



Resource Guide

- ◆ **The Wicked Vegies Resource Guide outlines a variety of organisations, websites and literature comprising nutrition and healthy eating as well as additional healthy lifestyle information.**
- ◆ **These resources may assist when planning Wicked Vegies activities.**
- ◆ **Please consider this a guide only. Any additions, suggestions or comments are welcomed to improve and develop the guide.**

Wicked Vegies Resource Guide

Name	Description	Contact/source	Cost
Organisations			
Eat Well Tasmania (EWT)	<p>EWT provides support and assistance for activities or projects which promote healthy eating.</p> <p>A variety of resources are available to obtain and loan.</p> <p>The website includes information on:</p> <ul style="list-style-type: none"> • Dietary Guidelines for Australians • Lunchbox ideas • Ideas for meals/snacks with fruit and vegetables • Monthly list of what is in season • Ideas to promote fruit and veg activities 	<p>http://www.eatwelltas.org.au</p> <p>http://www.eatwelltas.org.au/PDFs/Fact%20Sheet%20Ideas%20for%20Promoting%20%20&%205.pdf</p> <p>Contact details: GPO Box 1365 HOBART TAS 7001 Email eat@eatwelltas.org.au Phone (03) 6223 1266</p> <p>Source – Eat Well Tasmania</p>	Not applicable
Community Nutrition Unit (CNU) Department of Health and Human Services (DHHS)	<p>The CNU can assist to improve nutrition in the school in addition to the workplace and community by:</p> <ul style="list-style-type: none"> • Planning Determine key nutrition issues and help develop key strategies • Implementation Help carry out the intervention and assist with nutrition resources, or training and support • Evaluation • Sustainability Help to address nutrition issues into the future. 	<p>http://www.dhhs.tas.gov.au/service_information/services_files/community_nutrition_unit</p> <p>Phone (south) (03) 6222 7222 Phone (north) (03) 6336 2477 Phone (northwest) (03) 6421 7757</p> <p>Email community.nutrition@dhhs.tas.gov.au</p> <p>Source – Department of Health and Human Services (Community Nutrition Unit)</p>	Cost for some publications

Wicked Vegies Resource Guide

Name	Description	Contact/source	Cost
Organisations			
Heart Foundation	<p>Information on Heart Foundation programs as well as teacher and parent resources available on the website</p> <ul style="list-style-type: none"> • The Healthy Eating page gives a range of recipes ideas <p>A link to a teaching resource website – <i>5 Fun Ways to Kid's Health and Fitness</i> - gives ideas for lessons and nutrition habits</p>	<p>http://www.heartfoundation.org.au/Pages/default.aspx</p> <p>http://www.heartfoundation.org.au/sites/healthyeating/pages/default.aspx</p> <p>http://www.kidshealthandfitness.org.au/</p> <p>Tasmanian contact details : 86 Hampden Road Battery Point TAS 7004 Phone (03) 6224 2722 Fax (03) 6224 2884 Email: tas@heartfoundation.com.au</p> <p>Source - National Heart Foundation of Australia</p>	Cost for some publications
Tasmanian School Canteen Association (TSCA)	<p>TSCA offers resources, ongoing food education, workshops, seminars to canteen managers and schools. The Cool Canteen Accreditation Program (Cool CAP) offers a model of best practice for canteen management.</p> <p>The Cool CAP Kit and resources are available on the website.</p>	<p>http://www.tascanteenassn.org.au</p> <p>Contact details: Room 3 1st Floor McDougall Building Ellerslie Road Hobart TAS 7004 Phone (03) 6223 8023</p> <p>Source: Tasmanian School Canteen Association</p>	Cost for some resources

Wicked Vegies Resource Guide

Name	Description	Contact/source	Cost
Websites			
FOODCents	<p>FOODCents teaches people to balance diet and food budget using the Healthy Eating Pyramid as a guide. FOODCents has been adapted for schools. The main objectives of the program are to:</p> <ol style="list-style-type: none"> 1. Provide students with skills that assist with making healthy food choices. 2. Help students identify the best value-for-money choices, within and between specific food product groups. 3. Increase students' knowledge of the information provided on food labels and how to apply this knowledge when making food choices. 4. Increase students' awareness of the additional costs of processing, packaging and advertising foods. 5. Promote increased consumption of fruits, vegetables, breads and low-cost cereals from an economic and nutritional point of view. 	<p>All the information needed to plan and conduct a supermarket tour or a virtual tour for students in Years 4 – 10 can be found at: http://www.fruitnvegweek.health.wa.gov.au/teachers.asp</p> <p>This program is divided into four areas: About FOODcents Planning your FOODcents supermarket tour FOODcents tour leaders guide Curriculum activities</p> <p>Source: Department of Health (WA)</p>	Not applicable
Food Safety and Hygiene	<p>Visit Food Standards Australia New Zealand (FSANZ) for food safety and hygiene standards</p> <p>The Victorian Government Health Information website provides information for the public about:</p> <ul style="list-style-type: none"> • Food safety at home • Shopping • Food poisoning • Community events 	<p>http://www.foodstandards.gov.au/educationalmaterial/factsheets/foodsafetyfactsheets/</p> <p>http://www.health.vic.gov.au/foodsafety/home/index.htm</p> <p>Source: Department of Human Services Victoria</p>	Not applicable
Fresh Kids Program	<p>The Fresh Kids program is implemented in primary schools across the western suburbs of Melbourne. Fresh Kids, over the past four years, has successfully promoted healthy eating and physical activity using the 'Health Promoting Schools Framework'</p>	<p>http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pracpages/Fresh_Kids?open</p> <p>email: freshkids@wrhc.com.au</p> <p>Source: Department of Human Services Victoria</p>	Not applicable

Wicked Vegies Resource Guide

Name	Description	Contact/source	Cost
Websites			
Fruitful Fundraising Project	The Fruitful Fundraising Directory provides valuable information on organising, ideas and evaluation for a healthy fundraising event at school or in the community.	<p>http://www.eatwelltas.org.au/schools.php#fruitfulfundraising</p> <p>For information about Tasmanian State School Parents and Friends Association Telephone: (03) 6223 7937 www.parentsandfriendstasmania.asn.au/ or Community Nutrition Unit, DHHS Telephone: (03) 6222 7222 Fax: (03) 6222 7252 Email: community.nutrition@dhhs.tas.gov.au</p> <p>Source: Joint project between the Department of Health and Human Services and Tasmanian State Schools Parents and Friends Incorporated</p>	Not applicable
Gardening in schools	<p>The websites listed in the connecting box will allow you to investigate how to incorporate a garden into your school and share ideas about school gardens.</p> <p>Australian gardening in schools email listserve is a low volume email list for people interested in gardening in schools. Information about grants etc</p> <p>The Community Gardening Network includes information on schools and community gardens, with guides and fact sheets.</p>	<p>http://au.groups.yahoo.com/group/school_gardens/</p> <p>Eat Well Tasmania also have information about Tasmanian school and community gardens</p> <p>http://www.eatwelltas.com.au/gardening.php#scg</p> <p>Source: various</p>	Costs for subscription, workshop, publications, resources etc may apply

Wicked Vegies Resource Guide

Name	Description	Contact/source	Cost
Websites			
Fresh for Kids	<p>Developed by Sydney Markets to combat low levels of fruit and vegetable consumption among children in NSW.</p> <p>The <i>Fresh for Kids</i> website link offers fun insights into different fruit and veg varieties, quizzes, recipes, what's in season etc</p>	<p>http://www.freshforkids.com.au/index.html Resources available to teachers, canteen managers, children, and parents.</p> <p>Source: Sydney Markets Limited</p>	Free but must register on line to access resources
Go for 2 & 5 Fruit and Vegetables	<p>A colourful and simple to use website. Good recipe ideas for snacks and meals, and tips for achieving 2 serves of fruit & 5 serves of vegetables each day. Also includes interactive games for children.</p>	<p>http://www.gofor2and5.com.au/</p> <p>Source: Australian, State and Territory government initiative</p>	Not applicable
Good for Kids, Good for Life	<p>Promotes healthy eating and physical activity to children aged up to 15 years of age. The website includes practical information to help children, parents, carers and the wider community to know more about healthy weight, nutrition and physical activity.</p>	<p>http://www.goodforkids.nsw.gov.au/Parents</p> <p>Includes fact sheets, recipes, ideas for increasing physical activity, and links to other useful resources.</p> <p>Source: NSW Health</p>	Not applicable
Healthy Kids	<p>Aimed at spreading healthy messages to improve good food habits and daily physical activity for children.</p> <p>The fruit and vegetables section includes information and recipes for fruit and vegetables in season and growing your own.</p> <p>The schools section includes resources for teachers and case studies.</p>	<p>http://www.healthykids.nsw.gov.au/</p> <p>http://www.healthykids.nsw.gov.au/infopages/2028.html</p> <p>http://www.healthykids.nsw.gov.au/schools/</p> <p>Source: NSW Health, Heart Foundation, NSW Sport and Recreation, NSW Dept of Education and Training</p>	Not applicable

Wicked Vegies Resource Guide

Name	Description	Contact/source	Cost
Websites			
Move Well Eat Well (MWEW) Department of Education / DHHS	<p>A Tasmanian government initiative in schools to promote nutrition and physical activity opportunities, showcasing a number of new and innovative programs for schools and communities.</p> <p>Website provides information for schools, families and health & community workers.</p>	<p>http://www.education.tas.gov.au/movewelleatwell/home</p> <p>Phone: (03) 6233 7811</p> <p>Source: Move Well Eat Well Department of Education and Department of Health and Human Services</p>	Free to all government schools, however a small charge may apply to independent and Catholic schools
Nutrition Australia	<p>A comprehensive website that explores healthy eating and nutrition for all ages.</p> <p>There is a focus on healthy eating for schools with suggested activities and a variety of resources.</p> <p>For schools there are kits, posters and publications that include activities and games for students.</p>	<p>http://www.nutritionaustralia.org</p> <p>http://www.nutritionaustralia.org/static/nut-schools.php</p> <p>http://www.nutritionaustralia.org/docs/Nutrition%20Resources%20for%20Children.pdf</p> <p>Publications order form : http://www.nutritionaustralia.org/docs/Nutrition%20Australia%20Publication%20Order%20Form%202009.pdf</p> <p>Source – Nutrition Australia</p>	<p>Cost for some publications</p> <p>Fact sheets downloadable for free</p> <p>Comprehensive list of publications available for order at varying prices.</p>
Stephanie Alexander Kitchen Garden Program	<p>The aim of this popular program is to encourage primary school students in growing, harvesting, preparing and sharing healthy foods to develop skills and develop healthy eating habits. The Kitchen Garden Program touches on all key learning areas for primary school children.</p> <p>The website provides information and ideas on engaging children in healthy eating.</p> <p>There are grants available to establish a kitchen garden in your school (see next box).</p>	<p>http://www.kitchengardenfoundation.org.au/</p> <p>http://www.kitchengardenfoundation.org.au/grants.shtml</p> <p>Source: Stephanie Alexander Kitchen Garden Foundation</p>	Cost for selected products

Wicked Vegies Resource Guide

Name	Description	Contact/source	Cost
Websites			
The Parents Jury	<p>Online network of parents, grandparents and guardians interested in improving the food and physical activity environments of Australian children.</p> <p>Members can access resources and information, advocate for the removal of unhealthy food marketing targeting young children and for more healthy options in school canteens.</p>	<p>http://www.parentsjury.org.au/</p> <p>Includes information on Healthy School Fundraising:</p> <p>http://www.parentsjury.org.au/tpj_browse.asp?ContainerID=tpj_fundraising</p> <p>Source: Cancer Council Australia, Diabetes Australia (Vic, Qld, WA), Australian and New Zealand Obesity Society and VicHealth</p>	<p>Membership is free online. Members receive regular email newsletters.</p>

Wicked Vegies Resource Guide

Name	Description	Contact/source	Cost
Literature/ resources			
The Australian Guide to Healthy Eating	<p>The Australian Guide to Healthy Eating is a national and contemporary food guide for Australia which reflects the multicultural nature of the population and which is relevant for all sectors of the food system to use as a nutrition education and information tool.</p> <p>Accompanying material with the guide include a consumer booklet, nutrition educators manual, an A4 poster and a promotional brochure.</p>	<p>More information about the guide can be found at http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-food-guide-index.htm</p> <p>A number of free downloadable resources including the <i>Dietary Guidelines for all Australians</i> can be found at: http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-food-resources.htm</p> <p>Source: Commonwealth of Australia</p>	Not applicable
Canteen Cuisine - cookbook	<p>Canteen Cuisine is a collation of food ideas and healthy recipes that have proved popular with students. These have been collected from many different sources, including many school canteens.</p> <p>Many of the recipes are equally suitable for the home or other catering settings.</p>	<p>To order cookbook and to view other resources: http://www.waschoolcanteens.org.au/pages/training/02-training.htm</p> <p>Source: Western Australian School Canteen Association INC</p>	\$14.95 PLUS \$7.50 postage & packing per cookbook (for non-WASCA members)

Wicked Vegies Resource Guide

Name	Description	Contact/source	Cost
Literature/ resources			
Dietary Guidelines for Children and Adolescents	Explains serves of food groups and food variety. Posters and brochures available.	http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm Publications can be downloaded online or, ordered free by contacting: E-mail: phd.publications@health.gov.au Phone: 1800 020 103 extension 8654 Source: Dept Health & Ageing NHMRC	Not applicable
Healthy Food Fast Cookbook	A well presented cookbook which promotes the 2 and 5 campaign with easy to follow recipes.	Book Publishing -WA Newspaper Ltd GPO Box D 162 PERTH WA 6840 or: Available at the Community Nutrition Unit (DHHS – Tas: ph: 6222 7222) Source - WA Health Department (2002)	\$9.95 (incl postage)
Healthy Living Pyramid and other resources	A2 poster – The revised Healthy Eating Pyramid – a colourful, easy to follow, pyramid detailing the “eat least”, “eat moderately” and “eat most” groups of foods required for good health. Check out the product order form online (details in the next box) for other resources – there is a selection to choose from for teachers and community health workers.	Order on the Nutrition Australia website: http://www.nutritionaustralia.org/docs/Nutrition%20Australia%20Publication%20Order%20Form%202009.pdf Source - Nutrition Australia	\$3.50 plus postage and handling Other resources – cost as per the order form