



CONTACTS AND RESOURCES

This section contains reference material that can be assessed by early childhood services professionals.

The resources listed here have been included because they have been assessed as providing sound nutritional / healthy eating advice and were assessed by a qualified dietitian on this basis. No payment was involved in their inclusion.

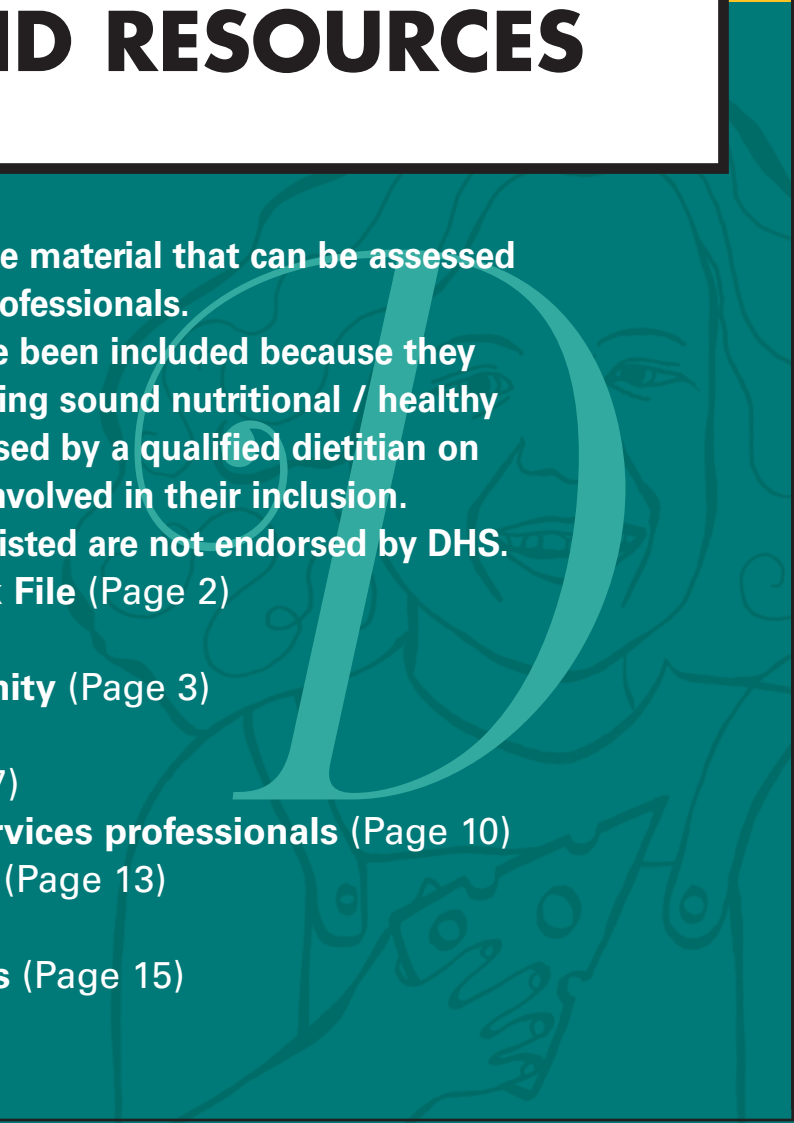
Organisations and resources listed are not endorsed by DHS.

Local Nutrition Network File (Page 2)

Useful organisations

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About this section

This section is divided into three parts. All listings published here have been assessed according to dietary and health promotion principles to ensure that the information in them is nutritionally sound, and that they are appropriate for you, as a professional, or for the parents and children you come into contact with.

Each resource has been assessed according to criteria which took into account technical nutritional and dietary information, format, style, language / writing and availability. This resource and contact listing is not exhaustive - which is one of the reasons key organisations have been listed for your reference.

Of the resources assessed for inclusion here, care has been taken to ensure that there is not excessive repetition of information, or listings of resources that are no longer published / available.

DHS will review and revise this listing regularly. Updated lists of current resources and organisational contact details will be circulated. If you have a suggestion of a resource you have found that has proven useful, please submit it to the State Public Health Nutritionist in charge of *What's there to eat?*, Public Health Unit, Level 16, 120 Spencer St, Melbourne, so it can be assessed for inclusion in the revised listings.

Useful organisations

The first part lists organisations that are good reference points for information about families and / or nutrition and food. These organisations may have different resources available at different times.

Aim to call the organisations most useful or relevant to your service or centre every now and then (perhaps once or twice a year). Find out if they have any information that may be relevant to you (and something you can file in the back of this binder), or new resources appropriate to the families and children you come into contact with.

Resource listing

The next section provides a list of resources appropriate to early childhood services settings that were available at the time of production of this resource. A wide range of organisations produce them - some are published by organisations listed in the contacts section, some are published by other organisations.

Each listing includes information about whether a cost is associated with the resource and resources have been grouped according to whether they are useful for early childhood services professionals or families.

Resources in this list include manuals, booklets, newsletters, magazines, pamphlets, brochures and posters. There are separate sections for newsletters, websites and videos.



Local Nutrition Network file

Name: _____

Organisation: _____

Address: _____

Phone: _____ Fax: _____

Mobile Phone: _____

Email: _____

Specialises in: _____

Best time to contact: _____

Name: _____

Organisation: _____

Address: _____

Phone: _____ Fax: _____

Mobile Phone: _____

Email: _____

Specialises in: _____

Best time to contact: _____

Name: _____

Organisation: _____

Address: _____

Phone: _____ Fax: _____

Mobile Phone: _____

Email: _____

Specialises in: _____

Best time to contact: _____

Name: _____

Organisation: _____

Address: _____

Phone: _____ Fax: _____

Mobile Phone: _____

Email: _____

Specialises in: _____

Best time to contact: _____



Useful organisations

Not-for-profit / community

Anti-Cancer Council of Victoria

1 Rathdowne St
Carlton VIC 3053
Tel: 13 1120
Web: www.accv.org.au

Centre for Ethnic Health

23 Lennox St
Richmond VIC 3121
Tel: 03 9427 8766
Fax: 03 9427 8363

Child Care Centres Association of Victoria

Level 1
6 Westbrook St
East Kew VIC 3102
Tel: 03 9532 2017
Fax: 03 9532 3336
Email: cccav@labyrinth.net.au
Web: www.cccav.org.au

Dietitians Association of Australia

Level 2
11 - 19 Bank Pl
Melbourne VIC 3000
Tel: 1800 812 942 or 03 9642 4877
Fax: 03 9642 4922
Web: www.daa.asn.au

Kindergarten Parents Victoria (KPV)

Level 1
48 High St
Northcote VIC 3070
Tel: 03 9489 3500
Fax: 03 9486 4226
Email: kpv@kpv.org.au
Web: www.kpv.org.au

Lady Gowrie Child Centres / Resource and Advisory Programs

Victorian address:
36 Newry St
Carlton North VIC 3053
Tel: 03 9347 6388
Fax: 03 9347 7567
Web: www.gowrie.org.au
(click through to Victorian site and resources library)

National Heart Foundation of Australia, Victorian Divison

411 King St
West Melbourne VIC 3003
Tel: Heartline 1300 362 787
Email:
heartlinesa@heartfoundation.com.au
Web: www.heartfoundation.com.au

Nursing Mothers Association of Australia

PO Box 4000
Glen Iris VIC 3146
Tel: 1800 032 926 or 03 9885 0855
Fax: 03 9886 9033
Email: nursingm@nmaa.asn.au

Nutrition Australia (formerly the Australian Nutrition Foundation)

c/- Caulfield General Medical Centre
260 Kooyong Rd
Caulfield VIC 3162
Ph / Fax: 03 9528 2453
Web: www.NutritionAustralia.org

Royal Children's Hospital

Nutrition & Food Services Department
Flemington Road
Parkville VIC 3052
Tel: 03 9345 5663
Fax: 03 9345 6496
Web: www.rch.unimelb.edu.au/corporate/nutrition



Royal Women's Hospital

Department of Nutrition and Dietetics
132 Grattan St
Carlton VIC 3053
Tel: 03 9344 2116
Fax: 03 9348 1840

Victorian Private Child Care Association

PO Box 233
Blackburn South VIC 3130
Tel: 03 9898 0110
Fax: 03 9899 9533

Victorian Home Economics and Textiles Teachers Association (VHETTA)

3 Windsor Ave
Mount Waverly VIC 3149
Tel: 03 9888 2240
Fax: 03 9888 2241



Government

Victorian Department of Human Services (DHS)

Public Health Unit
Level 16
120 Spencer St
Melbourne VIC 3000
Tel: 03 9637 4000
Web: www.dhs.vic.gov.au or
www.betterhealth.vic.gov.au

Australian Department of Family and Community Services

Web: www.health.gov.au

DHS Regional offices

Barwon-South Western Region
State Government Offices
Level 2
Cnr Little Mallop & Fenwick Sts
Geelong 3220
Tel: 03 5226 4540

Eastern Metropolitan Region
883 Whitehorse Road
Box Hill 3128
Tel: 03 9843 6000

Gippsland Region
64 Church Street
Traralgon 3844
Tel: 03 5177 2500

Grampians Region
State Government Offices
Cnr Mair & Doveton Streets
Ballarat 3350
Tel: 03 5333 6669

Hume Region
74 Ovens Street
Wangaratta 3677
Tel: 03 5722 0555

Northern Region
145 Smith Street
Fitzroy 3065
Tel: 03 9412 5333

Loddon Mallee Region
37 Rowan Street
Bendigo 3552
Tel: 03 5434 5555

Southern Region
122 Thomas Street
Dandenong 3175
Tel: 03 9213 2111

Western Region
71 Moreland Street
Cnr Napier Street
Footscray 3011
Tel: 03 9275 7000



Commercial – Nutrition resources available from these companies

Australian Dairy Corporation

PO Box 467
Port Melbourne VIC 3207
Tel: 1800 817 736
Fax: 1800 245 048
Web: www.dairy.com.au

- Health and Nutrition Resources Catalogue
Includes facts sheets, no cost
Australian Dairy Corporation,
Tel: 1800 817 736

Meat and Livestock Australia

PO Box 9132
North Sydney NSW 2059
Tel: 1800 647 284
Fax: 02 9957 1282
Web: www.mla.com.au

- Nutrition Information sheets
- Recipes
- Posters

Australian United Fresh

PO Box 82
Sydney Markets NSW 2130
Tel: 02 9763 1767
Fax: 02 9746 3008

- Videos
- Stamps

Coles

800 Toorak Rd
Tooronga VIC 3146
Tel: 03 9822 3251
Fax: 03 9822 8352
Web: www.coles.com.au

Heinz

Heinz Infant Feeding Advisory Service
Private Bag 57
Malvern VIC 3144
Tel: 1800 633 333
Fax: 03 9835 4320
Web: www.heinz.com.au

- Baby book
– 0-36 months, basic feeding nutrition
- Posters
- Booklets on infant / toddler diet

Kelloggs Australia

Consumer Services
41 - 51 Wentworth Ave
Pagewood NSW 2019
Tel: 1800 000 474
Fax: 02 9551 1364
Web: www.kelloggs.com.au

- Booklets on childrens' eating
- Information sheets on nutrition

Sanitarium

Nutrition Education Service
Locked Bag 7
Central Coast Mail Centre NSW 2252
Tel: 02 4348 7777
Fax: 02 4348 7786
Web: www.sanitarium.com.au

- Recipes
- Information sheets on nutrition

Uncle Tobys

Barkly St
Wahgunyah VIC 3687
Tel: 02 6030 4444
Fax: 02 6030 4101
Web: www.goodmanfielder.com.au

- Information sheets on nutrition
- Information sheets on snacks for children

List of resources

Food Safety Australia

Food and Safety pamphlets, posters and guidelines

Available from DHS, Public Health Division, Food Safety Australia
Tel: 1300 364 352

Pamphlets

Food Safety When Shopping
Food Safety At School And Work
Food Safety In The Home
Hygienic Food Preparation
Personal Hygiene For People Working With Food
Safe Food Preparation And Storage

Posters

Golden Rules For Sausage Sizzles And BBQs
Avoid Temperature Danger Zone
Prevent Food Poisoning
Hygiene
Wash Your Hands
Temperature Danger Zone

Guidelines

Safe Food Preparation In Health Care Facilities
Personal Hygiene And Food Safety In Schools
Volunteer Groups And Charities

Resources suitable for early childhood services professionals

The ANF Guide to Meeting Food Accreditation Guidelines

Book for Childcare Centres, \$10

Nutrition Australia

Tel: 03 9528 2453 or download/order from www.NutritionAustralia.org
(see organisation details in Part 1)

Caring For Infants

Book, \$15

Published by the Australian Department of Health and Family Services,
Copies available through the Community Nutritionist
Central Sydney Community Health Services
Level 4, Queen Mary Building, Grose St
Camperdown NSW 2050
Tel: 02 9515 3250 Fax: 02 9515 3282



Caring for children: Food, nutrition and fun activities

\$6.05

NSW Health Department. Orders must be by mail and include cheque or money order, with note naming publication and return address for postage.

Send orders to:

NSW Health Department
Locked Mail Bag 5003
Gladesville NSW 2111
Tel: 02 9816 0452

Come Out and Try Fruit and Vegetables

Teachers Guide, \$10

Children's Health and Development Foundation
Women and Children's Hospital
Level 8, 72 King Williams Rd
North Adelaide SA 5006
Tel: 08 8204 7777 Fax: 08 8204 7779

Easing the transition

\$45, plus \$6 postage and handling

Kit developed for health and settlement workers supporting recently arrived migrants. Contains useful information about issues faced by new arrivals and food that can be adapted for early childhood services who work with newly arrived parents and children. Includes flash cards with pictures of basic foods and translated brochures.

Victorian Foundation for Survivors of Torture
Food and Nutrition Project (funded with the support of VicHealth)
PO Box 96
Parkville VIC 3052
Tel: 03 9388 0022. Fax: 03 9387 0828
Email: administrator@survicorsvic.org.au

Fruit and Vegetable Manual: Volume 1- Fruit, Volume 2 - Vegetables

Two volume set, \$30

Brismark Ltd
PO Box 70
Brisbane Markets
Sherwood Rd
Rocklea QLD 4106
Tel: 07 3379 3061

Infant Feeding Guidelines for Health Workers

NH & MRC
Commonwealth of Australia, 1996
Tel: 02 6289 9520
Email: nhmrc.publications@health.gov.au



It Takes More Than An Apple a Day Manual

\$85 (includes postage)

Tasmanian Department of Health and Human Services
Community Nutrition Unit
level 3, Peacock Building
Repatriation Centre
90 Davey St
Hobart TAS 7000
Tel: 03 6222 7222 Fax: 03 6222 7252

Menu Planning for Childcare Centres

Book, \$11

Nutrition Australia,
Tel: 03 9528 2453 or download/order from www.NutritionAustralia.org
(see organisation details in Part 1)

Nutrition in Long Day Care Report

\$10

Tasmanian Department of Health and Human Services
Community Nutrition Unit
Level 3, Peacock Building
Repatriation Centre
90 Davey St
Hobart TAS 7000
Tel: 03 6222 7222 Fax: 03 6222 7252

Start Right Eat Right Users Guide

\$19.95

Part of a WA Government scheme to encourage good nutrition in day care centres. Has useful information and strategies, as well as evaluation. Orders must be in writing, stating name, address and including payment by cheque or money order.

Health Department of WA
Nutrition Program
Public Health Division
PO Box 8172
Perth Business Centre
WA 6849

Vegies are Fun Kit

Includes video, activity sheets and teachers booklet, \$44.50

Australian United Fresh
Tel: 02 9763 1767 (see organisation details in Part 1)

Vegies for Aussie Kids Kit

Includes posters, recipe booklet, teachers guide and resource list, \$34.50

Australian United Fresh
Tel: 02 9763 1767 (see organisation details in Part 1)

For early childhood services professionals

Resource: The Australian Guide to Healthy Eating

Producing organisation(s): Funded by the Commonwealth Department of Health and Family Services under the National Food and Nutrition Policy Program. Prepared by The Children's Health Development Foundation, South Australia and Deakin University, Victoria 1998

Contact: The Children's Health Development Foundation
Ph: 08 8204 7777

or

Publications Officer, (FaCS)

Toll Free No:1800 020 103 (ext 8654)

It can also be down loaded from Internet at

<http://www.health.gov.au/pubhlth/strateg/food/guide/>

Cost: No cost

Review: This guide is the definitive educational manual produced for the Commonwealth Department of Health and Family Services aimed to disseminate the message of healthy eating by encouraging the daily consumption of a variety of foods. Variety is described in terms of the newly defined five food groups and food selection presented in proportions that are consistent with the Dietary Guidelines for Australians. The number and size of sample serves to achieve nutritional requirements are listed.

The guide is a kit containing

- a detailed background information booklet for nutrition educators
- a healthy eating information booklet for the general public
- a summary information leaflet for the general public
- a large glossy poster illustrating the five food groups also presented as a glossy A4 flier.

All items can be obtained separately with multiple copies of the booklet, leaflet and flier available as hand out copies for consumers.

Resource: Dietary Guidelines For Australians

Producing organisation(s): National Health and Medical Research Council

Contact: Ph: 02 6289 9520
Email: nhmrc.publications@health.gov.au

Cost: \$14.95

Review: This is a nationally recognised resource consisting of dietary guidelines compiled by a panel of health professionals approved by the Public Health Committee. There are two sections, the first consists of various background papers written by the members dealing with topics such as 'Enjoy a wide variety of nutritious foods', 'Eat plenty of breads, cereals, vegetables and fruits', 'Maintain a healthy body weight', 'Alcohol intake', 'Eat a moderate amount of sugars' and 'Encourage and support breastfeeding'. The second section contains guidelines on specific nutrients namely calcium and iron as well as discussing the roles of the different dietary components and the needs of susceptible subgroups such as women and vegetarians.

Resource: Dietary Guidelines For Children and Adolescents

Producing organisation(s): National Health and Medical Research Council

Contact: Ph: 02 6289 9520
Email: nhmrc.publications@health.gov.au

Cost: \$16.95

Review: This is a nationally recognised resource consisting of dietary guidelines compiled by a panel of health professionals approved by the Public Health Committee. It outlines the dietary guidelines for children and adolescents, covering topics such as 'Encourage and Support Breastfeeding', 'Children need appropriate food and physical activity to grow and develop normally', 'Enjoy a wide variety of nutritious foods', 'Eat plenty of breads, cereals, vegetables and fruits', 'Low fat diets are not suitable for children', 'Encourage water as a drink' and 'Choose low salt foods'. It also provides information on foods containing calcium and iron and lists the recommended dietary intake of vitamins and minerals for children and adolescents.



Resource: Child and Antenatal Nutrition Manual

Producing organisation(s): Nutrition program: Health Promotion Services, Health Department of Western Australia.

Contact: Ph: 08 9222 2045

Cost: \$12 including postage

Review: This is a comprehensive resource in an A4 ring binder format for community and child health workers. It provides detailed information written and reviewed by dietitians on a range of relevant issues, from breast feeding, artificial feeding and the introduction of solids to management of pre-term infants, diet related problems and infant feeding in ethnic groups. It also gives an overview of nutrition in childhood as well as an appendices listing sources of specific vitamins and minerals and a bibliography for further reading.



Resource: Menu Planning for Childcare Centres

Producing organisation(s): Nutrition Australia

Contact: Ph / Fax: 03 9528 2453

Website: <http://www.NutritionAustralia.org>

Cost: \$10

Review: This is a valuable resource for childcare centres that provides information on the need for nutritious meals in centres, how to ensure good nutrition, menu planning and budgeting. It refers to the Healthy Eating Pyramid and gives a guide as to adequate serving sizes. The menu planning sections deals with making a nutrition policy for the centre, client profiles and resources as well as practical menu structure, checklists, menu rotation and a weekly menu guide. The content is thorough and presented in an easy to read and photocopy format.



Newsletters / Journals

CCCAV newsletter

Monthly, \$250 annual subscription with membership

Child Care Centres Association of Victoria
Tel: 03 9532 2017 *(see organisation details in Part 1)*

Echo News

Quarterly Journal. Subscription and membership rates vary - students \$33, schools \$140

Victorian Home Economics and Textiles Teachers Association (VHETTA)
Tel: 03 9888 2240 *(see organisation details in Part 1)*

Food Chain Newsletter

No cost

Strategic Inter-Governmental Nutrition Alliance (SIGNAL)
PO Box 2064
Oakleigh VIC 3166
Tel / Fax: 03 9568 4229 or 02 62 89 3997
Email: signal@health.gov.au

Contains articles on childcare, school canteens and promoting healthy eating to families.
Subscribe via email gillr@infoxchange.net.au or download from
www.dhs.vic.gov.au/nphp/signal

Preschool matters' Newsletter

*Quarterly. \$39.60 members,
\$11.30 students concession*

Kindergarten Parents Victoria (KPV)
48 High St
Northcote VIC 3070
Tel: 03 489 3500 *(see organisation details in Part 1)*

The VPCCA Quarterly Journal

No cost for members, \$3.50 plus postage for non-members per edition

Victorian Private Child Care Association
PO Box 233
Blackburn South VIC 3130
Tel: 03 9898 0110 Fax: 03 9899 9533 *(see organisation details in Part 1)*



Web section

The Australian Guide to Healthy Eating

Web: www.health.gov.au/pubhlth/strateg/food/guide/

Funded by the Australian Department of Health and Family Services under the National Food and Nutrition Policy Program.

Eat Well, Live Well

Brochure, no cost

Available at www.healthyeating.org.au

Eat Well, Live Well for Students

Web: www.healtheating.org/

Eat Well, Live Well for Kids

Web: www.healtheating.org/kids/

2000 Heart Health Resources

Catalogue, no cost

National Heart Foundation of Australia

Web: www.heartfoundation.com.au

Tel: 1300 362 787 (*see organisation details in Part 1*)

Nutrition Australia Website

www.NutritionAustralia.org

Nutrition catalogue of resources - online

NSW Department of Health

Includes some resources available in translations

Go to: www.mhcs.health.nsw.gov.au/health-public-affairs/mhcs/publications/groupssubject_Nutrition.html

Nutritional Recipe ideas web site

www.amlc.com.au

Meat and Livestock Australia

Tel: 1800 647 284 (*see organisation details in Part 1*)

Pathways to Health

Brochure, no cost

Active for Life program

Tel: 1800 638 594

Web: www.ausport.gov.au/partic/activeoz.html



Video / audio section

Family ~~Feed~~ Food

\$49.50 (includes postage and handling)

Dietitian Association of Australia – Tasmania Branch
c/- Community National Unit
Tel: 03 6222 7222 Fax:03 6222 7252
Email: community.nutrition@dchs.tas.gov.au

Good Food for Childcare

Video, appropriate for professional and parents, \$19.95

Orders must be in writing, stating name, address and including payment by cheque or money order.

Health Department of WA
Nutrition Program
Public Health Division
PO Box 8172
Perth Business Centre
WA 6849.

Nourishing your family (audio tape in Somalian)

No cost to community agencies in Victoria

Victorian Foundation for the Survivors of Torture
PO Box 96
Parkville VIC 3052
Tel: 03 9388 0022 Fax: 03 9387 0828
Email: administrator@survivorsvic.org.au

Vegies are Fun Kit

Includes video, activity sheets and teachers booklet, \$44.50

Australian United Fresh
Tel: 02 9763 1767 *(see organisation details in Part 1)*

Posters

Food Pyramid

Poster, \$3 plus postage

Nutrition Australia
Tel: 03 9528 2453 or download/order from www.NutritionAustralia.org
(see organisation details in Part 1)

Come Out and Try Fruit and Vegetables

Poster, \$7.50

Children's Health and Development Foundation
Women and Children's Hospital
Level 8, 72 King Williams Rd
North Adelaide SA 5006
Tel: 08 8204 7777 Fax: 08 8204 7779



Resources suitable for distribution to families

5 Fun Ways to Health and Fitness

Booklet, no cost

National Heart Foundation of Australia
Tel: 1300 362 787 (see organisation details in Part 1)

'7-a-day nutritional tips and hints' plus pamphlet series on fruit and vegetables

Developed with the Dietitians Association of Australia. No cost.

Web: www.7aday.coles.com.au
Coles,
Tel: 03 9429 5777 (see organisation details in Part 1)



Breastfeeding information

And So To Family Foods

\$4 Booklet

Breastfeeding: a community responsibility

No cost Pamphlet

Looking After Yourself

\$4 Booklet

Tip Cards:

'Why Mothers Milk is Better',

'Facts for Fathers',

'Breastfeeding Anywhere, Anytime',

'Learning to Breastfeed',

'Solving Breast Feeding Problems'

Each card comes in pack of 25 for \$0.50 per pack

Translated Fact Sheets

\$8 per fact sheet

Translated Tip Cards

(Arabic, Chinese, Spanish, Turkish, Vietnamese)

'Learning to breastfeed',

'Solving breast feeding problems'

Each card comes in pack of 10 for \$1.00 per pack

Continued over leaf

You Can Breastfeed Your Baby Now (suitable for low literacy levels)

Pack of 5 booklets for \$1.00 per pack

Weaning

\$4 Booklet

All of the above are produced by the Nursing Mothers' Association of Australia.

Tel: 1800 032 926 (see organisation details in Part 1)

Breastfeeding Your Baby

Booklet, no cost

Royal Women's Hospital
Tel: 03 344 2007 (see organisation details in Part 1)



Breast Bottle Bowl

\$19.95

By A Hillis and P Stone. Published by Bay Books (Harpers Collins) and available at most bookstores.

Children's Nutrition Kit

Fact sheets and food ideas, \$5 plus postage

Nutrition Australia

Tel: 03 9528 2453 or download/order from www.NutritionAustralia.org
(see organisation details in Part 1)

The Cook's Cookbook

Book for Childcare Centres, \$5.50

Nutrition Australia

Tel: 03 9528 2453 or download/order from www.NutritionAustralia.org
(see organisation details in Part 1)

Food for Under 2s

Booklet, \$4.50

Nutrition Australia

Tel: 03 9528 2453 or download/order from www.NutritionAustralia.org
(see organisation details in Part 1)

Food for Under Five's

\$16 (approx)

Rosemary Stanton. Published by Allen and Unwin. available at most bookstores.

Food For Young Aussies

Booklet, \$2

Nutrition Australia

Tel: 03 9528 2453 or download/order from www.NutritionAustralia.org
(see organisation details in Part 1)

Frozen Vegetables: Do they count?

Report on nutrient content comparison, no cost

Nutrition Australia

Tel: 03 9528 2453 or download/order from www.NutritionAustralia.org
(see organisation details in Part 1)

Get the Good Eating Habit

Pamphlet, \$15 per pack of 100

National Heart Foundation of Australia

Tel: 1300 362 787 (see organisation details in Part 1)



Good Nutrition for Pregnancy: A Guide to Healthy Eating for Mothers-to-Be

Booklet, no cost but supply is limited

Royal Women's Hospital, Department of Nutrition and Dietetics
Tel: 03 9344 2116 (*see organisation details in Part 1*)

Healthy Food for Families

Book, \$5

Nutrition Australia
Tel: 03 9528 2453 or download/order from www.NutritionAustralia.org
(*see organisation details in Part 1*)



The Heart Foundation Cookbook

\$15.95

National Heart Foundation of Australia
Tel: 1300 362 787 (*see organisation details in Part 1*)

Nutrition for Toddlers and Young Children

Booklet, \$4

Nutrition Australia
Tel: 03 9528 2453 or download/order from www.NutritionAustralia.org
(*see organisation details in Part 1*)

Pick the Tick; it takes the heartache out of choosing healthy food

Pamphlet, no cost

National Heart Foundation of Australia
Tel: 1300 362 787 (*see organisation details in Part 1*)

Processed Foods- Foods of Convenience

Brochure, no cost

Nutrition Australia
Ph: 03 9528 2453 or download/order from www.NutritionAustralia.org
(*see organisation details in Part 1*)



Recipes Galore

Recipe Book, \$25

Child Care Centres Association of Victoria
Tel: 03 9532 2017 (*see organisation details in Part 1*)

School Lunch Box Ideas

Pamphlet, \$10 for pack of 100

National Heart Foundation of Australia
Tel: 1300 362 787 (*see organisation details in Part 1*)



Series of leaflets on fruit and vegetables, including recipe series

No cost

Queensland Fruit and Vegetable Growers Association
PO Box 19
Brisbane Markets
Brisbane QLD 4106
Tel: 07 3213 2463 Fax: 07 3213 2480
Email: qfvg@qfvg.org.au
Web: www.qfvg.org.au

The truth about fruit and vegetables

Pamphlet, no cost

Dietitians Association of Australia
Tel: 02 6282 9555 (*see organisation details in Part 1*)

Vegetables

Non Fiction Children's Picture Book, \$15

Era Publications
PO Box 231
Brooklyn Park
SA 5032
Tel: 08 8352 4122



For families

Resource: Practical Cooking for Babies and Toddlers
Author: Joanna Whitby

Producing organisation(s): Australian Consumers' Association, Marrickville, 1999

Contact: Choice Books
Ph: 02 9577 3333

Cost: \$16 plus \$4 postage and handling

Review: This handy cookbook for babies and toddlers has been highly recommended by the Australian Consumer Association and 'Good Taste' magazine. It has 130 recipes that are quick, tasty and nutritious as well as useful nutrition information for parents.

Resource: 'Food For Under Two's' Booklet

Producing organisation(s): Nutrition Australia

Contact: Nutrition Australia
Ph / Fax: 03 9528 2453

Cost: \$4.50

Review: This is a comprehensive, easy to read booklet, outlining dietary guidelines and all you need to know about feeding babies from breast feeding and bottle feeding to introducing solids and feeding one to two year olds. It also briefly covers allergies and vegetarian diets. This booklet is a basic food and nutrition guide for new mums, produced by infant feeding experts for Nutrition Australia and the Commonwealth Department of Health and Family Services.

Resource: Let's Go On a Picnic: An Activity / Colouring-in Book

Producing organisation(s): VicHealth and Centre for Culture, Ethnicity and Health

Contact: Centre for Culture, Ethnicity and Health
Ph: 03 9427 8766

Review: This is a fun and educational resource for children and is particularly aimed at ethnic children with translations in different languages to make it accessible for them. The book encourages eating a variety of foods and highlights the importance of eating as an act of enjoyment. There are large clear illustrations with a game on every second page such as joining the dots or matching fruit shapes. This is an inventive and simple way to get teach children about healthy foods. While this book is no longer being printed, as these pages are suitable for photocopying, it may be possible to obtain some pages by requesting copies from the Centre for Culture, Ethnicity and Health at the above number.



Resource: Anyone Can Cook
Authors: Gabriel Gaté, Joan van Loon

Producing organisation(s): The Five Mile Press

Contact: Ph: (03) 9790 5000

Cost: \$19.95

Review: *Anyone Can Cook* is a children's story and cookbook in one. The story revolves around a young boy who discovers the pleasures of cooking when he visits his eccentric aunt and becomes apprentice to her French chef Gabriel. The recipes were indeed written by French chef and cooking presenter Gabriel Gaté. This is a great introduction to cooking for children as not only is it brightly illustrated with delicious fruit recipes but it takes children through the stages of learning to cook. This is done in an imaginative fashion as the story follows the young boy becoming as apprentice and learning to chop, slice, peel, blend, dice, whisk and stir.

Resource: Tucker Talk: The Family Nutrition Education Manual

Producing organisation(s): The Department of Health and Human Services
Tasmania: Community Nutrition Unit

Contact: Ph: 03 6222 7222

Cost: \$45 including postage

Review: This manual has an extensive amount of information that families would find useful in covering many areas of family nutrition. It is easy to use as it comes in a four ring binder with clearly indexed sections. The sections follow the stages a family would go through from preconception nutrition, nutrition in pregnancy, breastfeeding, infants and children, fluids for children, problems that may arise and dental nutrition. There are also tools health practitioners would find handy such as growth charts, guidelines and commonly asked questions that can be photocopied as well as handouts covering a range of relevant issues.

Resource: Feed Me! - A Guide to Eating in the First Year
Author: Evelyn Volders

Producing organisation(s): Wrightbooks Pty Ltd

Contact: Ph: 03 9532 7082
Email: wbooks@ozemail.com.au
Web site: www.wrightbooks.com.au

Cost: \$12.95

Review: *Feed Me!* is written by an experienced paediatric dietician and mother. It offers advice on early infant feeding, starting a baby on solids, which new foods to try and when they are suitable for your child. It also looks at food allergies, special diets and food safety.



- Resources:** (1) Cooking For Babies and Toddlers by Virginia Hill: \$19.95
(2) The Complete Baby and Toddler Meal Planner by Annabel Karmel: \$29.95
(3) Optimum Nutrition for Babies and Young Children by Lucy Burney: \$29.95

Contact: Any major book store

Review: If you can't resist books, especially recipe books, you may like to own all these. They predominantly contain healthy recipes for feeding young children as well as giving advice on the introduction of new foods and tips on feeding fussy and picky eaters.

