sorani, Swahili, Tigrinya and English. Some are available with audio.

# Pregnancy and infants

- **Healthy eating for pregnancy handout:**

A one-page handout translated into Arabic, Hakha Chin, Chinese (Simplified), Dari, Dinka, Karen, Persian, Swahili, Tamil, Vietnamese plus English. The resource shows foods that are important to eat during pregnancy, and those to avoid, in pictures and simple words.

- **Breastfeeding in Australia video:**

This 6-minute animated video about breastfeeding is in simple English. It is designed for people who are newly arrived in Australia who are learning English.

- **Bottle and formula preparation video:**

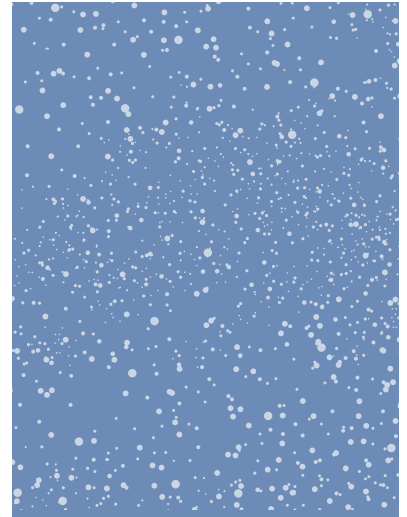
This 2-minute video shows step-by-step how to prepare baby formula for bottle-feeding for newborns and young babies. It briefly mentions expressed breastmilk. Available in Arabic, Auslan, Burmese, Chinese (Simplified), Chinese (Traditional), Dari, Dinka, Hindi, Indonesian, Karen, Korean, Nuer and Vietnamese plus English. Includes English subtitles.

- **Time to start solids for your baby video:**

This 9-minute animated video on introducing solid food to babies is in simple English. It is designed for people who are newly arrived in Australia who are learning English.

- **Time to start solids for your baby handout:**

A two-page handout containing a summary of the information from the *Time to Start Solids for your baby* video. Has contact details for Queensland Health which will need to be modified for local use.



# Diabetes

- **Diabetes Victoria pictorial guides:**

Scroll down the webpage to translated pictorial guides which have been developed with community input and include culturally-relevant pictures and tips for staying healthy. Pictorial guides are available in Arabic, Chinese (Simplified), Chinese, Chinese (Traditional), Greek, Italian, Karen and Vietnamese. Guides use simple English and pictures for ease of use. Healthy eating, exercise and other diabetes-related topics are included.





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## Fruit and vegetables

- **Victorian Refugee Health Network: Vegetables in Mildura booklet:**

An 8-page booklet with pictures of a variety of vegetables commonly available in Australia. Each vegetable has its name in English and phonetic spelling.

- **Victorian Refugee Health Network: 1.22 The welcome kit:**

Scroll down the webpage to *1.22 The Welcome Kit* to find pictorial resources translated into Amharic, Arabic, Somali, Khmer, Dari, Somali, Tigrinya plus English. The resources cover buying fruit and vegetables, preparing vegetables, cooking vegetables, preparing fruit and keeping food safe.



## Contact us

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