FOODcents for Aboriginal and Torres Strait Islander People in WA Program

A Guide to Promote Healthy Eating for Aboriginal & Torres Strait Islander People.
FOODcents for Aboriginal and Torres Strait Islander People in WA Program
Acknowledgments:

The FOODcents for Aboriginal and Torres Strait Islander People in WA project wishes to acknowledge contributions of the following organisations:

Healthway * Department of Health (Nutrition and Physical Activity Branch, Child and Community Health Branch & Office of Aboriginal Health) * Red Cross Headquarters * Midland Women's Health Centre * Drug and Alcohol Service Perth * Derbarl Yerrigan Health Service (Mirrabooka & Maddington) * Marr Mooditj Foundation and Students * Bega Garnbiringu Health Service (Kalgoorlie) * Aboriginal Medical Service (Geraldton, Carnarvon, Broome, Bunbury & South Hedland) * Swan Health Service * East Metropolitan Health Service * Gascoyne Public Health Unit * Kimberley Public Health (Broome, Halls Creek & Wyndam) * Midwest Public Health * Pilbara Public Health (South Hedland & Karratha) * Armadale Community Health * Belmont Community Health * Maddington Community Health * Albany Community Health * Midvale Community Health * Mirrabooka Community Health * Narrogin Community Health * Roebourne Community Health * Wickham Child Health Team * Narrogin Primary School * Narrogin TAFE * Tom Price Primary School * Roebourne Primary School * West Northam Primary School * Peel South West Division of GPs * Canning Division of GPs * Bandyup Women's Prison * Department of Health & Ageing * Cancer Council * Nintirri Centre (Tom Price) * Department of Community Development (Tom Price) * Family Futures (Albany & Narrogin) * Bulup Kulung * Gurlongga Njininj Child Care Agency * South West Aboriginal Medical Services * South Metropolitan College of TAFE * Nyungar Alcohol and Substance Abuse * Department of Education * Curtin University of Technology * South Metropolitan College of TAFE (Rockingham) * Yuri Yungi Medical Service * North Metropolitan Health Service (Mirrabooka Community Health) * WA Department of Training * Manguri * University of Western Australia * Midland Central Metropolitan College of TAFE and Little Yongers ChildCare Centre Bunbury.

We would particularly like to thank the many Aboriginal health workers, Aboriginal education workers, community members, and health professionals throughout Western Australia, as well as the Project Steering Committee who all contributed their thoughts, suggestions, constructive criticisms and wonderful feedback to this project. Special thanks also goes to Stanley Law and Julie Horn from Kimberley Population Health whose concepts on adapting the original FOODcents program have been incorporated into this program.

Ours thanks to you all!
July 2004.
Updated January 2006.
Contact details:

For further information about this program, contact:

The Nutrition Coordinator
North Metropolitan Area Health Service
Population Health
PO Box S1296 Perth WA 6845
Phone: (08) 9224 1625.
Website: http://www.rph.wa.gov.au/hpnetwork/
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About the program
About the Program

FOODcents was first developed in Albany, Western Australia in 1992. It uses a number of different ways to look at changing the way people spend money on food. The original program comprised of:

1. Budgeting session
2. Cooking session
3. Supermarket tour

The FOODcents for Aboriginal and Torres Strait Islander people in WA project is an adaptation from the Department of Health's FOODcents program. This project is funded by Healthway. The aim of the project is to adapt, test and disseminate FOODcents for Aboriginal and Torres Strait Islander people throughout WA.

The FOODcents program was changed after talking to people who work with Aboriginal and Torres Strait Islander people and communities in city, country and remote areas. Parts of the original program were considered unsuitable and as a result were changed or left out. Other parts were modified to have a more Aboriginal and Torres Strait Islander focus. The changes were trialed in the metropolitan area.

The Aboriginal and Torres Strait Islander manual includes a number of different ways for running FOODcents with Aboriginal and Torres Strait Islander communities. It takes into consideration the diverse nature of communities and the varying abilities to read and understand some of the concepts.

This manual is a starting point. It has been designed as a living document that will evolve as communities work with it. The manual is for anyone working with Aboriginal and Torres Strait Islander People wanting to introduce concepts highlighted by FOODcents. Every community is different and the activities will need to be adapted to meet local needs.
General information about working with the Aboriginal and Torres Strait Islander peoples

Keeping in mind the differences between Aboriginal and Torres Strait Islander communities this manual should be used as a guide to promote eating healthy on a limited income.

This program while being based on the Aboriginal communities in WA also includes the Torres Strait Islander people who are living away from the Torres Strait.

Although there are Torres Strait Islander people living in WA it is important to recognise that there may be a difference in eating habits and beliefs, which is part of the Torres Strait culture. It should be noted that this manual has not been developed with the Torres Strait Islander community and may need further development to meet the needs of this community.

Consideration needs to be given to where a community is located and what foods are accessible. This will affect the prices of food. It is up to the worker to be familiar with what foods are available and the current price of food items. Location will also affect what facilities and equipment is available. The worker needs to be familiar with this and make changes where necessary.

The differences in communities are not only where they are located but also in their ability to read, to understand numbers and to handle money. Those communities in the Perth metropolitan area and major country areas tend to have English as their first language and are very familiar with handling money. Communities in more remote areas may have English as a second language and may be less familiar with handling money. These are general statements and consideration always needs to be given to the individual and their abilities.
Here are some broad guidelines to follow when working with Aboriginal and Torres Strait Islander communities. Because of differences between communities you will also need to find out if there are other local protocols you need to know about when working with your community.

- Seek permission from the leader, elder or head of the family to go to the community. Your contact person to help you do this can be someone who already has permission, such as a liaison person or a health worker.

- Once you have permission to talk to the leader, elder or head of family, contact your liaison person about setting up a meeting.

- Before you visit, check that it is still OK, a death in the community or another event may mean you will have to change your plans.

- Do the introductions. Introduce yourself and let the people you are talking to introduce themselves.

- Have a yarn about the FOODcents program and find out if they are interested. If they are, you will need to find out more information to help you plan your session. See page 8 - Planning your Session.

- Remember while FOODcents maybe your priority, people may have other issues that require their attention at the time.
Good Tips About How Adults Learn

Here are a number of general guidelines about working with adults and Aboriginal and Torres Strait Islander communities.

• Information has to be relevant to the real world, to the “here and now”.

• Information needs to be repeated and practiced.

• Information needs to be presented a number of different ways. People need to hear, to see, to touch, to read.

• Working in groups helps people learn from each other.

• Learning is very visual – people need to be able to see and touch.

• Learning occurs by observation and participation.

• Have a yarn about it - talking about the information helps people to remember it.

• Flexibility is the key - what works with one group may not work with another.
How the Program Works

The FOODcents for Aboriginal and Torres Strait Islander people program is designed as a flexible program.

Depending on community interest, the program can be run as a one-off session, or you can run several sessions. You can also conduct activities one-on-one where appropriate. Existing groups who meet regularly can be used, and the activities you choose will depend on the community. You will need to find out some information about the community to plan your session. The section on 'Planning your Session' on pages 8-12 will help you do this.

Every time you run a session, use the 'Guide to Planning your Session' sheet to plan it. An example is included on page 11, and a blank copy is included for you to photocopy (page 10). Choose activities from the manual, but if unsuitable or inappropriate for your community activities can be changed or modified.

It needs to be acknowledged that this program is suited to people who are ready to learn about spending their food dollars wisely. It may not be suitable for people struggling to find money for food as they have other priorities.
Planning your program
Planning your Session

Before your session, find out about:

Who?
• Who is going to come along (young parents, women/men, elderly)?
• How many will be in attendance (for catering)?
• Is it a group that meets already?
• Is it a family group?
• Do you need to organise it or will somebody from the group get everybody there?
• Does everybody have transport? If not who will be organising it?

Where?
• Where will it be held?
• Is it inside or outside?
• Do you need permission to go there?
• Do you need to make a booking or contact your liaison person?
• Is there somewhere to cook? If so, what is it eg. stove/oven, open fire, barbecue?
• Is it close to a supermarket or store?

When?
• What day? What time?
• If you are organising it make sure that:
  • There is nothing culturally significant happening just before, just after or during that time. For example: family crisis, funerals, etc. Make sure you contact your liaison person on the day to check if it is still okay to run your session.
  • How long do you have to run the session? You will need to be flexible with time as you may find you have less time than planned on the day.

Why?
• What is your reason for doing the session?
• What is their reason for coming along?
A Guide To Planning Your Session

• After talking to the community or your contact person, think about your session. Use the 'Guide to Your Session' sheet on page 10 to help you plan.

• Look in the manual and decide what activities would best suit your group. You may need to modify some to make them more suitable. The number of activities you do will depend on the time allowed for your session.

• Be flexible on the day. You may find that you have less time and may not do everything as you planned.

• To plan your session, you should start with an introduction, and finish by getting feedback from your group. The rest of the program should include at least one Healthy Foods activity and a Healthy Dollars activity, followed by a Cook-Up if possible. If people in your group don’t know each other, you should also include an Icebreaker activity. Some examples have been included in the manual.

• The program sections of the manual are:
  - Introduction & Icebreakers
  - Healthy Foods
  - Healthy Dollars
  - Cook-Up
  - Feedback

Include one activity from each section in your program.

• You can use the 'Guide to Your Session' on the next page to help you plan your session.

• See the example of a completed 'Guide to Your Session' on page 11.

• Think about how you will cover the cost of running the session. For example charge $2.00 per head or see if any funding is available through school and/or community agencies (eg. Aboriginal Student Support and Parent Awareness (ASSPA) committees).
# Guide to Your Session

Overall time allowed for the session: _______ Number people in group: _______
Venue: ______________________

<table>
<thead>
<tr>
<th>Session Information</th>
<th>Resources I Need</th>
<th>Time Allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Introduction - Introduce yourself and the session.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Icebreaker - (Optional - this is good for group members who don’t know each other).</td>
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<td></td>
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</tbody>
</table>
| 3. Activity No: ____ *  
Name: ____________________  
_________________________ | | |
| 4. Activity No: ____ *  
Name: ____________________  
_________________________ | | |
| 5. Activity No: ____ *  
Name: ____________________  
_________________________ | | |
| 6. Activity No: ____ *  
Name: ____________________  
_________________________ | | |
| 7. Lunch/morning tea/afternoon tea (you can use the food from the Cook-Up if you are doing this activity) ** | | |
| 8. Feedback and thankyou. | | |

* The number of activities you do will depend on the time you have for your session.
** Food can be made from the Cook-Up, or recipes prepared before the session.
Example of a Planned Guide to Your Session.

Overall time allowed for the session: _______ Number people in group: _______
Venue: ______________________

<table>
<thead>
<tr>
<th>Session Information</th>
<th>Resources I Need</th>
<th>Time Allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Introduction – Introduce yourself and the session.</td>
<td></td>
<td>10 minutes</td>
</tr>
<tr>
<td>2. Icebreaker – (Optional – this is good for group members who don’t know each other).</td>
<td></td>
<td>10 minutes</td>
</tr>
<tr>
<td>3. Activity No: <em>3</em> Name: Eat Healthy Be Healthy Triangle.</td>
<td>Eat Healthy, Be Healthy Triangle Poster.</td>
<td>20-25 minutes</td>
</tr>
<tr>
<td>4. Activity No: <em>8</em> Name: Buying Food the FOODcents Way.</td>
<td>Eat Healthy, Be Healthy Triangle Poster. Food Cards. Pretend money.</td>
<td>35 minutes</td>
</tr>
<tr>
<td>5. Activity No: <em>9</em> Name: Cook-Up.</td>
<td>Recipes, utensils, pots, pans, etc. for cook-up and ingredients.</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>6. Lunch/morning tea/afternoon tea.</td>
<td>Cutlery, crockery, serviettes, etc.</td>
<td>10 minutes</td>
</tr>
<tr>
<td>7. Feedback and thankyou.</td>
<td>List of questions to ask group, or an evaluation form.</td>
<td>10 minutes</td>
</tr>
</tbody>
</table>

* The number of activities you do will depend on the time you have for your session.
** Food can be made from the Cook-Up, or recipes prepared before the session.
Organising Your Session Checklist

Venue.

Transport for the group members.

Promotion of the session eg. Posters, flyers. Include a map if necessary.

Resources to run your activities.

Food, tea, coffee, drinks etc.

Ingredients, utensils, crockery, cutlery, napkins etc, for Cook-Up activity.
The program

The program sections of the manual include:

Pages 14-16:
Introduction
Icebreakers x 6

Pages 17-35:
Healthy Foods
Activity 1   Old Ways, Today & New Ways...
Activity 2   Looking At Your Quiz
Activity 3   The Eat Healthy,
           Be Healthy Triangle (familiar)
Activity 4   The Eat Healthy,
           Be Healthy Triangle (not familiar)
Activity 5   Jordan and Carla’s Moorditj Tucker Video

Pages 36-56:
Healthy Dollars
Activity 6   Comparing Costs of Food
Activity 7   Comparing Value for Money
Activity 8   Buying Food the FOODcents Way
           (the 10 - Plan)

Pages 57-63:
Activity 9   The Cook-Up

Pages 64-67:
Feedback
Introduction

Time: 10 - 15 minutes

1. Introduce yourself.

2. Introduce the session. Give brief explanation about FOODcents and how the program started.

   - FOODcents shows us a new way to balance our diet and food budget. It can help people with a limited budget to shop for and prepare tasty and healthy foods, which are quick and easy to make.
   - FOODcents was first developed in Albany in 1992. Many people have learnt that shopping for food the FOODcents way can save money.
   - FOODcents highlights ways to buy more food for your dollar, and shows how to get better value for your money. It won’t cost a lot more to eat good food for good health.

3. Talk about the importance of eating healthy food for good health. Points for discussion:

   - Six out of 10 deaths are related to a poor diet.
   - Diet-related diseases include heart disease, diabetes, some cancers eg stomach, colon (bowel).
   - One-quarter of diet-related deaths occur in people under 65 years of age.
   - Indigenous men only live to 56 years of age compared to 77 years for all Australian men.
   - Indigenous women only live to 62 years of age compared to 82 years for all Australian women.
   - An Aboriginal person is three times more likely to die from heart disease.
   - An Aboriginal person is 1 ½ times more likely to die from cancer.
   - An Aboriginal person is 10 times more likely to get diabetes and 10-13 ½ times more likely to die from diabetes.
   - An Aboriginal person is more likely to get diabetes at a younger age.

Reference: Department of Health, InfoHealth Website (February 2004).
Story Telling (optional)

• Tell a story about somebody with heart disease, diabetes or cancer.

• Ask members of the group if they know anybody who has any of these illnesses.

• Talk about what they did to control their illness.

• Talk about using healthy eating to stop these illnesses.
Icebreakers

Icebreakers are used to make people feel comfortable with each other. They are good to use if people in the group do not know each other or if there is tension between members in the group. They are also good to get the person running the sessions to know more about the group.

**Icebreaker 1**
Ask each member of the group to give their name and say what their favourite food is. Relate these foods to what will be covered in the session where possible.

**Icebreaker 2**
Ask each member of the group to give their name and say what their least favourite food is. Relate these foods to what will be covered in the session where possible.

**Icebreaker 3**
Ask each member of the group to give their name and the details of the person they most admire and why. If possible relate this back to health eg if a football player is mentioned talk about how he needs to eat well so he can play well.

**Icebreaker 4**
Put pictures of fruit and vegetables up or around (include some bush foods if you want). Ask each person for their name and which one they would choose and why.

**Icebreaker 5**
Ask people for their name and the last thing they ate. Ask them if they thought it was healthy or not.

**Icebreaker 6**
Ask people their name and for an illness caused by not eating healthy food.
Activity 1: Old ways, today and new ways...

Time: 15 - 25 minutes

Why we are doing this activity:

The purpose of this activity is to show how the changes in the way Aboriginal people lived has affected their health. The group will be able to find ways of changing their ways to be more healthy and strong.

Resources you need:

- Butcher’s paper.
- Lots of Texta pens or markers.

How to do this activity:

1. Ask the group to work in pairs or small groups to do a drawing. Ask the group to mark their page into three sections.

2. In the first part - ask the group to draw a picture showing how Aboriginal people lived in the old days.
   - What Aboriginal people looked like (the shape of their bodies).
   - The food people ate and drank.
   - How the people travelled from place to place.
   - How people learned about food.
   - How they got their food.
   - How they cooked their food.
   - The health problems people had.

Note: your group may prefer to write words instead of drawing pictures.
3. In the **second** part – ask the group to draw about the ways Aboriginal people live today. In the **third** part ask them how things could be improved for a new way of living.

4. Ask the groups to talk about their drawings and the differences in lifestyles during the different times.

5. The group leader talks about ways of being strong and healthy, and the importance of eating healthy. Discussion points:
   - Differences between the pictures or words people used.
   - Link between the ways we live and disease.
   - Highlight the importance of making healthy food choices.
   - Refer to page 14 for diet-related health conditions.
   - Maybe ask your group to talk about what they can do to make changes to improve what they are doing now.

6. If you don't think your group can do the “new ways” part. Ask them to do “old ways” and “today” and then have a yarn about what changes can be made.

**Note:**
You may prefer to do this activity on the whiteboard, by asking your questions and have yourself or a participant draw pictures or write the words onto the whiteboard.

**Adapted from:**
Activity 2: Looking at your Diet Quiz

Time: 15 - 20 minutes

Why we are doing this activity:

This activity looks at some foods people may eat and how often they are eaten. The group finishes the activity by thinking about some changes that they could make so they could eat more healthy foods.

The activity is suitable for people who do not read well and have problems with numbers. Each person in the group does their own quiz, using stickers (or Textas) to answer the question. This helps where there may be some degree of shame associated with the foods they eat.

Resources you need:

- 12 green, orange and red stickers for each person (or Textas/pencils).
- Looking at your Diet Quiz - Answer sheet, one for each person.
- Quiz sheet (one copy only for you).

How to do this activity:

1. Explain to the group that this activity will look at some foods they may eat. They will be able to see if they can make some changes so that they can eat more foods for good health.

2. Hand out a set of coloured stickers (Textas/pencils) for each person.

3. Hand out a Diet Quiz-Answer Sheet. Explain that depending on their answer they should place the coloured sticker in the column with that colour.

4. Read one quiz question at a time. Read out all possible answers and ask each person to give their answer using one of the stickers onto their Answer Sheet.

5. Read through each remaining question, answering after each one.
6. After all questions have been asked, ask each person to see which column has the most stickers.

7. Explain results to group. If they have:

- Mostly greens - then they are doing well, and should keep up the good work!
- Mostly oranges - then they doing Ok but there is still some room for improvement.
- Mostly reds - then there are some things they can do so that they eat more foods for good health.

You may like to compare colours on traffic lights with what changes they need to make - see below.

8. Ask the group to finish the activity by thinking about some changes that they could make so that they could eat more healthy foods.

Note: some people in your group may ask for a copy of the questions. You may like to have some spare copies available to give out if requested.

**Traffic Lights – Take a look at what you’re eating**

| Mostly Red | STOP! Have a **good** look at what you are eating. See where you can make some changes! |
| Mostly Orange | Have a look at what you are eating. |
| Mostly Green | Keep going with what you are eating! |
Activity Sheet: Looking at your Diet Quiz

These questions are about the foods you eat. Read out the question one at a time and give possible answers with matching colour.

1. How many slices of bread do you usually eat each day?
   - Six or more
   - Three to five
   - One, two or none
   - Green
   - Orange
   - Red

2. How do you spread butter or margarine on bread?
   - Don’t use butter or margarine
   - Thinly or moderately
   - Thickly
   - Green
   - Orange
   - Red

3. How often do you eat take-away foods such as meat pies, hot chips, fried chicken or fish?
   - Rarely or never
   - Once to four times a week
   - Almost daily
   - Green
   - Orange
   - Red

4. What type of milk do you usually use?
   - Skim or Hi Lo
   - Regular, Sunshine full cream milk powder™
   - Don’t use milk
   - Green
   - Orange
   - Red

5. How many days a week do you have a meal with three or more different vegetables?
   - Six to seven times a week
   - Three to five times a week
   - Less than three
   - Green
   - Orange
   - Red

6. How often do you eat potato crisps, corn chips, Cheezels™, Twisties™ or similar foods?
   - Rarely or never
   - Once to four times a week
   - Almost every day
   - Green
   - Orange
   - Red

7. How often do you eat lollies, chocolates or sweetened health bars?
   - Rarely or never
   - Once to four times a week
   - Almost every day
   - Green
   - Orange
   - Red
8. How many days a week do you eat two or more pieces of fruit?
   - Six to seven: Green
   - Three to five: Orange
   - Less than three: Red

9. How often do you use foods like baked beans, three bean mix, lentils, split peas, dried beans?
   - Almost every day or at least four times a week: Green
   - Once to three times a week: Orange
   - Rarely or never: Red

10. How often do you drink sweetened cordial or cool drinks?
    - Rarely or never: Green
    - Once to four times a week: Orange
    - Almost every day: Red

11. How often do you eat bought pre-packed biscuits and cakes?
    - Rarely or never: Green
    - Once to four times a week: Orange
    - Almost every day: Red

12. What type of breakfast cereal do you usually eat?
    - Porridge, rolled oats, Weet-Bix™, or Vitabrits™: Green
    - Cereals like Cornflakes, Special K™, Rice Bubbles™ NutriGrain™, Coco Pops™: Orange
    - Don’t eat breakfast cereal: Red

How did you go?
Check your answers.

- Mostly green stickers mean you are on the right track, keep up the good work!
- Mostly orange stickers mean you are getting there, but there are some things to work on.
- Mostly red stickers mean that there are lots of ways you can start to eat a healthier way.
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</tbody>
</table>
Mostly orange responses - "you're getting there, but there are some things to work on."
About Activity 3 and 4: The Eat Healthy, Be Healthy Triangle

Why we are doing this activity:

In these activities, the group will make an Eat Healthy, Be Healthy Triangle.

The Eat Healthy, Be Healthy Triangle shows us what foods to eat, and how much to eat for good health.

Before you do this activity with your group, it would be useful to find out if they know about the Eat Healthy, Be Healthy Triangle.

- If your group does know and understand the Eat Healthy, Be Healthy Triangle, then do Activity 3.

- If your group does not have good knowledge and understanding of the Eat Healthy, Be Healthy Triangle or if you are not sure, do Activity 4.

Examples of making Eat Healthy, Be Healthy Triangles are on pages 28 - 29.

See the next page for more information about the Eat Healthy, Be Healthy Triangle.
About The Eat Healthy, Be Healthy Triangle

The reason for the Eat Healthy, Be Healthy Triangle shows the best foods for your body. No food is bad for you, but there are foods that can help us live longer and stop us from getting sick.

The triangle is a good way for you to compare your own eating habits with what foods are best for you.

In the *Eat Less* section you will see that the foods here are the foods mostly made up of fat, sugar and salt. These foods may taste great but when you eat too much of these it can cause you to get sick. Most of the 'Eat Less' foods are:

- Margarine, butter, dripping, oil, chips (hot & cold), pies, biscuits, lollies, jam, cool drinks and cordials.

These foods won't hurt you when you eat a little bit of them, but when you are eating these all of the time it can damage:
- your body (diabetes, heart disease, high blood pressure, anaemia (not having strong blood), and overweight);
- mind; and
- spirit.

'Eat Some' foods are the foods that have more vitamins and minerals than the 'Eat Less' foods. You need more of these foods than the 'Eat Less' foods but not as much as the 'Eat Most' foods. These foods are made up with calcium, iron and proteins, which you need for keeping your blood, bones and hair healthy. The 'Eat Some' foods are:

- Red meat, chicken, fish, milk, cheese, yoghurt, eggs, cream
- Bush food like kangaroo, emu, goanna that come from animals are 'Eat Some' foods.
The 'Eat Most' foods are the foods that are the best for your body. By eating more in this group you are helping yourself to stay strong and fit for a longer life. These foods will help your body, and stop you getting sick with diabetes and heart disease. These foods are:

- Damper, bread, cereals (low in sugar/fat cereals like Weetbix™, Weeties™, and porridge), pasta, rice, baked beans, nuts, split peas, fruit & vegetables.
- Bush foods that come from plants are 'Eat Most' foods.

The Eat Healthy, Be Healthy Triangle can only be helpful if people use it as a guide to work out what foods are best to keep you in good health.

Remembering that when you eat, you are either making your body strong and healthy or are making it weak and sick.

When making a triangle, and if you are not sure where a food belongs, then it usually goes in the 'Eat Less' section.
Activity 3: The Eat Healthy, Be Healthy Triangle (familiar)

Time: 20 - 25 minutes

**Why we are doing this activity:**

In this activity, the group will make an Eat Healthy, Be Healthy Triangle. The Eat Healthy, Be Healthy Triangle shows us what foods to eat, and how much to eat for good health.

This activity suits a group that *knows and understands* the Eat Healthy, Be Healthy Triangle.

**Resources you will need:**

- The Eat Healthy, Be Healthy Triangle poster.
- Lots of food pictures, plastic food models, empty food packets, or food pictures in this manual. See list on 'Foods to Include' on page 34.
- Whiteboard, butcher's paper or piece of calico fabric.
- Blu-tac or sticky tape.
- Coloured Texta marker pens.

**How to do this activity:**

1. Show the Eat Healthy, Be Healthy Triangle poster, and ask your group if they are familiar with it. Foods in each section are:

   - **'Eat Less'** foods - include: butter, margarine, oil, sugar, biscuits, cake, chocolate, potato crisps, cool drink, tea, coffee, salad dressings, sauce, and takeaway foods eg pizza, pies, burgers and hot chips.
   - **'Eat Some'** foods - include: lean meat, chicken without skin, fish, eggs, nuts, milk, cheese and yogurt.
   - **'Eat Most'** foods - include: bread, cereals, rice, pasta, flour, damper, fruit, vegetables, and legumes (eg baked beans and lentils).
2. For the next part, choose one of the following:

a) Divide your group into three smaller groups and each to choose a different part of the triangle. Ask each group to explain their section of the triangle to show that they know and understand which foods fit into each section, or

b) Draw a large triangle with three sections onto butcher’s paper, whiteboard or calico. Have the group make a Eat Healthy, Be Healthy Triangle using the food pictures, plastic food models and empty food packets. Check foods are in the correct sections and explain when they are not. Move foods into correct section if needed, or

c) On butcher's paper, whiteboard or calico have the group write up their answers, or draw pictures instead of writing the words. You can also have old magazines and newspapers available for people to cut out pictures, and glue to a triangle drawn onto butcher’s paper. Check foods are in the correct sections and explain when they are not. Move foods into correct section if needed.

Note: If the group is having difficulty in doing this, it may be best to continue with Activity 4.

3. Summarise this activity by naming the common themes for each section of the triangle and proportions they should be eaten.

‘Eat Less’ - foods with lots of fat, sugar and salt (junk foods).

‘Eat Some’ - meat, fish, dairy products, eggs and nuts.

‘Eat Most’ - fruit, vegetables and cereal foods.

4. If you are confident your group knows and understands about the Eat Healthy, Be Healthy Triangle, ask them about what stops them eating healthy food. Put these on a piece of butcher's paper or whiteboard. Get the group talking about why people don’t eat well and what can be done about it.
Activity 4: The Eat Healthy, Be Healthy Triangle (not familiar)

Time: 20 - 25 minutes

Why we are doing this activity:

In this activity, the group will make an Eat Healthy, Be Healthy Triangle. The Eat Healthy, Be Healthy Triangle shows us what foods to eat, and how much to eat for good health.

This activity is best for a group that does not have a good understanding of the Eat Healthy, Be Healthy Triangle.

Resources you will need:

- The Eat Healthy, Be Healthy Triangle poster.
- Lots of food pictures, plastic food models, empty food packets, or food pictures in this manual. See list on 'Foods to Include' on page 34.
- Whiteboard, butcher’s paper or piece of calico fabric.
- Blu-tac or sticky tape.
- Coloured Texta marker pens.

How to do this activity:

1. Show your group the Eat Healthy, Be Healthy Triangle, and ask if they know about it and what it means.

2. Share the food pictures, plastic food models or empty food packets with your group. (You will need to place some Blu-tac behind each picture if you are making your triangle onto a whiteboard).

3. Draw a triangle with three sections onto paper, whiteboard or calico. Have your group make a Eat Healthy, Be Healthy Triangle, by placing foods into the correct section of the triangle:
   - 'Eat Less'
   - 'Eat Some'
   - 'Eat Most'

Note: if a food doesn’t fit in the 'Eat Most' or 'Eat Some' sections, then it usually goes in the 'Eat Less' section.
4. Check each food has been placed in the correct section, and explain when they are not. Move food into correct section.

'Eat Less' foods - include: butter, margarine, oil, sugar, biscuits, cake, chocolate, potato crisps, cool drink, tea, coffee, salad dressings, sauce, and takeaway foods eg pizza, pies, burgers and hot chips.

'Eat Some' foods - include: lean meat, chicken without skin, fish, eggs, nuts, milk, cheese and yogurt.

'Eat Most' foods - include: bread, cereals, rice, pasta, flour, fruit, vegetables, and legumes (baked beans and lentils).

5. Summarise this activity by naming the common themes for each section of the triangle and proportions they should be eaten.

'Eat Less' - foods with lots of fat, sugar and salt (junk foods).

'Eat Some' - meat, fish, dairy products, eggs and nuts.

'Eat Most' - fruit, vegetables and cereal foods.
Foods to Include when Making a Eat Healthy, Be Healthy Triangle

Include foods from each section of the triangle.

Also include pictures of some foods in the list below. Aboriginal and Torres Strait Islander people often eat these foods*. Include foods from each section of the triangle.

Collect pictures from shopping catalogues, newspapers or magazines. You can ask your local school to help with collecting and making the pictures for you, or to collect clean, empty food packets.

<table>
<thead>
<tr>
<th>'EAT MOST'</th>
<th>'EAT SOME'</th>
<th>'EAT LESS'</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weet-Bix™</td>
<td>Full cream milk</td>
<td>Lambda or mutton necks</td>
</tr>
<tr>
<td>Cornflakes™</td>
<td>Sunshine powdered milk</td>
<td>Flaps</td>
</tr>
<tr>
<td>Weeties™</td>
<td>Condensed milk</td>
<td>Lamb riblets</td>
</tr>
<tr>
<td>Rice Bubbles™</td>
<td>Full cream UHT (long-life milk)</td>
<td>Polon</td>
</tr>
<tr>
<td>Nutrigrain™</td>
<td>Cheese</td>
<td>Dripping</td>
</tr>
<tr>
<td>White bread</td>
<td>Petit Miam™</td>
<td>Margarine</td>
</tr>
<tr>
<td>Damper</td>
<td>Ski yogurt with fruit™</td>
<td>Butter</td>
</tr>
<tr>
<td>White rice</td>
<td>Chicken</td>
<td>Coke™</td>
</tr>
<tr>
<td>Onion</td>
<td>Leg of mutton</td>
<td>Fanta™</td>
</tr>
<tr>
<td>Apples</td>
<td>Leg of lamb</td>
<td>Lemonade</td>
</tr>
<tr>
<td>Oranges</td>
<td>Mutton chops</td>
<td>Cordial</td>
</tr>
<tr>
<td>Tinned fruit</td>
<td>Lamb chops</td>
<td>Flavoured milks</td>
</tr>
<tr>
<td>Soup packs</td>
<td>Lambs fry</td>
<td>Fruit juices</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Pork chops</td>
<td>Potato chips</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>Pork spare ribs</td>
<td>Cheezels™</td>
</tr>
<tr>
<td>Carrots</td>
<td>Shanks</td>
<td>Twisties™</td>
</tr>
<tr>
<td>Lettuce</td>
<td>‘EAT LESS’</td>
<td>Chocolate</td>
</tr>
<tr>
<td>Tomato</td>
<td>Biscuits</td>
<td>Lollies</td>
</tr>
<tr>
<td>Porridge</td>
<td>Sausages</td>
<td>Yogo™</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 minute noodles</td>
</tr>
</tbody>
</table>

* Source: Adapted from Diabetes Australia Western Australia 'Living with Diabetes Program' supermarket tour module for Aboriginal People, by Canning Division of General Practice, January 2004.
Activity 5: Jordan and Carla’s Moorditj Tucker Video

Time: 12 minutes

What this activity does:

Jordan and Carla’s Moorditj Tucker is a video that has been developed by the Yirra Yaakin Noongar Theatre Aboriginal Cooperation and the Departments of Health and Education, WA.

It is directed towards children aged between 8 and 14 with messages about “muscle power”, “brain power”, “play power” and “power in looking good”.

It is based in the Perth city area and would be relevant for people living in the city or in major country areas. Those running groups in more remote areas or where buildings are less well maintained may need to view the video before showing it to a group.

The messages in Jordan and Carla’s Moorditj Tucker repeat the messages about using the Eat Healthy, Be Healthy Triangle as a guide. Included with the video is a Workbook that includes suggested activities for Teachers and Health Workers.

For copies of Jordan and Carla’s Moorditj Tucker contact:

- Your local government primary school.
- Your regional Population Health Unit.
- Various health services, including Aboriginal Medical Services.
- Department of Education, Western Australia.

Note: the above contact details refer to agencies in Western Australia.
Healthy Dollars

About Healthy Dollars activities:

The Healthy Dollars section is the budgeting side of the program, which uses visual ways of looking at value for money.

In the original FOODcents program this section relied on the 10-Plan, the Kilo-Cent$ Counter and looking at Shopping Dockets. Some people find these activities more difficult than others, even more so if somebody has difficulty in reading and understanding numbers.

This section includes a number of activities to discuss budgeting for food. Some activities are more difficult and complex than others. You will need to find out at what level your group is at and choose the activity that suits them the best. Refer to page 4 ‘Consulting Your Community’.
About Activity 6, 7 and 8: Healthy Dollars

There are three activities included:

Activity 6: Comparing Costs for Foods

This activity is for those who find words and numbers difficult. It is introducing the idea that items are packaged differently, weigh different amounts and what the cost is.

Activity 7: Comparing Value for Money

This activity introduces the idea of value for money by looking at a basket of food with mainly 'Eat Most' foods and a basket of food with mainly 'Eat Less' foods, and comparing this with their own spending.

Activity 8: Buying Food the FOODcents Way (the 10-Plan)

This activity is for those who understand numbers a little better and introduces the idea of spending certain amounts of money of different parts of the food triangle.
Activity 6: Comparing Costs of Food

Time: 10 - 15 minutes

Why we are doing this activity:

In this activity, people are introduced to the idea that some foods are better value for money. It introduces that different packets have different weights and take up different amounts of space.

Resources you will need:

- The Eat Healthy, Be Healthy Triangle poster.
- Set of food scales (optional).
- Various food items to weigh:
  - 1 kilogram potatoes.
  - 1 kilogram flour.
  - 1 kilogram carrots.
  - 1 kilogram ready made oven fries.
  - 750g of cornflakes.
  - 750g rolled oats.
  - 750g Coco Pops™ (or other sweetened cereal).
  - 1 kilogram rice.
  - 4 packets, 125g packet rice meal.
  - 2 loaves, 650g bread.
  - 4 blocks, 250g block of chocolate.
  - 5 packets, 200g biscuits.

(Note: packaging sizes change from time-to-time. Choose a packet closest to size indicated).

How to do this activity:

1. Find out the price of each food, and write this on each item. For some groups it may more suitable to round the price to the nearest dollar. You may like to use pretend money such as plastic money to show the cost of each food item.
2. Group foods of similar weight.

3. Have the group weigh or lift individual foods from each group. Compare the size of each packet.

4. Group to identify and discuss foods that are value for money. For example, compare price of:

- Potato and oven fries
- Carrots and oven fries
- Oats and corn flakes
- Corn flakes and Coco Pops™

- Rice and rice meal
- Potato and chocolate
- Bread and biscuits
- Bread and chocolate

(See page 41 for example prices)

5. Other discussion points can include:
- Food comes in different weights, just like costs are different.
- Discuss value for money by comparing the number of people you could feed, eg
  - Bread and chocolate/biscuits. Count slices of bread - how many sandwiches could you make compared to number of people eating the chocolate/biscuits?
  - Potatoes and oven fries – how much more potatoes can you buy for the higher cost of the oven fries. Comment on fat added to potatoes in the oven fries.
- Discuss convenience versus time taken to prepare foods.
- What foods make you feel fuller?
- Cost of processing foods, advertising and packaging eg breakfast cereals and instant rice meals.
- Compare the nutritional value of the foods.

Note: the prices of food vary considerably in Western Australia. It may be more appropriate to do a different type of comparison in this activity. Compare foods that cost about the same but have different nutritional value. Eg pie and some fruit. Discuss value for money by comparing number of people that could eat the food, how full you would feel and nutritional value.
6. Look at where the foods belong in the Eat Healthy, Be Healthy Triangle. Comment that 'Eat Most' foods belonging to the bottom of the triangle are cheaper to buy than foods from 'Eat Less' section.

7. Finish the activity by talking about how FOODcents program encourages people to spend their food money. As a guide, if you spent $100 on food, then:

- More than half ($60) should be spent on 'Eat Most' foods,
- One third ($30) should be spent on 'Eat Some' foods, and
- The rest ($10) should be spent on 'Eat Less' foods.

Note: if you prefer to use another amount to demonstrate spending, refer to 'What is a Healthy Dollar' table, page 42.
Food Prices

The following is a guide only, and is based on Perth metropolitan prices and availability of food. You will need to go to your local store to check local prices and identify suitable comparisons.

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Perth Metro Price*</th>
<th>Local Store Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 kg fresh potatoes</td>
<td>$1.78</td>
<td></td>
</tr>
<tr>
<td>1 kg ready made oven fries</td>
<td>$3.59</td>
<td></td>
</tr>
<tr>
<td>1 kg fresh carrots</td>
<td>$1.65</td>
<td></td>
</tr>
<tr>
<td>825g corn flakes</td>
<td>$5.63</td>
<td></td>
</tr>
<tr>
<td>750g Weet-Bix™</td>
<td>$3.79</td>
<td></td>
</tr>
<tr>
<td>750g rolled oats</td>
<td>$3.60</td>
<td></td>
</tr>
<tr>
<td>750g Coco Pops™</td>
<td>$6.98</td>
<td></td>
</tr>
<tr>
<td>1 kg rice</td>
<td>$1.98</td>
<td></td>
</tr>
<tr>
<td>125g rice meal</td>
<td>$1.93</td>
<td></td>
</tr>
<tr>
<td>4 x 125g rice meals</td>
<td>$7.72</td>
<td></td>
</tr>
<tr>
<td>1 kg flour</td>
<td>$1.15</td>
<td></td>
</tr>
<tr>
<td>1 loaf, 650g bread</td>
<td>$2.99</td>
<td></td>
</tr>
<tr>
<td>2 loaves bread</td>
<td>$5.98</td>
<td></td>
</tr>
<tr>
<td>1 block, 250g chocolate</td>
<td>$3.79</td>
<td></td>
</tr>
<tr>
<td>4 blocks, 250g chocolate</td>
<td>$15.16</td>
<td></td>
</tr>
<tr>
<td>1 packet, 200g biscuits</td>
<td>$1.47</td>
<td></td>
</tr>
<tr>
<td>5 packets, 200g biscuits</td>
<td>$7.35</td>
<td></td>
</tr>
</tbody>
</table>

* Prices collected January 2006.
What is a Healthy Dollar?

You may like to use another amount for 'food money' in the previous example. The table indicates the amount that should be spent on foods from each part of the Eat Healthy, Be Healthy Triangle.

<table>
<thead>
<tr>
<th>Money to Spend on Food</th>
<th>Equals</th>
<th>Healthy Dollar</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>'Eat Less' Foods</td>
</tr>
<tr>
<td>$10</td>
<td>$1</td>
<td>$3</td>
</tr>
<tr>
<td>$20</td>
<td>$2</td>
<td>$6</td>
</tr>
<tr>
<td>$30</td>
<td>$3</td>
<td>$9</td>
</tr>
<tr>
<td>$40</td>
<td>$4</td>
<td>$12</td>
</tr>
<tr>
<td>$50</td>
<td>$5</td>
<td>$15</td>
</tr>
<tr>
<td>$60</td>
<td>$6</td>
<td>$18</td>
</tr>
<tr>
<td>$70</td>
<td>$7</td>
<td>$21</td>
</tr>
<tr>
<td>$80</td>
<td>$8</td>
<td>$24</td>
</tr>
<tr>
<td>$90</td>
<td>$9</td>
<td>$27</td>
</tr>
<tr>
<td>$100</td>
<td>$10</td>
<td>$30</td>
</tr>
<tr>
<td>$110</td>
<td>$11</td>
<td>$33</td>
</tr>
<tr>
<td>$120</td>
<td>$12</td>
<td>$36</td>
</tr>
<tr>
<td>$130</td>
<td>$13</td>
<td>$39</td>
</tr>
<tr>
<td>$140</td>
<td>$14</td>
<td>$42</td>
</tr>
<tr>
<td>$150</td>
<td>$15</td>
<td>$45</td>
</tr>
</tbody>
</table>
Activity 7: Comparing Value for Money

Time: 15 - 20 minutes

Why we are doing this activity:

In this activity, people are introduced to the idea that some foods are better value for money. It also builds on the Eat Healthy, Be Healthy Triangle.

Resources you will need:

- The Eat Healthy, Be Healthy Triangle poster.
- $20 worth of real food mainly from 'Eat Most' and 'Eat Some', and $20 worth of food mainly from 'Eat Less' and 'Eat 'Some' (or use Food Cards in this manual, plastic food models or empty food packets).
- Optional: Empty cigarette packets to the value of $20 (about two packets).
- Plastic dollar coins, pretend money, or cut up the pictures of money included with the food cards in this manual (Appendix 3).

Note: you will need to check the price of food in your store or supermarket. Round off the price to the nearest dollar and write the amount on the food item.

How to do this activity:

Part 1:
1. Divide your group into two smaller groups. Give each group $20, and ask them to select the food they would like to buy with their money (using the cards/plastic food models/empty packets or real food).

2. Ask them to place these foods in the Eat Healthy, Be Healthy Triangle (one group on each side of the triangle).

3. Ask them to add up how much money they spent on the 'Eat Most', 'Eat Some' and 'Eat Less' groups. Write the amount spent on each section, or use coins to show the amount.
Part 2:
1. Prepare the following display (using food models/cards/real food or empty packets).
   • $20 worth of good value for money food.
   • $20 worth of bad value for money food.
   • (Optional two packets of cigarettes).

   See examples page 45 -50.

2. Explain why one is good value for money and the other is not.

   Discuss the following with the group:
   • The amount of food in each display. *
   • How many people would each display feed?
   • Is it healthy?
   • How long would it take to prepare the food?
   • Is the food tasty?
   • If using cigarettes discuss how much food can be bought for $20.
     Discuss how many people you could feed for the cost of about two packets of cigarettes.

   * Note: If using real food, you may like to place the food into shopping baskets and have the group also feel the weight of food bought.

3. Explain that their money buys a lot more food when spent mainly on foods from the 'Eat Most' section. They will be able to feed more people and keep people from getting sick if they do this.
Example 1: Following is an example of foods that could go into your display. Use this as a guide as food prices and availability will vary.

<table>
<thead>
<tr>
<th>Good Value for Money</th>
<th>Bad Value for Money</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loaf of bread</td>
<td>Packet of chocolate biscuits</td>
</tr>
<tr>
<td>1 kg rice</td>
<td>1 packet instant rice meal</td>
</tr>
<tr>
<td>1 kg flour</td>
<td>1 Hawaiian Family Pizza</td>
</tr>
<tr>
<td>750 g rolled oats</td>
<td>1 chocolate bar</td>
</tr>
<tr>
<td>1 kg apples</td>
<td>2 L of cool drink</td>
</tr>
<tr>
<td>1 kg oranges</td>
<td>Large box sweetened breakfast cereal</td>
</tr>
<tr>
<td>2 L milk</td>
<td></td>
</tr>
<tr>
<td>1 kg potatoes</td>
<td></td>
</tr>
<tr>
<td>1 kg carrots</td>
<td></td>
</tr>
<tr>
<td>1 kg onions</td>
<td></td>
</tr>
<tr>
<td>Large can tuna</td>
<td></td>
</tr>
</tbody>
</table>

See photographs pages 46 - 47.

Note: the above example is based on Perth metropolitan prices, April 2004. The cost of foods in each display is $20.
Good Value for Money (metro)

Display based on Perth metropolitan prices, April 2004.
Bad Value for Money (metro)

Display based on Perth metropolitan prices, April 2004.
Example 2: Following is an example of foods that could go into your display. Use this as a guide as food prices and availability will vary.

<table>
<thead>
<tr>
<th>Good Value for Money</th>
<th>Bad Value for Money</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loaf of bread</td>
<td>Packet of chocolate biscuits</td>
</tr>
<tr>
<td>1 kg rice</td>
<td>1 packet instant rice meal</td>
</tr>
<tr>
<td>1 kg apples</td>
<td>1 Hawaiian Family Pizza</td>
</tr>
<tr>
<td>2 L milk</td>
<td>2 L of cool drink</td>
</tr>
<tr>
<td>1 kg potatoes</td>
<td></td>
</tr>
<tr>
<td>1 kg carrots</td>
<td></td>
</tr>
<tr>
<td>Large can tuna</td>
<td></td>
</tr>
</tbody>
</table>

See photographs pages 49 -50.

Note: the above example is based on remote Western Australia prices, May 2004. The cost of foods in each display is $20.
Good Value for Money (non-metro)

Display based on remote WA prices, May 2004.
Bad Value for Money (non-metro)

Display based on remote WA prices, May 2004.
Activity 8: Buying Food the FOODcents Way (the 10-Plan)

Time: 35 – 40 minutes

What this activity does:

This activity teaches people how to spend their food money the FOODcents way using the 10-Plan.

Resources you will need:

- 40 Food Cards (See Appendix 3).
- $100 worth of plastic dollar coins, pretend money or cut up the pictures of money included with the Food Cards in this manual (Appendix 3).
- Copy of 10-Plan (see Appendix 4). You will need to read Appendix 4 of the manual if you do not have prior knowledge of the 10-Plan.
- Eat Healthy, Be Healthy Triangle poster.

How to do this activity:

Part A - Spending food money

1. Prepare Food Cards into Set A and Set B (refer page 55 - 56).
2. As an example, suggest that the group have spent $50 on food shopping. The food they have 'bought' is Food Cards - Set A.
3. Have the group lay out the cards on the Eat Healthy, Be Healthy Triangle in the appropriate section.
4. Have the group add up how much they spent on each section of the triangle. Share the $50 worth of coins with the group. Have them lay out the amount spent on each section of the triangle. Do this down one side of the triangle.
5. Have the group look at how much food was bought with the $50 (each section will add up to about $16).
Part B - Buying food the FOODcents way

1. Explain that the FOODcents program encourages people to buy food according to the 10-Plan. The 10-Plan is based on the Eat Healthy, Be Healthy Triangle. Show group copy of the 10-Plan.

2. Explain that we should spend most food money on 'Eat Most' foods, some money on 'Eat Some' foods and least amount of food money on 'Eat Less' foods.

3. Explain to the group that they will again use $50 as an example to look at spending food money. Using the second bag of coins, ask the group to divide the coins evenly into 10 parts. We now have 10 lots of $5.

4. Next allocate coins to the three sections of the triangle.
   
   To the 'Eat Less' section - allocate 1 part
   To the 'Eat Some' section - allocate 3 parts
   To the 'Eat Most' section - allocate 6 parts

5. Place these coins down the opposite side of the triangle to the first $50 worth of coins. You should have:
   - $ 5 in the 'Eat Less' section
   - $15 in the 'Eat Some' section
   - $30 in the 'Eat Most' section

6. Reinforce that shopping the FOODcents way is about how you spend your food money. It doesn’t matter whether you are spending $20 or $50, you still need to spend:
   - less of your money on 'Eat Less' foods
   - some of your money on 'Eat Some' foods
   - most of your money on 'Eat Most' foods

7. Compare the different ways money was spent in the two examples. Discuss some changes that could be made to the 'first shop' so that
it is more like the 'second shop'. Discussion should include the following:

- Spent too much money on 'Eat Less' foods. Ask group what foods can be taken out from the shopping to reduce the amount spent. Answer: take out the processed, convenience foods eg soft drink, biscuits, meat pie, potato chips and ice cream.
- Spent about the right amount of money on 'Eat Some' foods.
- Need to spend more money on 'Eat Most' foods.

Part C - Buying More Food with Food Money

1. Hand out Food Cards - Set B.

2. Ask the group how much more they need to spend on 'Eat Most' foods so that it is more like shopping the 10-Plan.

3. Using the Food Cards, ask the group to 'go shopping' for more foods with the extra amount of money they now have for shopping.

4. Group discussion to show:
   - We can buy more food if we spend our food money according to the 10-Plan.
   - We can buy lots more food items in the 'Eat Most' section because these foods are cheaper to buy than foods in 'Eat Some' and 'Eat Less' sections.
   - Encourage participants to think about how they are now spending their food money, and to compare this to the Eat Healthy, Be Healthy Triangle.
   - Shopping the FOODcents way helps you to buy more food for their food money.

If more relevant, choose an alternative amount of food money for your examples. Refer to table on page 42 for suggested spending amounts for different food budget amounts.

5. Ask the group about what they have learnt, and what changes they think they could make.
Optional – Spending Money on Smokes

1. Leave Eat Healthy, Be Healthy Triangle, Food Cards and coins in place.

2. Ask the group to deduct the amount of money they spend on smokes from the $50. Remove this amount in coins from the triangle.

3. With the new amount of money to spend on food, work out the 10-Plan again.

4. Go through the steps and note there is now less money to spend on food. Remove Food Cards until the money equals the new amounts spent. Add in the 'Smokes' card to the side. Participants to note:
   • They have less money to buy food.
   • They have to leave out food items they would have been able to afford previously.
   • If appropriate, group discussion about whether they would buy fewer cigarettes or give them up to buy more food.
How to Use the Food Cards

You will need to prepare your Food Cards before you use them.

1. Using the table below, get up-to-date prices and weights from your local store.

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Current Price</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oranges</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zucchini</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
<td></td>
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<tr>
<td>Onions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frozen corn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato chips</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apples</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bananas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cucumber</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frozen peas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spaghetti (tinned)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk (powdered)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk (fresh)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat pie</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pasta</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canned fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ice cream</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Margarine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biscuits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cool drink</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rolled oats</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weet-Bix™</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Split peas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pumpkin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smokes *</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kangaroo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Damper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canned tuna</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corned beef</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: the Smokes card is optional. It demonstrates how much food money goes on smokes. It is up to you to decide whether adding the non-smoking message is useful or not.
2. Round each price to the nearest 50c or dollar and write on back of card using a white-board pen.

3. Divide cards into two sets A and B. Try to use cards as shown in the table below, so that you have close to equal spending in each section of the triangle (about $16). Set A cards must add up to $50. Adjust number of cards appropriately, placing remaining cards into Set B.

4. Cut out coins (See Appendix 3).

### Set A Cards:

<table>
<thead>
<tr>
<th>‘Eat Most’</th>
<th>‘Eat Some’</th>
<th>‘Eat Less’</th>
</tr>
</thead>
<tbody>
<tr>
<td>Item</td>
<td>Cost</td>
<td>Item</td>
</tr>
<tr>
<td>Apples</td>
<td></td>
<td>Eggs</td>
</tr>
<tr>
<td>Baked beans</td>
<td></td>
<td>Kangaroo</td>
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<tr>
<td>Bread</td>
<td></td>
<td>Meat</td>
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<tr>
<td>Carrots</td>
<td></td>
<td>Milk (fresh)</td>
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<tr>
<td>Onions</td>
<td></td>
<td>Milk (powdered)</td>
</tr>
<tr>
<td>Oranges</td>
<td></td>
<td>Canned tuna</td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spaghetti (tinned)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Set B Cards:

<table>
<thead>
<tr>
<th>‘Eat Most’</th>
<th>‘Eat Some’</th>
<th>‘Eat Less’</th>
</tr>
</thead>
<tbody>
<tr>
<td>Item</td>
<td>Cost</td>
<td>Item</td>
</tr>
<tr>
<td>Bananas</td>
<td></td>
<td>Chocolate</td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
<td>Corned beef</td>
</tr>
<tr>
<td>Canned fruit</td>
<td></td>
<td></td>
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<tr>
<td>Cucumber</td>
<td></td>
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<tr>
<td>Damper</td>
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<tr>
<td>Frozen corn</td>
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<td>Frozen peas</td>
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<td>Lettuce</td>
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<td>Pumpkin</td>
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<td>Rice</td>
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<td>Rolled oats</td>
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<td>Split peas</td>
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<td>Tomatoes</td>
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<tr>
<td>Weet-Bix™</td>
<td></td>
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<tr>
<td>Zucchini</td>
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</tbody>
</table>
The Cook-Up

Things to think about before the Cook-Up:

Many people will come along to a session if they think they are getting a free feed and may not be interested in learning. However they will still be welcome to come along, as they will get the opportunity to prepare and taste healthy meals, and to hear health and nutrition messages.

In some communities asking for a donation may assist with covering the costs of running the session. People are also more likely to value the session and appreciate the take-home message. For example, if the people attending each donate $2, not only can you cover the food costs of the session, but they can also see how much and how quickly healthy food can be prepared at a low cost.

Things to do before the Cook-Up:

It is important to be prepared for this session. Make sure you:

- Check the venue before your session to find out what cooking equipment and facilities are available. Use the Cook-Up Planning Checklist to help you, see page 60.
- Find out about the cooking skills of your group before the session and if there are any specific recipes people would like to try.
- Select recipes that suit the facilities and time available using the 'Deadly Tucker' Cookbook in this manual (Appendix 1).
- Work out your shopping list using the Cook-Up Recipe Checklist to help you (page 61 - 62).
- Work out the cooking equipment you will need. Organise those items you don’t have but will need. You may like to use the Cooking Equipment List on page 63 to help you.
- Work out how to cover the cost of food if you need to. For example, you could ask every person for a gold coin donation.
- If you have a short time to do the activity, you may like to prepare ahead, eg wash and peel vegetables.
- Have hand-washing facilities available on the day.
Activity 9: The Cook-Up

Time: 45 - 60 minutes

How to do this activity:

1. Introduce this activity

2. Icebreaker. Ask your group:
   - “Why are people cooking less?” Discuss change in lifestyle and ‘loss of cooking skills’
   - “What do you hope to learn today?” Get group responses and tell them that they will get to try some new recipes for good health that are cheap, quick and easy, and maybe try some new foods!

3. Talk about buying food to get more value for money. Provide a summary of main FOODcents messages:
   - Spend most of your food money on foods from the Eat Most part of the Eat Healthy, Be Healthy Triangle.
   - Spend some of your food money on foods from the Eat Some part of the Eat Healthy, Be Healthy Triangle.
   - Spend less of your food money on foods from the Eat Less part of the Eat Healthy, Be Healthy Triangle.

- Demonstrate this using the foods purchased for the cooking session. Ask your group to make a food triangle using food purchased for the session. Tell them how much was spent on buying this food. If you have time, work out the amount spent on foods for each part of the triangle as a way of demonstrating ‘Buying Food the FOODcents Way’. Discuss the following:
  - Amount of food purchased.
  - Compare amount spent on different sections of the triangle. Which foods was most of the money spent on? Which foods was the least amount of money spent on?
  - Number of meals that will be prepared in today’s cooking session.
4. Set up the cooking class by asking the group if they know how to cook. Pair any non-cooks with cooks. Hand out one recipe to each pair and allocate an area for them to work in.

5. Group to prepare and cook their dishes. Monitor progress and provide help where needed. Try to have all dishes completed around the same time so that everyone can take part in tasting or lunch if scheduled.

6. Ask each group to serve their dish to the others, one recipe at a time. Encourage group to give feedback about recipes and share tips on cheap, quick and easy meals.

7. Evaluate your session by asking your group:
   - How quick and easy was the recipe to prepare?
   - Taste?
   - Cost per person?
   - Number of meals made?
   - Would they use the recipe at home for the family?

8. Ask group to help with cleaning up.
Cook-Up Planning Checklist

Check the facilities available

It is important to be prepared well ahead when running a cooking session. Visit the venue where you will run your session, and check facilities available.

- Enough bench space
- Oven
- Grill
- Hot plates
- Microwave
- Fridge
- Sink
- Open fire
- BBQ

If the location is very basic, you will need to provide electric frypans if no stove or microwave is available.
Cook-Up Recipe Checklist

1. Decide on how many recipes to be prepared.

2. Decide on which recipes to prepare using the 'Deadly Tucker' Cookbook
   • Choose a combination of soup, mains and desserts.

3. Find out how many people are coming to the session. If you are expecting more than six, then use the recipe hint to 'stretch the recipe' for more people.

4. Use the Shopping List Template (page 62) to write the ingredients you will need to buy or to bring from home.
## Shopping List Template

<table>
<thead>
<tr>
<th>Ingredients to buy:</th>
<th>Ingredients to bring from home:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

(Photocopy this page as needed)
Cooking Equipment List

Basic Equipment you will need:
- Chopping boards
- Cook’s knives
- Can opener
- Mixing spoons
- Measuring cups
- Measuring spoons
- Measuring jug
- Mixing bowl
- Oven mitts
- Wipe cloth
- Hand towel/paper towels
- Tea-towels
- Surface cleaner
- Detergent
- Scrap bag or container
- Plate, bowl fork, spoon and serviette
- Power board and extension card if bringing own equipment
- First aid items eg band-aids, burn cream, etc
- Esky
- Cooler bricks
- Plastic disposable food handling gloves
- Small table
- Bucket to wash hands (if cooking outdoors)

Other Equipment:
Check the recipes you are preparing before hand and list other equipment you will need.

________________________  __________________
________________________  __________________
________________________  __________________
________________________  __________________
________________________  __________________
________________________  __________________
________________________  __________________
Feedback helps you to evaluate your program.

**What does evaluation mean?**
Evaluation means finding out how good something is. It is done by asking questions like:
- How are we doing?
- Is there anything we can do better?
- Are there any problems?

**Who needs evaluation?**
Evaluation helps you to know how well your group has understood you. It can give you ideas for helping you to improve your session for next time.

Your bosses need evaluation to help them plan and to make sure they are meeting their goals.

The people who give out the money need evaluation so they can see how their money is being spent.

**Types of evaluation**
**Process**: about the sessions you run.
- How many people came?
- Did the people who came participate?
- Were the materials used OK?

**Impact**: did the session increase knowledge or change behaviour?
- Do the people who came know more?
- Are the people motivated to make a change?

**Outcome**: this is the long-term effect of the program. You will only be able to measure this if you have been using the program in your community for a while.

For this program you should try to do process and impact evaluation.
You will need to think about how you will evaluate your session when you are planning it.

You might need to write a report after you have finished your program and feedback from your evaluation will give you information that can be included.

Always include some time at the end of your session to get feedback from your group.

**Things you can include in your evaluation:**
- Number of people that attended
- Why you ran the session (eg were you asked to run the program)
- Where was the session held
- Was the venue, time and place suitable
- How you promoted the program

**Things you can ask the group:**
- Was the session too long/too short?
- Was too much information provided?
- What activities did you enjoy? And why?
- What activities didn't you enjoy? And why?
- Are there any parts of the session you would like to change?
- Did people enjoy the food that was prepared, and would they make the recipe at home?
- Are there any things that weren't covered in today's session that you would like to cover next time?
- Are they going to make any changes to the way they eat? If so what will they be?

**Things you can think about after your session:**
- Were you prepared?
- Did you have enough time to run your session?
- Did your group appear interested in the information provided? Did everybody join in?
- What sorts of questions did people ask?
- Was there anything you would change?
- How much did it cost to run this session, including ingredients?
How to collect this information:
- You can give the people who come along a questionnaire to complete.
- You can ask questions to the group and write the answers down.
- You can ask questions and tape-record what people say.
- You can get people in small groups to write or draw their answers on some paper.
- You can take photographs of the session.

Remember if you take photographs or tape-record people’s responses, then everyone in the group will need to agree to this. Find out if you or your agency needs written permission from those in the photographs or recordings. You need to tell people how the photographs will be used and where they might appear.
To get you started here are some questions for your evaluation:

What is your name: __________________________________________

How can you be contacted: ______________________________________

Where was the session run? _____________________________________

How many people came? _____

How did you promote the session? _________________________________

Describe the activities you did? __________________________________

What worked about these activities? _______________________________

What did you or would you change about these activities? ____________

How much did it cost to run the session? Who paid? _________________

What did your participants like the most? ___________________________

What did your participants like the least? ___________________________

What will your participants change after going to this session? ________

(Photocopy this page as needed)
Appendix 1:

‘Deadly Tucker’ Cookbook

New Resource Available January 2006

The Deadly Tucker cookbook in this manual has now been produced in full colour with step-by-step photographs.

For further information about this resource, please contact:

Nutrition Coordinator
North Metropolitan Area Health Service - Population Health
PO Box S1296 Perth WA 6845
Phone: 08 9224 1625
Email: sandra.radich@health.wa.gov.au
*Deadly means very good, tops, cool!

The 'Deadly Tucker' Cookbook has been produced as part of the 'FOODcents for Aboriginal and Torres Strait Islander People in WA Project', May 2004.

All the recipes in this book are easy to prepare and do not cost a lot of money.

They have been rated for people with diabetes so that:

😊 good for people with diabetes
😊😊 excellent for people with diabetes
😊😊😊 not okay for people with diabetes

There are some ideas for stretching the meal in case you need to feed more people.

All the recipes are healthy and make it easy to eat more of the foods in the 'Eat Most' part of the Eat Healthy, Be Healthy Triangle.
Acknowledgments

Thanks go to the following for contributing recipes used in this cookbook: Stanley Law and Robyn Bowcock, Kimberley Public Health Unit, and the Carnarvon Community Group - Sue Oakley, Gail Bellotti, and Marion Oakley for recipes in the Good Tucker in the Gascoyne booklet. The following sources were also used:

101 Festive Food Cent$ Recipe & Gift Ideas, Health Department of Western Australia, 1995.

Eat Smart: Delicious Value for Money Recipes for Kids, Department of Health, Western Australia, 2004.

Food Cent$ Cookbook, Health Department of Western Australia, 1997.


Fruit & Veg Cookbook, Mid North Coast Aboriginal Health Partnership, New South Wales, 2001.

Good Food Cookbook, Pilbara Public Health Unit, Western Australia, 1998.

Good Tucker for All Who Care cookbook, Commonwealth Department of Human Services & Health, and the Kimberley Public Health Unit, Western Australia, 1996. Recipes contributed by Jean Corpus (Bran Nue Dae Centre), Margaret Mippy (Djarindjin Meals on Wheels), Debbie Keddie (Halls Creek Frail Aged Hostel), and Agnes Britton (Ngamang Frail Aged & Disabled Hostel).

Quick, Cheap and Healthy Meals, Noarlunga Health Services, South Australia, 2000.

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<table>
<thead>
<tr>
<th>Section</th>
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<tbody>
<tr>
<td>Eat Healthy, Be Healthy Triangle</td>
<td>1</td>
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<tr>
<td>Keeping Food Safe</td>
<td>2</td>
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<td>Foods to Keep in the Cupboard</td>
<td>3 - 4</td>
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<tr>
<td><strong>Soups</strong></td>
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<tr>
<td>- Chunky Vegie Soup</td>
<td>6</td>
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<td>- Community Beef Soup</td>
<td>7</td>
</tr>
<tr>
<td>- Lamb Shank Soup</td>
<td>8</td>
</tr>
<tr>
<td>- Lentil Soup</td>
<td>9</td>
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<td>- Pea and Ham Soup</td>
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<tr>
<td><strong>Main Dishes</strong></td>
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<tr>
<td>- One Pot Chicken Curry</td>
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<tr>
<td>- Sweet and Sour Chicken</td>
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<td>- Chicken and Veg Stir Fry</td>
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<td>- Crustless Tuna Pie</td>
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<tr>
<td>- Pasta and Tuna Salad</td>
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<td>- Tuna Casserole</td>
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<td>- Kangaroo Curry</td>
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<td>- Kangaroo Mince Patties</td>
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<td>- Tropical Pizza Fingers</td>
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<td>- Stan’s Vegetable Stew</td>
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<th>Main Dishes (cont.)</th>
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<tr>
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<td>Macaroni Cheese</td>
<td>34</td>
</tr>
<tr>
<td>Salads &amp; Vegetables</td>
<td>35</td>
</tr>
<tr>
<td>Coleslaw</td>
<td>36</td>
</tr>
<tr>
<td>Chunky Chips</td>
<td>37</td>
</tr>
<tr>
<td>Three Bean Salad</td>
<td>38</td>
</tr>
<tr>
<td>Tomato and Onion Stew</td>
<td>39</td>
</tr>
<tr>
<td>Desserts &amp; Other Sweet Things</td>
<td>40</td>
</tr>
<tr>
<td>Apple Sponge</td>
<td>41</td>
</tr>
<tr>
<td>Fruit Crumble</td>
<td>42</td>
</tr>
<tr>
<td>Banana Cake</td>
<td>43</td>
</tr>
<tr>
<td>Creamy Rice</td>
<td>44</td>
</tr>
<tr>
<td>Pikelets</td>
<td>45</td>
</tr>
<tr>
<td>Raisin Bread Pudding</td>
<td>46</td>
</tr>
<tr>
<td>Scones</td>
<td>47</td>
</tr>
</tbody>
</table>
Keeping Food Safe

- Always remember to wash your hands before cooking or eating food.

- Wash all fresh vegetables and fruit before eating.

- Keep cold foods cold.

- Keep hot foods hot - they should be steaming.

- If there is any food leftover it should be kept cold in a fridge or in an esky.

- If eating leftovers make sure they are heated so that they are steaming.

- If you are travelling a long way with food, keep it cold in an esky.
Foods to Keep in the Cupboard

When doing your shopping buy some of these foods to keep in the cupboard. You can make some quick and easy meals using these foods. They are also good to have to make meals that feed more people. Here are some ideas.

| Canned tomatoes          | • Stan’s vegetable stew  
|                         | • Vegetable lasagne        
|                         | • Chunky vegie soup               
|                         | • Pumpkin hot pot             
|                         | • Tomato and onion stew       

| Tinned tuna              | • Cheesy tuna tomato bake    
|                         | • Crustless tuna pie         
|                         | • Pasta and tuna salad       
|                         | • Tuna casserole             

| Rice                     | • Chop suey                  
|                         | • Curry and rice             
|                         | • Fried rice                 
|                         | • Creamy rice                
|                         | • Community beef soup        

| Flour                    | • Bush damper in coals       
|                         | • Cheesy tuna tomato bake    
|                         | • Apple sponge               
|                         | • Scones                     


| Canned fruit       | • Fruit crumble  
|                   | • Apple sponge   |
| Pasta/spaghetti   | • Macaroni cheese
|                   | • Pasta and tuna salad
|                   | • Creamy pasta
|                   | • Vegetable lasagne
| Baked beans/Tinned beans and Lentils | • Golden hotpot
|                   | • Chunky vegie soup
|                   | • Three bean salad
|                   | • Lentil soup    |
| Tinned vegetables | • Tuna casserole
|                   | • Community beef soup
|                   | • Curry and rice |
| Skim milk powder  | • Crustless tuna pie
|                   | • Creamy rice
|                   | • Pikelets
|                   | • Raisin bread pudding |
Soups
Chunky Vegie Soup

Feeds 6 people

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 capsicums</td>
<td>Soup pot</td>
</tr>
<tr>
<td>3 onions</td>
<td>Large knife</td>
</tr>
<tr>
<td>¾ cabbage</td>
<td>Chopping board</td>
</tr>
<tr>
<td>8 celery sticks</td>
<td>Cup measure</td>
</tr>
<tr>
<td>3 large peeled tomatoes or 1 large tin tomatoes</td>
<td>Can opener</td>
</tr>
<tr>
<td>2 packets French Onion Soup (low salt)</td>
<td>Ladle or serving spoon</td>
</tr>
<tr>
<td>1 x 440g tin three bean mix or red kidney beans</td>
<td></td>
</tr>
<tr>
<td>6 cups of water (add more if needed)</td>
<td></td>
</tr>
</tbody>
</table>

What to do
1. Wash hands.
2. Shred cabbage, and chop other vegetables into large chunks.
3. Put into pot with water, beans and French Onion Soup mix.
4. Simmer until vegetables are soft.

Serve with bread or bread rolls.

To make it stretch
Add another tin of tomatoes.
Add another tin of beans.
Add some pasta.
Make sure there is plenty of bread.

Time: this recipe is quick to make.

Source: Various.
Community Beef Soup 😊😊

Feeds 6 people

(Use whatever vegies you have in the house)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef soup bones (or chicken, roo, etc)</td>
<td>Soup pot</td>
</tr>
<tr>
<td>1 large onion, chopped</td>
<td>Large knife</td>
</tr>
<tr>
<td>2 sticks of celery, chopped</td>
<td>Chopping board</td>
</tr>
<tr>
<td>2 carrots, peeled and chopped</td>
<td>Peeler</td>
</tr>
<tr>
<td>6 small potatoes, peeled and chopped</td>
<td>Can opener</td>
</tr>
<tr>
<td>1 zucchini, chopped</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>1 large can of whole tomatoes or 4 raw tomatoes</td>
<td>Ladle or serving spoon</td>
</tr>
<tr>
<td>4 tablespoons of rice or pasta</td>
<td></td>
</tr>
</tbody>
</table>

What to do
1. Wash hands.
2. Put soup bones into pot and cover with water.
3. Boil until meat falls off. Take the rest of the meat off the bones.
4. Let the stock cool. Take all the fat off the top and re-heat.
5. Chop up the vegies and the meat, and add to the pot.
6. Add rice or pasta. Boil until rice or pasta is cooked.
Serve with bread.

To make it stretch
Add more potatoes, pasta or rice.
Make sure there is lots of bread.

Time: this recipe takes longer to make.

Source: Various.
Lamb Shank Soup 😊😊

Feeds 6 people

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 lamb shanks</td>
<td>Soup pot</td>
</tr>
<tr>
<td>6 cups of water</td>
<td>Large knife</td>
</tr>
<tr>
<td>1 cup of barley or soup mix</td>
<td>Chopping board</td>
</tr>
<tr>
<td>4 medium potatoes, diced</td>
<td>Peeler</td>
</tr>
<tr>
<td>1 large onion, chopped</td>
<td>Cup measure</td>
</tr>
<tr>
<td>1 small turnip, peeled and diced</td>
<td>Strainer</td>
</tr>
<tr>
<td>2 sticks of celery, finely sliced</td>
<td>Ladle or serving spoon</td>
</tr>
<tr>
<td>1 carrot, peeled and finely sliced</td>
<td></td>
</tr>
<tr>
<td>pepper</td>
<td></td>
</tr>
</tbody>
</table>

What to do
1. Wash hands.
2. Place lamb shanks in the pot with water and simmer for 2 hours. Take the shanks out. Strain stock and refrigerate until set, about 4 hours or overnight. Take the fat off the top.
3. Take the meat off the bones and chop it up, save to add later.
4. Put the water that the meat was boiled in, into a large saucepan and add more water so there are 12 cups in the pot.
5. Add barley or soup mix, bring to the boil, cover and set aside without cooking for an hour. Remove any scum that has come to the top.
6. Cook for half an hour and then add chopped up potatoes, onion, turnip, celery and carrot.
7. Cook for another ½ hour or until vegies are soft. Add pepper and cooked diced meat.

Serve with bread or bread rolls.

To make it stretch
Add more barley or potatoes.
Make sure there is plenty of bread.

Time: this recipe takes longer to make.

Source: Adapted from Food Cent$ Cookbook, Health Department of Western Australia, 1997.
Lentil Soup

Feeds 6 people

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ cups brown lentils</td>
<td>Soup pot</td>
</tr>
<tr>
<td>3 cups boiling water</td>
<td>Large knife</td>
</tr>
<tr>
<td>1½ teaspoons vegetable oil</td>
<td>Chopping board</td>
</tr>
<tr>
<td>3 tablespoons water</td>
<td>Cup measure</td>
</tr>
<tr>
<td>1½ large onions, finely chopped</td>
<td>Teaspoon</td>
</tr>
<tr>
<td>3 cloves of garlic, finely chopped</td>
<td>Strainer</td>
</tr>
<tr>
<td>3 medium carrots, finely chopped</td>
<td>Ladle or serving spoon</td>
</tr>
<tr>
<td>3 medium sticks of celery</td>
<td></td>
</tr>
<tr>
<td>4½ cups of water</td>
<td></td>
</tr>
<tr>
<td>4 stock cubes</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td></td>
</tr>
</tbody>
</table>

What to do
1. Put the lentils in the bowl and pour boiling water over. Cover and leave for 1 hour. Drain.
2. Peel and chop vegies.
3. Place oil, water, onion carrot, celery and garlic in a large saucepan and cook onion until soft.
4. Add lentils, water, stock cubes and pepper.
5. Simmer for 1 hour.
Serve with bread or bread rolls.

To make it stretch
Add a tin of lentils or beans.
Make sure there is lots of bread.

Time: this recipe takes longer to make.

Source: Adapted from Food Cent$ Cookbook, Health Department of Western Australia, 1997.
Pea and Ham Soup 😊

Feeds 6 people

Ingredients

<table>
<thead>
<tr>
<th>Items</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>500g bacon bones or hock</td>
<td>Soup pot</td>
</tr>
<tr>
<td>½ packet split peas</td>
<td>Large knife</td>
</tr>
<tr>
<td>1 medium onion</td>
<td>Large bowl</td>
</tr>
<tr>
<td>1 carrot</td>
<td>Chopping board</td>
</tr>
<tr>
<td>2 potatoes</td>
<td>Cup measure</td>
</tr>
<tr>
<td>8 cups of water</td>
<td>Strainer</td>
</tr>
<tr>
<td></td>
<td>Ladle or serving spoon</td>
</tr>
</tbody>
</table>

What to do

1. Cover split peas with some water and soak overnight.
2. Put bacon bones or hock in pot and cover with water, boil for about ½ hour. Put in fridge, let fat set and then skim off the top.
3. Take out the bones, take off any meat and put the meat back in the pot.
4. Peel and chop up onion, potatoes and carrot.
5. Drain split peas.
6. Put onions and split peas in the pot and boil.
8. Cook until vegies are soft and mixed well.

Serve with bread.

How to make it stretch

Add more potatoes and carrots.
Make sure there is lots of bread.

Time: this recipe takes longer to make

Source: Adapted from Good Tucker for All Who Care, Commonwealth Department of Human Services & Health, and the Kimberley Public Health Unit, Western Australia, 1996. Contributed by Jean Corpus (Bran Nue Dae Centre).
Main Dishes
**One Pot Chicken Curry**

Feeds 10 people

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 chicken thighs</td>
<td>Large knife</td>
</tr>
<tr>
<td>2 apples</td>
<td>Chopping board</td>
</tr>
<tr>
<td>4 cups of peas or beans</td>
<td>Large saucepan</td>
</tr>
<tr>
<td>2 onions</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>4 zucchinis</td>
<td>Vegetable peeler</td>
</tr>
<tr>
<td>2 large tins tomatoes (2 x 880g)</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon sultanas</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons curry powder</td>
<td></td>
</tr>
<tr>
<td>4 shakes of pepper</td>
<td></td>
</tr>
<tr>
<td>4 cloves garlic, crushed</td>
<td></td>
</tr>
</tbody>
</table>

**What to do**

1. Wash hands.
2. Take skin off chicken.
3. Peel and chop apples and onions.
4. Chop zucchini.
5. Place apples, onions, zucchini, peas or beans, chicken, tomatoes, sultanas, curry powder, garlic and pepper into a large saucepan.
6. Bring to the boil slowly and cook over low heat for 1 hour.

Serve with rice, pasta, damper or bread.

**How to make it stretch**

Make sure there is plenty of rice.
Add another tin of tomatoes.

Time: this recipe takes longer to make.

# Sweet and Sour Chicken 😊

**Feeds 6 people**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>600g thigh fillets</td>
<td>Large knife</td>
</tr>
<tr>
<td>2 tablespoon oil or margarine</td>
<td>Chopping board</td>
</tr>
<tr>
<td>1½ onions</td>
<td>Large frypan or pot</td>
</tr>
<tr>
<td>1½ carrots</td>
<td>Teaspoon</td>
</tr>
<tr>
<td>¼ capsicum</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>1½ zucchinis</td>
<td>Can opener</td>
</tr>
<tr>
<td>(or cabbage or beans or peas)</td>
<td>Cup measure</td>
</tr>
<tr>
<td>¼ large tin pineapple pieces in natural juice</td>
<td>Tongs</td>
</tr>
<tr>
<td>(keep the juice)</td>
<td>Wooden spoon</td>
</tr>
<tr>
<td>3 tablespoons vinegar</td>
<td>Serving spoon</td>
</tr>
<tr>
<td>2 tablespoon soy sauce</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon brown sugar</td>
<td></td>
</tr>
<tr>
<td>1½ packets chicken noodle soup (salt reduced)</td>
<td></td>
</tr>
</tbody>
</table>

**What to do**

1. Wash hands.
2. Chop chicken into bite sized pieces.
3. Peel, slice and chop vegetables.
4. Heat oil or margarine in a frypan or saucepan, brown onion and chicken.
5. Add pineapple pieces, vinegar, soy sauce, sugar, vegetables and soup mix.
6. Bring to the boil, cover and simmer for nearly an hour or until chicken and vegetables are cooked.

**Serve** with rice.

**How to make it stretch**

Add in more vegies.

Make sure there is plenty of rice.

**Time:** this recipe is quick to make.

Source: Adapted from Quick, Cheap and Healthy Meals, Noarlunga Health Services, South Australia, 2000.
Chicken and Veg Stir Fry 😊

Feeds 6 people

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon oil</td>
<td>Large pot, wok,</td>
</tr>
<tr>
<td>2 teaspoons of crushed garlic</td>
<td>or frypan</td>
</tr>
<tr>
<td>1 large onion, finely chopped</td>
<td>Large knife</td>
</tr>
<tr>
<td>500g boneless chicken fillets</td>
<td>Chopping board</td>
</tr>
<tr>
<td>¼ cabbage</td>
<td>Garlic crusher</td>
</tr>
<tr>
<td>1 large carrot, peeled</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>½ red capsicum</td>
<td>Wooden spoon</td>
</tr>
<tr>
<td>2 tablespoons soy sauce</td>
<td>Serving spoon</td>
</tr>
<tr>
<td>2 cups rice</td>
<td>Cup measure</td>
</tr>
</tbody>
</table>

What to do
1. Wash hands.
2. Chop up vegetables into stir-fry sized pieces. Crush garlic using the back of a knife or a garlic crusher.
3. Heat oil in pan and brown garlic and onions.
4. Chop chicken into strips. Add chicken to pan and brown.
5. Add remaining vegetables and soy sauce. Cook until chicken is tender and vegetables are cooked but firm.

Serve with steamed rice.

How to make it stretch
Make sure there is plenty of rice.

Time: this recipe is quick to make.

Source: Adapted from Fruit & Veg Cookbook, Mid North Coast Aboriginal Health Partnership, New South Wales, 2001.
Curry and Rice

Feeds 6 people

Ingredients | Cooking Things
---|---
500g beef or beef mince | Large pot
Oil | Chopping board
2 tablespoons curry powder | Large knife
cornflour or Gravox™ to thicken | Peeler
3 potatoes, peeled and chopped | Tablespoon
4 onions, peeled and chopped | Wooden spoon
2 carrots, peeled and chopped | Serving spoon
3 celery sticks, chopped | 
1 cup frozen peas | 
2 cups rice | 

Any vegetables can be used.

What to do
1. Wash hands.
2. Cut up meat and throw away the fat.
3. Heat the pot with a small spoon of oil. Put meat and curry powder into the pot and stir on medium heat.
4. When meat is half cooked add the vegetables and water (so water nearly covers vegetables) in the pot. Put on low heat and cook but do not overcook the vegetables.
5. Mix cornflour or Gravox™ into the meat and vegetables (enough to thicken it to how you like it).

Serve with rice.

How to make it stretch
Add more potatoes, carrots and celery.
Make sure there is plenty of rice.

Time: this recipe is quick to make.

Source: Adapted from Good Tucker for All Who Care, Commonwealth Department of Human Services & Health, and the Kimberley Public Health Unit, Western Australia, 1996. Contributed by Margaret Mippy (Djarindjin Meals on Wheels).
Chop Suey

Feeds 6 people

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>500g low fat mince</td>
<td>Large pot</td>
</tr>
<tr>
<td>3 tablespoons oil or margarine</td>
<td>Chopping board</td>
</tr>
<tr>
<td>3 cups of water</td>
<td>Large knife</td>
</tr>
<tr>
<td>½ packet of chicken noodle soup (salt reduced)</td>
<td>Cup measure</td>
</tr>
<tr>
<td>¾ cup of uncooked rice</td>
<td>Serving spoon</td>
</tr>
<tr>
<td>4½ cups of cabbage, chopped finely</td>
<td></td>
</tr>
<tr>
<td>3 carrots, peeled and sliced</td>
<td></td>
</tr>
<tr>
<td>1½ onion, chopped</td>
<td></td>
</tr>
<tr>
<td>Pepper to taste</td>
<td></td>
</tr>
</tbody>
</table>

What to do
1. Wash hands.
2. Fry the mince and onions in the oil or margarine until brown.
3. Add the water, soup mix and rice.
4. Leave to cook while chopping the vegetables.
5. Add the vegetables and pepper.
6. Cook with the lid off until the vegetables are tender, stirring occasionally. You may have to add more water.

How to make it stretch
Add more vegies.
Add more rice.

Time: this recipe is quick to make.

Source: Adapted from Quick, Cheap and Healthy Meals, Noarlunga Health Services, South Australia, 2000.
# Meat and Vegetable Rissoles

Feeds 6 people

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>500g low fat mince</td>
<td>Frying pan</td>
</tr>
<tr>
<td>2 potatoes</td>
<td>Chopping board</td>
</tr>
<tr>
<td>2 carrots</td>
<td>Grater</td>
</tr>
<tr>
<td>2 onions</td>
<td>Large knife</td>
</tr>
<tr>
<td>1 small capsicum</td>
<td>Small bowl</td>
</tr>
<tr>
<td>1 egg</td>
<td>Cup measure</td>
</tr>
<tr>
<td>2 tablespoons flour</td>
<td>Serving spoon</td>
</tr>
<tr>
<td>A little oil</td>
<td>Tablespoon</td>
</tr>
</tbody>
</table>

## What to do
1. Wash hands.
2. Peel and grate potato, carrots and onions. Chop capsicum finely.
3. Mix all ingredients in a bowl, so they stick together.
4. Take small handfuls of the meat and vegetables and roll into balls.
5. Roll the balls in a little bit of flour.
7. Cook rissoles until brown on both sides. Or place on barbecue and cook until brown.

## How to make it stretch
Add more carrots, potato and onions, add another egg.

Time: this recipe is quick to make.

Source: Adapted from Good Tucker for All Who Care, Commonwealth Department of Human Services & Health, and the Kimberley Public Health Unit, Western Australia, 1996. Contributed by Margaret Mippy (Djarindjin Meals on Wheels).
**Pumpkin Hot Pot**

Feeds 6 people

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>500g low fat beef mince</td>
<td>Large pot</td>
</tr>
<tr>
<td>1 onion, chopped</td>
<td>Large frying pan</td>
</tr>
<tr>
<td>2 carrots, washed and grated</td>
<td>Baking dish</td>
</tr>
<tr>
<td>1 cup canned tomatoes</td>
<td>Chopping board</td>
</tr>
<tr>
<td>2 tablespoons soy sauce</td>
<td>Knife</td>
</tr>
<tr>
<td>3 cups peeled, diced pumpkin</td>
<td>Cup measures</td>
</tr>
<tr>
<td>4 stalks celery, finely chopped</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>½ cup breadcrumbs</td>
<td>Serving spoon</td>
</tr>
<tr>
<td>Oil spray</td>
<td></td>
</tr>
</tbody>
</table>

**What to do**

1. Wash hands.
2. Boil or steam pumpkin. Mash.
4. Add celery, onion, carrot, tomatoes and soy sauce.
5. Cook for 10 minutes over low heat. Spoon into baking dish.
6. Cover with pumpkin and then sprinkle with breadcrumbs.
7. Spray with oil and bake in a moderate oven for 30 minutes.

Time: this recipe takes longer to make.

Source: Adapted from Fruit & Veg Cookbook, Mid North Coast Aboriginal Health Partnership, New South Wales, 2001.
Cheesy Tuna Tomato Bake

Feeds 6 people

Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 medium potatoes</td>
<td>Large pot</td>
</tr>
<tr>
<td>6 medium tomatoes, sliced</td>
<td>Large frying pan</td>
</tr>
<tr>
<td>1½ x 425g cans water packed tuna, drained and flaked</td>
<td>Baking dish</td>
</tr>
<tr>
<td>1½ tablespoons margarine</td>
<td>Chopping board</td>
</tr>
<tr>
<td>3 tablespoons white plain flour</td>
<td>Knife</td>
</tr>
<tr>
<td>Pepper</td>
<td>Cup measures</td>
</tr>
<tr>
<td>2¼ cups low-fat milk</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>⅔ cup grated cheese</td>
<td>Serving spoon</td>
</tr>
</tbody>
</table>

What to do
1. Wash hands.
2. Peel and slice potatoes and cook until soft.
3. Lightly grease an ovenproof dish.
4. Place half the sliced tomatoes in the bottom of the dish and top with tuna.
5. Add remaining tomatoes and then potatoes.
6. Prepare a cheese sauce by melting the margarine in a saucepan, stirring in the flour to form a smooth paste. Add pepper.
7. Slowly add the milk while continuing to stir and cook slowly until thick and smooth. Add grated cheese.
8. Pour the cheese sauce over the tomato, potato and tuna.
9. Bake in a 180 °C oven for 20 minutes.

How to make it stretch
Add more potatoes and tomatoes.

Time: this recipe is quick to make.

Source: Adapted from Food Cent$ Cookbook, Health Department of Western Australia, 1997.
Crustless Tuna Pie 😊😊

Feeds 6 people

Ingredients

- 1 tablespoon wholemeal flour
- 1 cup skim milk powder
- 1½ cups water
- 425g tin tuna in spring water
- 1 cup grated low-fat cheese
- 1 large egg
- Oil for greasing
- Pepper

Cooking Things

- Large dish for oven
- Tablespoon
- Cup measure
- Can opener
- Grater
- Fork for whisking
- Spoon for mixing

What to do

1. Wash hands.
2. Lightly grease pie dish, or spray canola or use a non stick pan.
3. Mix skim milk powder, wholemeal flour and the pepper to make a dry mix. Set aside.
4. Drain and flake tuna, combine with cheese and place in pie dish.
5. Add the dry mix to the water and beat in the egg.
6. Pour over tuna and cheese.
7. Place in the oven at 200 °C for about ½ an hour or until golden brown.

Serve with salad or cooked vegies.

How to make it stretch

Serve with extra salad and vegies.
Make double the amount.

Time: this recipe is quick to make.

Source: Adapted from Good Food Cookbook, Pilbara Public Health Unit, Western Australia, 1998.
Pasta and Tuna Salad 😊😊

Feeds 6 people

**Ingredients**

<table>
<thead>
<tr>
<th>Pasta and Tuna Salad</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>375g macaroni or pasta tubes (penne)</td>
<td>Large saucepan</td>
</tr>
<tr>
<td>2 eggs</td>
<td>Small bowl</td>
</tr>
<tr>
<td>2 large firm tomatoes</td>
<td>Fork</td>
</tr>
<tr>
<td>185g can tuna, in water</td>
<td>Large knife</td>
</tr>
<tr>
<td>12 pitted black olives (only if you want to)</td>
<td>Chopping board</td>
</tr>
<tr>
<td>1 green capsicum</td>
<td>Teaspoon</td>
</tr>
<tr>
<td>2 teaspoons olive oil</td>
<td>Can opener</td>
</tr>
<tr>
<td>2 teaspoons vinegar or lemon juice</td>
<td>Large bowl</td>
</tr>
<tr>
<td>1 small bunch basil, chopped (optional)</td>
<td>Serving spoons</td>
</tr>
</tbody>
</table>

**What to do**

1. Wash hands.
2. Boil a pot of water, put eggs in to hard boil.
3. Wait for eggs to cool, peel and cut eggs into quarters.
4. Put pasta in a large pot with plenty of boiling water and boil until soft.
5. Drain tuna and mash with fork.
6. Chop up vegies.
7. Drain the pasta and place in a serving bowl. Stir in the olive oil and vinegar or lemon juice.
8. Add tomatoes, tuna, black olives, capsicum and chopped basil. Toss.
9. Put egg slices on the top.

**How to make it stretch**

Add more pasta.

**Time:** this recipe is quick to make.

Source: Adapted from 101 Festive Food Cent$ Recipe & Gift Ideas, Health Department of Western Australia, 1995.
## Tuna Casserole

**Feeds 6 people**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>500g pasta (any type)</td>
<td>Large saucepan</td>
</tr>
<tr>
<td>2 tablespoons butter</td>
<td>Large dish for oven</td>
</tr>
<tr>
<td>1 carrot, grated</td>
<td>Small bowl</td>
</tr>
<tr>
<td>1 onion, chopped</td>
<td>Fork</td>
</tr>
<tr>
<td>¼ cup plain flour</td>
<td>Knife</td>
</tr>
<tr>
<td>1½ cups of low fat milk</td>
<td>Grater</td>
</tr>
<tr>
<td>1 small packet of frozen peas (250g)</td>
<td>Cup measure</td>
</tr>
<tr>
<td>250g corn, tinned or frozen</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>425g canned tuna in spring water or brine</td>
<td>Can opener</td>
</tr>
<tr>
<td>1 cup low fat cheese, grated</td>
<td>Serving spoon</td>
</tr>
<tr>
<td>Breadcrumbs</td>
<td></td>
</tr>
</tbody>
</table>

### What to do

1. Wash hands.
3. In the same pot, make a white sauce by melting the butter.
4. Add the carrot and onion and cook for a couple of minutes.
5. Add flour and mix to a smooth paste.
6. Gradually add milk over the heat and stir until sauce thickens.
7. Add peas, corn and tuna to the sauce and pour mixture over pasta.
8. Top with cheese and breadcrumbs and cook in oven at 250ºC until golden brown.

### How to make it stretch

Add another carrot, add more peas and corn.
Add more pasta.

### Time:

This recipe is quick to make.

### Source:

Various.
Kangaroo Curry 😊😊

Feeds 6 people

Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>600g kangaroo chunks</td>
<td>Large pot</td>
</tr>
<tr>
<td>2 tablespoons curry powder</td>
<td>Chopping board</td>
</tr>
<tr>
<td>2 beef stock cubes</td>
<td>Large knife</td>
</tr>
<tr>
<td>2 cups water</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>1½ large onions, peeled and diced</td>
<td>Cup measure</td>
</tr>
<tr>
<td>1 large potato, peeled and diced</td>
<td>Garlic crusher</td>
</tr>
<tr>
<td>3 cloves garlic, finely chopped</td>
<td>Jug or bowl</td>
</tr>
<tr>
<td>Lemon juice</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon cornflour</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td></td>
</tr>
</tbody>
</table>

What to do

1. Wash hands.
2. Place roo chunks in pot with curry powder and cook for \( \frac{3}{4} \) of an hour in own juices until meat has browned.
3. Put stock cubes in water and stir. Add to the pot and mix well.
4. Add potato, onion, and half the garlic.
5. Mix well and cook for 15 – 20 minutes.
6. Add lemon juice, pinch of salt, and remaining garlic.
7. Add tablespoon of cornflour to thicken.
8. Cook until potatoes are tender.
Serve with rice or bread and salad or cooked vegies.

How to make it stretch

Add more potato and other vegies such as carrots.
Serve with rice.
Make sure there is plenty of salad and cooked vegies.

Time: this recipe takes longer to make.

Source: Adapted from Good Tucker in the Gascoyne, Section 1: Carnarvon Community Group (Sue Oakley, Gail Bellotti, and Marion Oakley), 2003.
Kangaroo Mince Patties

Feeds 6 people

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>600g kangaroo mince</td>
<td>Large bowl</td>
</tr>
<tr>
<td>Cumin powder</td>
<td>Small bowl</td>
</tr>
<tr>
<td>Coriander powder</td>
<td>Tray</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>Fork</td>
</tr>
<tr>
<td>2 eggs, beaten</td>
<td>Plate</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td>Something to turn the patties</td>
</tr>
</tbody>
</table>

**What to do**
1. Wash hands.
2. Put kangaroo mince in a bowl.
3. Add a generous amount of cumin and coriander powder, a pinch of salt and pepper and a generous splash of lemon juice.
4. Mix together with hands.
5. Keep adding cumin powder and smaller amounts of coriander and lemon juice until you no longer smell the kangaroo meat.
6. Add the beaten eggs and mix well with hands.
7. Roll into balls and place in moderate oven until brown or cook on the barbeque.

**Serve** with bread and salad.

**How to make it stretch**
Add grated carrots to the mince.
Add grated onions to the mince.
Add cooked rice to the mince.
Make sure there is plenty of bread and salad.

Time: this recipe is quick to make.

Source: Adapted from Good Tucker in the Gascoyne, Section 1: Carnarvon Community Group (Sue Oakley, Gail Bellotti, and Marion Oakley), 2003.
# Kangaroo Stew

**Feeds 6 people**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>600g kangaroo meat, diced</td>
<td>Large pot</td>
</tr>
<tr>
<td>3 potatoes, diced</td>
<td>Chopping board</td>
</tr>
<tr>
<td>1 1/2 large onions, diced</td>
<td>Large knife</td>
</tr>
<tr>
<td>3 carrots, diced</td>
<td>Garlic crusher</td>
</tr>
<tr>
<td>1/2 pumpkin, diced</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>2 garlic cloves</td>
<td>Cup measure</td>
</tr>
<tr>
<td>3 tablespoons tomato sauce</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons oyster sauce</td>
<td></td>
</tr>
<tr>
<td>3 beef stock cubes</td>
<td></td>
</tr>
<tr>
<td>3 1/2 cups water</td>
<td></td>
</tr>
<tr>
<td>Cornflour to thicken</td>
<td></td>
</tr>
</tbody>
</table>

**What to do**

1. Wash hands.
2. Put beef stock cubes in water and mix well.
3. Put the roo pieces in a pot with the lid on, cook in own juices on moderate heat until the meat is soft (about 45 minutes).
4. Add potatoes, carrots, onions and pumpkin.
5. Add tomato sauce, oyster sauce and beef stock.
6. Mix together and add enough water to cover the meat.
7. Simmer for 10 - 15 minutes.
8. Mix a little cornflour with water to a paste and add to pot.
9. Cook for a further 10 - 15 minutes.
10. Continue cooking until meat and vegies are tender.

**Serve** with rice, pasta or bread.

**How to make it stretch**

Add more vegies.

Make sure there is plenty of rice, pasta and/or bread.

**Time:** this recipe takes longer to make.

Source: Adapted from *Good Tucker in the Gascoyne*, Section 1: Carnarvon Community Group (Sue Oakley, Gail Belloti and Marion Oakley), 2003.
Tropical Pizza Fingers

Feeds 6 people

Ingredients

- 1 French bread stick, halved lengthways
- 200mL tomato pasta sauce
- 2 large ripe tomatoes
- 1 medium green capsicum
- 150g lean ham, chopped
- ½ cup grated low fat mozzarella cheese
- ½ cup grated low fat cheddar cheese
- 440g can pineapple pieces
- Oil

Cooking Things

- Tray
- Chopping board
- Large knife
- Spoon
- Baking paper

What to do

1. Wash hands.
2. Chop vegetables.
3. Heat up oven to 180°C.
4. Stand the French bread stick cut side up on a paper lined baking tray.
5. Spread tomato pasta sauce on both bread halves.
6. Top with ingredients, sprinkling the cheese last.
7. Bake in oven for 15 minutes or until heated through and the cheese has melted.
8. Cut each piece of bread into three or four pieces.
9. You can use focaccia or English muffins instead of a French stick.

Time: this recipe is quick to make.

Source: Adapted from Eat Smart: Delicious Value for Money Recipes for Kids, Department of Health, Western Australia, 2004.
Vegetable Lasagne 😊

Feeds 10 or more

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ packets instant lasagne sheets</td>
<td>Large pan or pot</td>
</tr>
<tr>
<td>7 cups diced vegetables - carrot, onion, zucchini, celery (fresh, frozen or canned)</td>
<td>Chopping board</td>
</tr>
<tr>
<td>1 large can tomatoes</td>
<td>Large knife</td>
</tr>
<tr>
<td>2 cans baked beans</td>
<td>Garlic crusher</td>
</tr>
<tr>
<td>2½ tablespoons mixed herbs</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>Crushed garlic</td>
<td>Cup measure</td>
</tr>
<tr>
<td>3½ cups grated light (low fat) mozzarella cheese</td>
<td>Ovenproof dish</td>
</tr>
</tbody>
</table>

**What to do**

1. Wash hands.
2. Combine vegetables, tomatoes, baked beans, garlic and herbs into a large pan. Simmer until well combined and sauce is thick.
3. Oil the dish and cover base with lasagne sheets.
4. Spread 1/3 of vegetable mix over lasagne sheets and top with 1/3 of cheese.
5. Add another layer of lasagne sheets and repeat vegetable and cheese layers. Complete with a final layer of lasagne sheets, vegetables and cheese.

**How to make it stretch**

Add another tin baked beans and another tin of tomatoes.
Add more lasagne sheets.

**Time:** this recipe takes longer to make.

Source: Adapted from *Fruit & Veg Cookbook*, Mid North Coast Aboriginal Health Partnership, New South Wales 2001.
Stan's Vegetable Stew

Feeds 6 people

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon of oil</td>
<td>Large pot</td>
</tr>
<tr>
<td>1 onion</td>
<td>Large knife</td>
</tr>
<tr>
<td>2 cloves of garlic</td>
<td>Garlic crusher</td>
</tr>
<tr>
<td>1 teaspoon cinnamon</td>
<td>Teaspoon</td>
</tr>
<tr>
<td>1 teaspoon paprika</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>1 teaspoon cumin</td>
<td>Cup measure</td>
</tr>
<tr>
<td>2 carrots</td>
<td>Stirring spoon</td>
</tr>
<tr>
<td>4 small turnips or parsnips</td>
<td></td>
</tr>
<tr>
<td>500g sweet potato</td>
<td></td>
</tr>
<tr>
<td>1 large can of tomatoes</td>
<td></td>
</tr>
<tr>
<td>1 can chickpeas</td>
<td></td>
</tr>
<tr>
<td>3 zucchini</td>
<td></td>
</tr>
<tr>
<td>¼ cup dried apricots</td>
<td></td>
</tr>
</tbody>
</table>

What to do

1. Wash hands.
2. Chop onion, garlic and apricots.
3. Slice zucchini and peel and carrots.
4. Peel and cut turnips and sweet potato into chunks.
5. Heat oil in frying pan, cook onion, garlic and spices for a few minutes.
6. Cut tomatoes into pieces and add to pan with their juice.
7. Cover and simmer for ¼ of an hour.
8. Add chickpeas, zucchini and apricots.
9. Cook all vegetables until tender.

Time: this recipe takes longer to make.

Source: Adapted from Stanley Law, Kimberley Public Health Unit.
Fried Rice 😊😊

Feeds 6 people

Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon oil</td>
<td>Large frying pan or wok</td>
</tr>
<tr>
<td>2 medium onions, finely chopped</td>
<td>Saucepan</td>
</tr>
<tr>
<td>2 clove garlic, crushed</td>
<td>Chopping board</td>
</tr>
<tr>
<td>1½ carrots, peeled and diced</td>
<td>Large knife</td>
</tr>
<tr>
<td>1 medium red capsicum, finely chopped</td>
<td>Garlic crusher</td>
</tr>
<tr>
<td>1½ cups cabbage, shredded</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>1½ cups of frozen peas</td>
<td>Cup measure</td>
</tr>
<tr>
<td>1½ cups of frozen or canned corn</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons of salt reduced soy sauce</td>
<td></td>
</tr>
<tr>
<td>4½ cups cooked rice</td>
<td></td>
</tr>
</tbody>
</table>

What to do

1. Wash hands.
2. Chop vegetables.
3. Heat oil in a large frying pan or wok.
4. Cook onion, garlic, and carrot for 5 minutes.
5. Add capsicum and cabbage, cook further 5 minutes.
6. Add peas, corn, soy sauce and rice, stir over high heat until heated through.

How to make it stretch

Add another tin of corn.
Add more vegetables.

Time: this recipe is quick to make.

Source: Adapted from 101 Festive Food Cent$ Recipe & Gift Ideas, Health Department of Western Australia, 1995.
Creamy Pasta 😊😊

Feeds 6 people

Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>500g cooked pasta</td>
<td>Frypan or pot</td>
</tr>
<tr>
<td>350g ham or cooked chicken or turkey</td>
<td>Chopping board</td>
</tr>
<tr>
<td>3 sticks of celery, finely sliced</td>
<td>Large knife</td>
</tr>
<tr>
<td>1 ½ onions, finely chopped</td>
<td>Can opener</td>
</tr>
<tr>
<td>1 ½ tablespoons oil</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>1 ½ tablespoons plain flour</td>
<td>Teaspoon</td>
</tr>
<tr>
<td>1 ½ cups chicken or vegetable stock</td>
<td>Mixing spoon</td>
</tr>
<tr>
<td>1 small can creamed corn</td>
<td></td>
</tr>
<tr>
<td>3 teaspoons fresh basil, or 1 teaspoon dried</td>
<td></td>
</tr>
<tr>
<td>Black pepper</td>
<td></td>
</tr>
<tr>
<td>¼ cup evaporated skim milk</td>
<td></td>
</tr>
</tbody>
</table>

What to do

1. Wash hands.
2. Finely chop meat.
3. Finely chop the onion and celery and sauté lightly in oil.
4. Add flour and stir for 1 minute.
5. Gradually add the stock and cook until the sauce boils and thickens.
6. Add the ham or chicken or turkey, creamed corn, skim milk, basil and black pepper. Heat gently.
7. Toss the sauce through hot pasta and serve.

How to make it stretch

Add more creamed corn.
Add more vegies such as grated carrot.
Make sure there is plenty of pasta.

Time: this recipe is quick to make

Source: Adapted from 101 Festive Food Cent$ Recipe & Gift Ideas, Health Department of Western Australia, 1995.
Bush Damper in Coals

Ingredients

<table>
<thead>
<tr>
<th>3 cups of plain flour</th>
<th>1 dessertspoon of baking powder</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups of wholemeal flour</td>
<td>½ cup of HiLo or skim milk</td>
</tr>
<tr>
<td>¾ - 1 cup of water</td>
<td></td>
</tr>
</tbody>
</table>

Cooking Things

| Bowl | Cup measure | Dessertspoon |

What to do

1. Wash hands.
2. Mix all dry ingredients together, then add water.
3. Knead and then shape dough to about 1 - 1½ inches thick.
4. To cook over an open fire: scrape off half of the coals and sand on the fire.
5. Put a thick layer of plain flour on the hot sand, place damper on the flour and then put another thick layer of plain flour on the damper.
6. Cover carefully with hot sand and coals.
7. Leave for about 30 minutes, then remove from fire and brush off.
8. To cook on a stove: sprinkle flour in a frypan and heat over moderate heat. Place mixture in the pan and shake occasionally to prevent sticking. When mixture slides easily in pan turn over. Knock the top of the damper, it will make a dull sound when it is cooked.
9. To cook in the oven: sprinkle flour on an oven tray and heat in 180°C oven. Flatten the dough to an oval or round shape and place on the oven tray. Bake in oven for ½ an hour. Then turn and bake on the other side for another ½ an hour.

Time: this recipe is quick to make.

Source: Adapted from Good Tucker in the Gascoyne, Section 1: Carnarvon Community Group (Sue Oakley, Gail Bellotti, and Marion Oakley), 2003 and Good Food Cookbook, Pilbara Public Health Unit, Western Australia, 1998.
Egg Bake

Feeds 6 people

Ingredients

<table>
<thead>
<tr>
<th></th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 eggs</td>
<td>Knife</td>
</tr>
<tr>
<td>1½ cups of left over, fresh or frozen vegies</td>
<td>Chopping board</td>
</tr>
<tr>
<td>½ cup low-fat grated cheese</td>
<td>Cup measure</td>
</tr>
<tr>
<td></td>
<td>Bowl</td>
</tr>
<tr>
<td></td>
<td>Mixing spoon</td>
</tr>
<tr>
<td></td>
<td>Baking dish</td>
</tr>
</tbody>
</table>

What to do

1. Wash hands.
2. Peel and chop vegetables.
3. Put eggs into a large bowl and mix in vegetables.
4. Wipe a little oil around the baking dish.
5. Pour in egg mixture and grated cheese on top.
6. Put into oven on a medium heat (200ºC). Cook for 20 minutes or until egg is set and cheese is melted.

How to make it stretch

Add more vegetables.
Serve with extra cooked vegetables.

Time: this recipe is quick to make.

Source: Adapted from Good Tucker for All Who Care, Commonwealth Department of Human Services & Health, and the Kimberley Public Health Unit, Western Australia, 1996. Contributed by Agnes Britton, Ngamang Frail Aged & Disabled Hostel.
Golden Hotpot

Feeds 10 people

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>2½ onions</td>
<td>Large pot</td>
</tr>
<tr>
<td>3 carrots, peeled</td>
<td>Chopping board</td>
</tr>
<tr>
<td>1 capsicum</td>
<td>Large knife</td>
</tr>
<tr>
<td>5 sticks celery</td>
<td>Can opener</td>
</tr>
<tr>
<td>2 x 420g can corn kernels</td>
<td>Cup measure</td>
</tr>
<tr>
<td>2 x 420g can baked beans</td>
<td>Teaspoon</td>
</tr>
<tr>
<td>880g can tomatoes, mashed</td>
<td>Mixing spoon</td>
</tr>
<tr>
<td>¼ teaspoon chilli powder</td>
<td></td>
</tr>
<tr>
<td>½ cup chopped parsley</td>
<td></td>
</tr>
<tr>
<td>600g pasta noodles or 5 packets low-fat 2 minute noodles</td>
<td></td>
</tr>
</tbody>
</table>

What to do

1. Wash hands.
2. Chop vegies.
3. Cook (microwave, steam or boil) onion, carrot, capsicum and celery until tender. Drain.
4. Add corn, baked beans, tomato and chilli powder. Combine well and heat through.
5. Add parsley just before serving. Add noodles to a large pan of boiling water. Cook for 10 minutes. Drain and serve.

How to make it stretch
Add an extra can of baked beans and tomatoes.
Make sure there is plenty of pasta.

Time: this recipe is quick to make.

Source: Adapted from Food Cent$ Cookbook, Health Department of Western Australia, 1997.
Macaroni Cheese 😞 (too much fat)

Feeds 6 people

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>2¼ cups uncooked macaroni</td>
<td>Large pot</td>
</tr>
<tr>
<td>2¼ tablespoons margarine</td>
<td>Ovenproof dish</td>
</tr>
<tr>
<td>2 carrots</td>
<td>Grater</td>
</tr>
<tr>
<td>4½ tablespoons plain white flour</td>
<td>Large knife</td>
</tr>
<tr>
<td>3¾ cups low fat milk</td>
<td>Cup measure</td>
</tr>
<tr>
<td>1 teaspoon mustard</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>1½ cup low fat cheese, grated</td>
<td>Teaspoon</td>
</tr>
<tr>
<td>½ cup dried breadcrumbs</td>
<td>Mixing spoon</td>
</tr>
<tr>
<td>Pepper</td>
<td></td>
</tr>
</tbody>
</table>

What to do
1. Wash hands.
2. Peel and grate carrots.
4. Melt margarine in a saucepan, add grated carrots and cook for a couple of minutes.
5. Add flour and stir to form a smooth paste.
6. Slowly add milk while stirring to form a smooth, thick sauce.
7. Add mustard, pepper and grated cheese.
8. Stir and cook over a low heat until cheese is melted. Blend in cooked macaroni and pour into a lightly greased casserole dish.
9. Sprinkle with breadcrumbs and bake at 180°C for 15 to 20 minutes. Serve with salad or cooked vegies.

How to make it stretch
Add more carrot and other vegetables such as peas and corn.
Add more pasta and thin sauce with a little more milk.
Make sure there is plenty of salad or cooked vegies.

Time: this recipe is quick to make.

Source: Adapted from Food Cent$ Cookbook, Health Department of Western Australia, 1997.
Salads & Vegetables
Coleslaw 😊😊

Feeds 6 people

Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 red or green apples</td>
<td>Chopping board</td>
</tr>
<tr>
<td>2 teaspoons lemon juice</td>
<td>Large knife</td>
</tr>
<tr>
<td>⅔ medium cabbage</td>
<td>Large bowl</td>
</tr>
<tr>
<td>3 medium carrots, peeled</td>
<td>Small bowl</td>
</tr>
</tbody>
</table>

Dressing

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablespoons mayonnaise</td>
</tr>
<tr>
<td>3 tablespoons low fat milk</td>
</tr>
<tr>
<td>1 teaspoon sugar</td>
</tr>
</tbody>
</table>

What to do

1. Wash hands.
2. Chop apples, grate carrots and shred cabbage.
3. Toss apple in lemon juice to prevent browning.
4. Mix together mayonnaise, milk and sugar to form a dressing.
5. Toss dressing through cabbage, carrots and apples.

(Spring onion, red or green capsicum or nuts may all be added to vary this basic salad).

How to make it stretch

Add more vegies.
Add another apple.

Time: this recipe is quick to make.

Source: Adapted from Food Cent$ Cookbook, Health Department of Western Australia, 1997.
**Chunky Chips**

*Feeds 6 people*

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 potatoes</td>
<td>Chopping board</td>
</tr>
<tr>
<td>$\frac{1}{2}$ teaspoon paprika</td>
<td>Large knife</td>
</tr>
<tr>
<td>$\frac{1}{2}$ teaspoon chilli powder (optional)</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>2 tablespoons oil</td>
<td>Tray for oven</td>
</tr>
</tbody>
</table>

**What to do**

1. Wash hands.
2. Cut potatoes into chunky pieces.
3. Place in tray.
4. Add oil and toss. Sprinkle paprika and chilli powder.
5. Place in hot oven (200°C) until brown. Or place on barbecue until crisp.

*Time: this recipe is quick to make.*

*Source: Adapted from Food Cent$ Cookbook, Health Department of Western Australia, 1997.*
Three Bean Salad 😊😊

Feeds 6 people

Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 x 440g can three bean mix</td>
<td>Large knife</td>
</tr>
<tr>
<td>½ onion</td>
<td>Choppping board</td>
</tr>
<tr>
<td>½ capsicum</td>
<td>Cup measure</td>
</tr>
<tr>
<td>1 stick celery</td>
<td>Mixing spoon</td>
</tr>
<tr>
<td>¼ cup no-oil salad dressing</td>
<td></td>
</tr>
</tbody>
</table>

What to do
1. Wash hands
2. Chop vegetables.
3. Combine all ingredients and place in a salad bowl.

Time: this recipe is quick to make.

Source: Various.
Tomato and Onion Stew

Feeds 6 people

Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 large tins tomatoes</td>
<td>Large knife</td>
</tr>
<tr>
<td>1 large onion</td>
<td>Chopping board</td>
</tr>
<tr>
<td>1 teaspoon oil</td>
<td>Can opener</td>
</tr>
<tr>
<td>A shake of pepper</td>
<td>Medium saucepan</td>
</tr>
<tr>
<td>Cornflour</td>
<td>Mixing spoon</td>
</tr>
</tbody>
</table>

What to do

1. Wash hands.
2. Cut up tomatoes and onion. Put a bit of oil in pot.
4. Let tomatoes and onions steam with the lid on until soft.
5. Add pepper for taste.
6. To thicken, add a little cornflour.

Time: this recipe is quick to make.

Source: Adapted from Good Tucker for All Who Care, Commonwealth Department of Human Services & Health, and the Kimberley Public Health Unit, Western Australia, 1996. Contributed by Debbie Keddie, Halls Creek Frail Aged & Disabled Hostel.
Desserts & Other Sweet Things
Apple Sponge 😊

Feeds 6 people

Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 large tin of pie apple</td>
<td>Bowl</td>
</tr>
<tr>
<td>¼ teaspoon cinnamon (optional)</td>
<td>Can opener</td>
</tr>
<tr>
<td>3 eggs</td>
<td>Cup measure</td>
</tr>
<tr>
<td>½ cup castor sugar</td>
<td>Mixing spoon</td>
</tr>
<tr>
<td>¾ cup of self raising flour</td>
<td>Pie dish</td>
</tr>
<tr>
<td>¼ cup water</td>
<td>Egg beater</td>
</tr>
<tr>
<td>1 tablespoon of hot low-fat milk</td>
<td></td>
</tr>
</tbody>
</table>

What to do

1. Wash hands.
2. Place apple in bottom of pie dish, and sprinkle with cinnamon.
3. Whisk eggs with sugar until thick and creamy.
4. Fold in flour, water and hot milk.
5. Pour over fruit.
6. Bake in 180°C oven for about 20 minutes until brown on top.

Time: this recipe is quick to make.

Source: Various.
Fruit Crumble

Feeds 6 people

Ingredients                              Cooking Things
2 cups canned fruit (apple, peaches, apricots, pears) Can opener
2 tablespoons margarine                   Cup measure
½ cup plain flour                        Bowl
¼ cup sugar                               Spoon
1 teaspoon cinnamon                       Ovenproof dish

What to do
1. Wash hands.
2. Drain canned fruit, dice and spread over ovenproof dish.
3. Rub margarine into flour until it looks like bread crumbs.
4. Stir in sugar and cinnamon.
5. Sprinkle crumble mixture over fruit and press down lightly.
6. Bake in a moderate oven (180ºC) until top is brown and crisp.
Serve with low fat icecream or custard.

Time: this recipe is quick to make.

Source: Adapted from Fruit & Veg Cookbook, Mid North Coast Aboriginal Health Partnership, New South Wales, 2001.
# Banana Cake

**Feeds 20 people**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>¾ cup of sugar</td>
<td>Cup measure</td>
</tr>
<tr>
<td>1 cup of butter</td>
<td>Fork</td>
</tr>
<tr>
<td>2 eggs</td>
<td>Small bowl</td>
</tr>
<tr>
<td>2 cups of self raising flour</td>
<td>Bowl</td>
</tr>
<tr>
<td>1 teaspoon of bicarbonate soda</td>
<td>Vegetable peeler</td>
</tr>
<tr>
<td>1 cup of low fat milk</td>
<td>Grater</td>
</tr>
<tr>
<td>4 ripe bananas, mashed</td>
<td>Teaspoon</td>
</tr>
<tr>
<td>2 cooking apples, peeled and grated</td>
<td>Mixing spoon</td>
</tr>
<tr>
<td></td>
<td>2 cake tins</td>
</tr>
</tbody>
</table>

**What to do**

1. Wash hands.
2. Beat sugar and butter until creamy. Beat in one egg at a time.
3. Sift flour and bicarbonate into mixture and mix gently by hand. Add in the milk and stir in.
4. Add bananas and apples to the cake mixture. Gently stir in by hand.
5. Grease cake tins. Place half mixture into each tin and bake for about 1 hour at 180°C.

Time: this recipe is quick to make.

Source: Various.
Creamy Rice

Feeds 4 people

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup dry rice</td>
<td>Cup measure</td>
</tr>
<tr>
<td>1¼ cups skim milk powder</td>
<td>Teaspoon</td>
</tr>
<tr>
<td>¼ cup brown sugar</td>
<td>Mixing spoon</td>
</tr>
<tr>
<td>2 teaspoons vanilla essence</td>
<td>Saucepan</td>
</tr>
<tr>
<td>4 cups water</td>
<td></td>
</tr>
</tbody>
</table>

What to do
1. Wash hands.
2. Combine all ingredients in a 2-litre saucepan. Bring to the boil stirring occasionally.
3. Reduce heat and simmer gently for ½ an hour stirring occasionally.
Serve hot or cold with fresh or tinned fruit.

Time: this recipe is quick to make.

Source: Adapted from Food Cent$ Recipe Ideas Booklet, Department of Health, 2003.
Pikelets 😊

Makes 10

Ingredients       Cooking Things

1 cup self raising flour       Bowl
1 1/2 teaspoons baking powder    Cup measure
2 tablespoons skim milk powder  Tablespoon
1 tablespoon sugar             Teaspoon
1 egg                        Mixing spoon
3/4 cup water                Frypan
1 tablespoon vegetable oil

What to do

1. Wash hands.
2. Mix flour, baking powder, skim milk powder and sugar together.
3. Beat egg, water and oil into mixture.
4. Heat a frying pan and cook four at a time until bubbles appear on the surface.
5. Turn and cook for another 30 seconds.

Time: this recipe is quick to make.

Source: Adapted from Food Cent$ Cookbook, Health Department of Western Australia, 1997.
# Raisin Bread Pudding

**Feeds 6 people**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Cooking Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ loaf of raisin bread</td>
<td>Bowl</td>
</tr>
<tr>
<td>1 tablespoon margarine</td>
<td>Mixing spoon</td>
</tr>
<tr>
<td>2 eggs</td>
<td>Knife</td>
</tr>
<tr>
<td>3 cups low fat milk</td>
<td>Baking tray</td>
</tr>
<tr>
<td>1/3 cup sugar</td>
<td>Cooking foil</td>
</tr>
</tbody>
</table>

**What to do**
1. Wash hands.
2. Spread the margarine very thinly on the bread.
3. Place margarine side down in baking tray.
4. Beat the milk, eggs and sugar together.
5. Pour over the bread.
6. Cover with foil and bake at 180°C for ½ an hour.
7. Take the foil off and cook for another ½ an hour until set.

**Time:** this recipe is quick to make.

*Source: Various.*
Scones

Makes 10

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 cups self raising flour</td>
<td></td>
</tr>
<tr>
<td>1 cup water</td>
<td></td>
</tr>
<tr>
<td>Pinch salt</td>
<td></td>
</tr>
<tr>
<td>½ cup of currants</td>
<td></td>
</tr>
<tr>
<td>A little oil</td>
<td></td>
</tr>
</tbody>
</table>

Cooking Things

<table>
<thead>
<tr>
<th>Item</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowl</td>
<td></td>
</tr>
<tr>
<td>Mixing spoon</td>
<td></td>
</tr>
<tr>
<td>Knife</td>
<td></td>
</tr>
<tr>
<td>Baking tray</td>
<td></td>
</tr>
<tr>
<td>Cooking foil</td>
<td></td>
</tr>
</tbody>
</table>

What to do

1. Wash hands.
2. Put flour, water, salt and currants into a bowl.
3. Mix into dough (add more water or flour if needed).
4. Knead the dough on a floured board or bench.
5. Sprinkle flour onto a rolling pin and roll dough out or press dough out with fingers.
6. Use a knife dipped in flour (to stop sticking) to cut dough into small squares.
7. Place on lightly greased baking tray and cook for about ¼ of an hour in a 180°C oven. Or heat a small teaspoon of oil in frypan and cook scones on both sides until brown.

Time: this recipe is quick to make.

Source: Adapted from Good Tucker for All Who Care, Commonwealth Department of Human Services & Health, and the Kimberley Public Health Unit, Western Australia, 1996. Contributed by Margaret Mippy (Djarindjin Meals on Wheels).
Appendix 2:
The Eat Healthy, Be Healthy Triangle Poster
Please note: A2 size copies of the Eat Healthy, Be Healthy Triangle Poster can be ordered free of charge from the Western Australian Department of Health website via the Population Health On-line Publication Ordering System. Website address is:


The publication number is HP5478 (listed as the Aboriginal Healthy Diet Pyramid) under the Aboriginal Health Publications section.
EAT HEALTHY
BE HEALTHY
EAT LESS
- MAGAZINE / BUTTER / FAT / SHAPING, INH.
- SERVING
- SALTED FOODS - CRISPS, PIES,
- SUGAR TOODS - JUICE, SUGAR, LOLLIES, CANDIES
- ALCOHOL (SHOTS)
- COOL DRINKS AND CRISPS
PREVENT
- HEART DISEASE
- DIABETES
- HYPERTENSION (BLOOD PRESSURE)
- OVERWEIGHT
- ANAEMIA (WEAK BLOOD)
EAT SOME
- MEAT (LEAN)
- CHICKEN (NO SKIN)
- FISH
- MILK, CHEESE AND YOGHURT
- NUTS AND SEEDS
EAT MOST
- BREAD, DAMPER
- BULGUR, RICE, PASTA
- BAKED BEANS
- Split peas
- FRUIT
- VEGETABLES
- WATER
WALK DAILY
- WALK DAILY

Produced by Health Promotion Services Association with Aboriginal Health Workers and Department of Health Australia 1988
Appendix 3:

Food Cards and Money
CORNED BEEF
KANGAROO
TUNA
DAMPER
Appendix 4:

The (original) Food Cent$ Program
The (original) Food Cent$ Program

The original Food Cent$ program comprised of three parts:

1. Budgeting session – which used the Kilo-Cent$ Counter, the Food Cent$ 10-Plan Shopping Guide, the Feed a Family/Feed Two Plans, and Recipe Ideas booklet.
2. Cooking session.

A note on adaptation of the Food Cent$ Program

Feedback received from community people and Health Workers regarding the 10-Plan which uses Shopping Dockets and the Kilo-Cent$ Counter was that they were too hard to grasp and understand. Community members were also too embarrassed to bring along their shopping dockets to this activity.

The Supermarket Tour proved to be unpopular because community members did not like drawing attention to themselves by going to the shop in a group. This part of the adapted program is optional depending on the needs of your community. Speak to your local Public Health Nutritionist about running a supermarket tour if your group is interested.

We have found that with some groups, concepts from the 10-Plan and Kilo-Cent$ Counter could be explained in simple terms. Information on the 10-Plan and Kilo-Cent$ Counter has been included in the following pages.
The Kilo-Cent$ Counter

The Kilo-Cent$ Counter encourages people to look at the price of food per kilogram, and decide if it is good value for money.

To find the price per kilogram:
Step 1. Round off the price to the nearest 50 cents.
Step 2. Round off the weight to the nearest 50 grams.
   This will give rounded amounts.
Step 3. Use the Kilo-Cent$ Counter (next page). Move across the prices column to the rounded price of the food item, and then move down-wards to the rounded weight/volume of the food item, shown in the margins.

The square you land on will be the price per kilogram.

For example, a food item costs $1.20 and weights 200 grams:

1. Round off $1.20 price to $1.00.

2. Weight is 200g (see highlighted section).

<table>
<thead>
<tr>
<th>Price</th>
<th>50c</th>
<th>$1.00</th>
<th>$1.50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grams</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>50</td>
<td>$10.00</td>
<td>$20.00</td>
<td>$30.00</td>
</tr>
<tr>
<td>100</td>
<td>$ 5.00</td>
<td>$ 10.00</td>
<td>$ 15.00</td>
</tr>
<tr>
<td>150</td>
<td>$ 3.33</td>
<td>$ 6.67</td>
<td>$ 10.00</td>
</tr>
<tr>
<td>200</td>
<td>$ 2.50</td>
<td>$ 5.00</td>
<td>$  7.50</td>
</tr>
</tbody>
</table>

3. The price per kilo is $5.00 (see highlighted sections above).

Practise estimating the price per kilogram of food items advertised in your local paper or supermarket catalogues using the Kilo-Cent$ Counter on the next page.
### Kilo-Cents Counter

<table>
<thead>
<tr>
<th>Price Weight</th>
<th>50c</th>
<th>$1.00</th>
<th>$1.50</th>
<th>$2.00</th>
<th>$2.50</th>
<th>$3.00</th>
<th>$3.50</th>
<th>$4.00</th>
<th>$4.50</th>
<th>$5.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>50g</td>
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<tr>
<td>100g</td>
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<tr>
<td>150g</td>
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<td>200g</td>
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<td>250g</td>
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<tr>
<td>300g</td>
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<tr>
<td>350g</td>
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<td>400g</td>
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<td>450g</td>
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<td>500g</td>
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<td>550g</td>
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<td>600g</td>
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<tr>
<td>650g</td>
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<tr>
<td>700g</td>
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<tr>
<td>750g</td>
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<tr>
<td>800g</td>
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<tr>
<td>850g</td>
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<tr>
<td>900g</td>
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<tr>
<td>950g</td>
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<tr>
<td>1000g</td>
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</tr>
</tbody>
</table>

(Source: Kilo-Cents Counter, Health Department of Western Australia, 2000.)
The following comparisons can be made to find out what foods are better value for money.

<table>
<thead>
<tr>
<th>Fruit and Vegetables</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh fruit compared to fruit juice. Fresh fruit compared to dried fruit. Fresh fruit compared to fruit 'Roll Ups'. Fresh fruit compared to chocolate. Fresh fruit compared to muesli bars. Fresh fruit compared to crisps. Fresh carrots compared to frozen carrots. Fresh potatoes compared to French Fries. Fresh tomatoes compared to canned tomatoes. Fresh tomatoes compared to pasta sauce.</td>
<td>Fresh fruit is a cheap and healthy snack food. Sometimes frozen vegetables can be cheaper than fresh. Buy fresh in season. Cheaper to make your own chips. Canned tomatoes cheaper when tomatoes are out of season. Pasta sauce can be easy to make from fresh or canned tomatoes.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bread and Cereal Foods</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweetened cereals eg. Coco Pops™ compared to unsweetened oats. Heavily advertised cereals compared to less advertised cereals. Bread compared to biscuits.</td>
<td>Higher prices for more highly processed and heavily advertised products.</td>
</tr>
<tr>
<td><strong>Meat and Similar Foods</strong></td>
<td></td>
</tr>
<tr>
<td>---------------------------</td>
<td>--</td>
</tr>
<tr>
<td>Steak compared to luncheon meat.</td>
<td>Steak is cheaper and better value because you can buy more lean meat per kilogram.</td>
</tr>
<tr>
<td>Steak compared to ham.</td>
<td></td>
</tr>
<tr>
<td>Steak compared to bacon.</td>
<td></td>
</tr>
<tr>
<td>Steak compared to eggs.</td>
<td></td>
</tr>
<tr>
<td>Steak compared to baked beans.</td>
<td>One dozen 60 gram eggs (ie. (12 \times 60)) weighs 720 grams.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Milk and Milk Products, and other drinks</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular milk compared to milk made from skim powder, fruit juice and soft drink.</td>
<td>Milk prices quoted per 2 litres need to be divided by 2 to get the price per litre. Skim milk powder makes 10 litres of milk. Divide price of powder by 10 to get the price per litre. Milk provides calcium and protein and protects teeth - juice and soft drink do not.</td>
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</table>
The 10-Plan

The 10-Plan shows how to spend your food money so you choose foods to make a balanced diet. A balanced diet contains plenty of fruit, vegetables, breads and cereals, a moderate amount of meats, milk products and nuts, and small amounts of fats and sugars.

You can check your shopping dockets and compare the money spent on each group of foods with the 10-Plan to see if you are following the 10-Plan. To do this:

1. Collect your food dockets or write down how much you spend on the different food items over a week, fortnight or month.
2. In the 'Eat Most' Foods Column (see below), copy from your dockets the amount you spent on 'Eat Most' Foods.
3. Do the same for 'Eat Moderately'/Some Foods and the 'Eat Least' Food column. Do not add non-food items.

<table>
<thead>
<tr>
<th>'Eat Most' Foods</th>
<th>Eat Moderately Foods</th>
<th>Eat Least Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eg bread, cereals, rice, pasta, flour, fruit, vegetables, baked beans, lentils</td>
<td>Eg lean meat, chicken, fish, eggs, nuts, milk, cheese, yogurt</td>
<td>Eg butter, margarine, oil, sugar, biscuits, cake, chocolate, crisps, cool drink, coffee, salad dressings, sauce</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Total: $</th>
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</table>

Total amount spent on all foods = $ ________________.

4. Compare the total spent in each column with the 10-Plan in this Appendix.
Compare your spending with the 10-Plan:

**First step:** Write down the amount of money you usually spend on food per week or fortnight or month. 
*Food money = $ _______.*

**Second step:** Divide this amount by 10 to give you a 'part' eg. $120 divided by 10 means $12 per 'part'. 
*Food money = $ ____ ÷ 10 = $ ____ per 'part'.*

**Third step:** On the 10-Plan on the next page, write the amount you should spend on each section.

**Fourth step:** Compare your spending with the 10-Plan recommendations for spending.

(Source: 10-Plan Shopping Guide, Health Department of Western Australia, 2000.)
Further information about the Food Cent$ Program can be obtained from:

Manager, Nutrition
Department of Health, Western Australia
Grace Vaughan House
227 Stubbs Terrace
Perth, Western Australia 6008
Phone: (08) 9388 4932