

COLAC DISABILITY NETWORK

Healthy Lifestyles Project

Megan Trigg & Jacqui Soares





Project Partners

- ◆ Rural Access
- ◆ Colac Area Health
- ◆ Leisure Networks
 - ◆ CODA
- ◆ Colac ACE - Botanic Cafe
 - ◆ SCOPE
- ◆ Colanda Residential Services
 - ◆ Karingal



The vision

The project team consists of representatives of the Colac Disability Network, together with a Dietician from Colac Area Health. The project team meets monthly and aims to pursue the development of –

- Joint staff development opportunities and implementation strategies
- A partnership with local restaurant(s) to develop and trial the 'green tick' concept
- A review of current resources and guides, for recommendation to service providers
- An agreed protocol regarding nutrition, activity and exercise for people receiving support from member agencies
- Joint policies and procedures regarding nutrition, activity and exercise for people receiving support from member agencies



Skill Development

- ◆ Member agencies have been provided with the opportunity to participate in staff development, based on the 'Good Food for All' publication.
- ◆ Colac Area Health Dietitians have conducted 'Supermarket Tours' for people with a disability and agency staff.



From Green Tick to Healthy Choice

- ◆ The 'Green Tick' concept was initially conceived as a way of indicating clearly and simply, those items on a menu that would be a healthy choice option.
- ◆ There were some challenges when it came to implementing this idea - some modifications were required.



The Healthy Choice Menu

Eating at restaurants and cafés can be an enjoyable experience, however often people find it difficult to know what are the healthiest options. The *Healthy Choice Menu* has been developed as an initiative of the Healthy Lifestyle's project to assist people to make healthy choices when dining out locally in Colac. The foods and drinks that are included on this menu have been chosen on the basis of being the most healthy choice from the items on the menu. While the recipes do not meet defined criteria in terms of their nutritional composition (i.e. less than 10% fat), they are lower in fat and provide more nutritional value (i.e. they provide a good source of fruit or vegetables, contain low fat dairy in place of full fat varieties and/or contain wholegrain breads and cereals) than other options available. Healthy eating as part of a healthy lifestyle is essential for good health and well-being. To reward you for making healthy food choices, please enjoy the Botanic Café's discount on all items included on the *Healthy Choice Menu*.



Botanic Café & Gallery




The Healthy Choice Menu has been developed in partnership with the Botanic Cafe and Gallery, an innovative program that links a community and visitor need with programs for people with a disability.



The Colac Botanic Cafe & Gallery

Healthy Choice Options

Please place your order at the counter – Thank you

Skinny Cappuccino 3.00 	Skinny Latte 3.00 	Long Black Coffee 3.00 
Flat White Coffee 3.00 	Cup of Tea 2.50 	Skinny Hot Chocolate 3.80 
Skinny Milkshake 3.80 	Bottled Water 2.50 	Mango Lassi 4.00 
Real Fruit Smoothie 4.50 	Fresh Fruit Plate with Yoghurt 6.00 	Irrewarra Fruit Bread 4.50 
Bowl of Soup 8.90 	House Salad (Light French Dressing) 12.90 	Vegetable Risotto 12.90 
Multigrain Sandwich with Meat & Salad 5.00 	Celery Boats with Cream Cheese or Peanut Butter 3.00 	Chicken Roti Wrap 11.90 

10% Senior's & Disability Pensioner Discount Available
10% Surcharge at Weekends & Public Holidays



The Colac Botanic Cafe & Gallery

A division of Colac ACE
1 Fyans Street, Colac 3250 Phone 5232 2858
botaniccafe@colacace.com.au www.thecolacbotaniccafe.com.au

Please place your order at the counter – Thank you

Cappuccino, espresso, latte, flat white, long black coffee etc. cup 3.00 mug 3.40	grilled banana and raspberry bread with maple syrup, butter & fruit 6.50
tea selection of leaf tea & herbal or chai (our house tea is Daintree Rainforest tea) pot for one 2.50 pot for two 4.50	breakfast bruschetta – fried egg, ham or bacon and avocado 6.90
mug of moccachino 3.80	roasted vegetable frittata 10.90
cup of Italian thick hot chocolate (flavours available hazelnut / chilli / mint & white chocolate) 3.50	BLT – bacon, lettuce, tomato on toasted sour dough or BLAT with avocado 6.90
iced coffee 4.00	Burger of the day served on Turkish pide bread (<i>see blackboard for today's variety</i>) 10.60
iced chocolate 4.00	steak sandwich – char grilled minute steak, on Turkish bread, seed mustard, baby spinach, café butter 13.40
Cascade drinks, Coke 2.80	roti wrap with tikka masala lamb, coriander and garlic mayonnaise 12.60
Cascade juices 2.50	focaccia – chicken, avocado & bacon 10.80
childrens' small bottles 2.00	focaccia – red capsicum, pesto & ham 10.80
spiders 3.50	toasted sandwich – ham, cheese tomato or chicken, cheese and mayo 6.00
slices 3.00	sandwiches – white, grain, wholemeal 1, 2 or 3 fillings from 5.00
hot scones with pure cream & raspberry jam or butter and cheese (sugar free preserves available) 4.70	children's sandwiches – nutella, peanut butter, vegemite, cheese or fairy bread 3.00
mini cakes 3.60	both mini cakes & tarts served with double cream or icecream
tarts 4.40	selection of biscuits by Yo Yo's by Jo from 0.70
	children's sausage rolls with housemade tomato sauce 3.00

There is a 10% surcharge at weekends and public holidays
The Cafe can be hired outside our normal operating hours for your self-catered or catered function

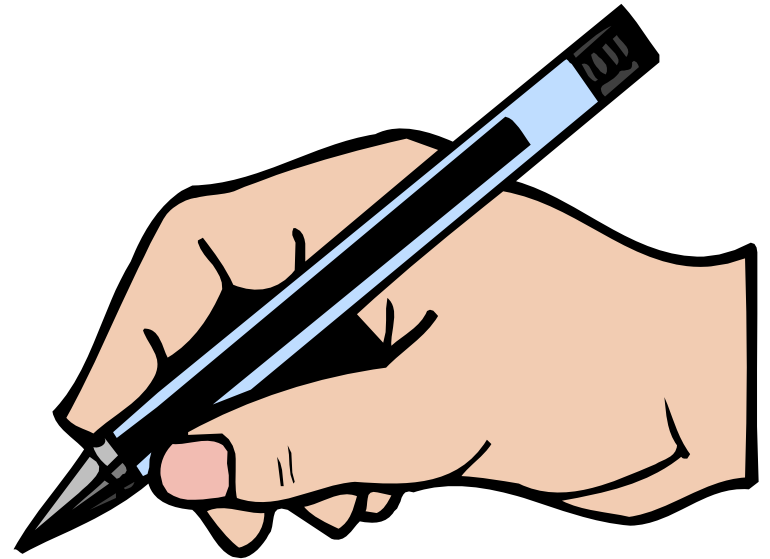
Corkage \$2 per person



Tell us what you think!

- ◆ We are interested in your comments

Please fill in a feedback form and place in the box





Resources

- ◆ A compilation of web resources and sites has been distributed to all member agencies of the network. This resource list will be hosted on various web sites within the Colac Otway Shire, and will be updated periodically by Colac Area Health dietitians
- ◆ A recipe book of easy to prepare, healthy recipes has been published and distributed to agencies and people with a disability.



Where to from here?

An audit of member agencies identified the following issues for future work -

- ◆ Policy, procedure and practice documents in relation to health promotion
- ◆ Need for better strategies to promote health and wellbeing for people living independently or with limited support



Contacts for further information

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