



# Cooking

Cooking is a basic life skill that everyone can learn. This skill is vitally important if you are living independently. It will definitely be helpful in some point of life. When it comes to saving money, cooking at home can save you plenty. Cooking can also promote good health. It can be a way to socialise along with promoting personal creativity and satisfaction. Get the kids involved and make it a fun activity, connect with family, friends and help build everyone's skills.

Cooking doesn't need to be difficult or time consuming - it can be a rewarding experience. Start with something simple and quick and then practice. The more you cook the easier it becomes and the more confident you will become.

## Step by Step - Picture Cookbook

You can follow these step by step cookbooks to prepare healthy meals. This cookbook is separated in two parts and contains simple recipes that are easy to follow.

File link: </assets/media/modules/cooking/step-by-step-cook-book-part-1.pdf>

File link: </assets/media/modules/cooking/step-by-step-cook-book-part-2.pdf>

## Cooking videos, recipes and articles

You can watch videos on how to prepare or cook food at the following websites:

- [Back to Basics Cooking Club & Health Lifestyle Program](#)
- [Foodwatch](#)
- [WIKIHOW](#)
- [Youtube](#)

## Community cooking classes

Community centres provide free or inexpensive cooking classes; you can book online or by phoning the community centre to find out more. Some of these classes are free and others there are a small co-payment (some may be \$5 -

\$10 for a class). You can attend these classes in a safe environment, meet new people and learn how to prepare healthy nutritious food.

Look up your local [community center](#) to see what is happening.

[WEA](#) run cooking classes and provide concessional rates

[Ministry Of Food Australia 'pop up' offer classes](#) at a small fee



# Cooking

## Community Food Co-Ops

Community Food Programs and Co-Op programs can provide useful information about cooking and availability of healthy food choices. Most community food co-ops offer inexpensive, healthy groceries, as well as cooking and shopping information.

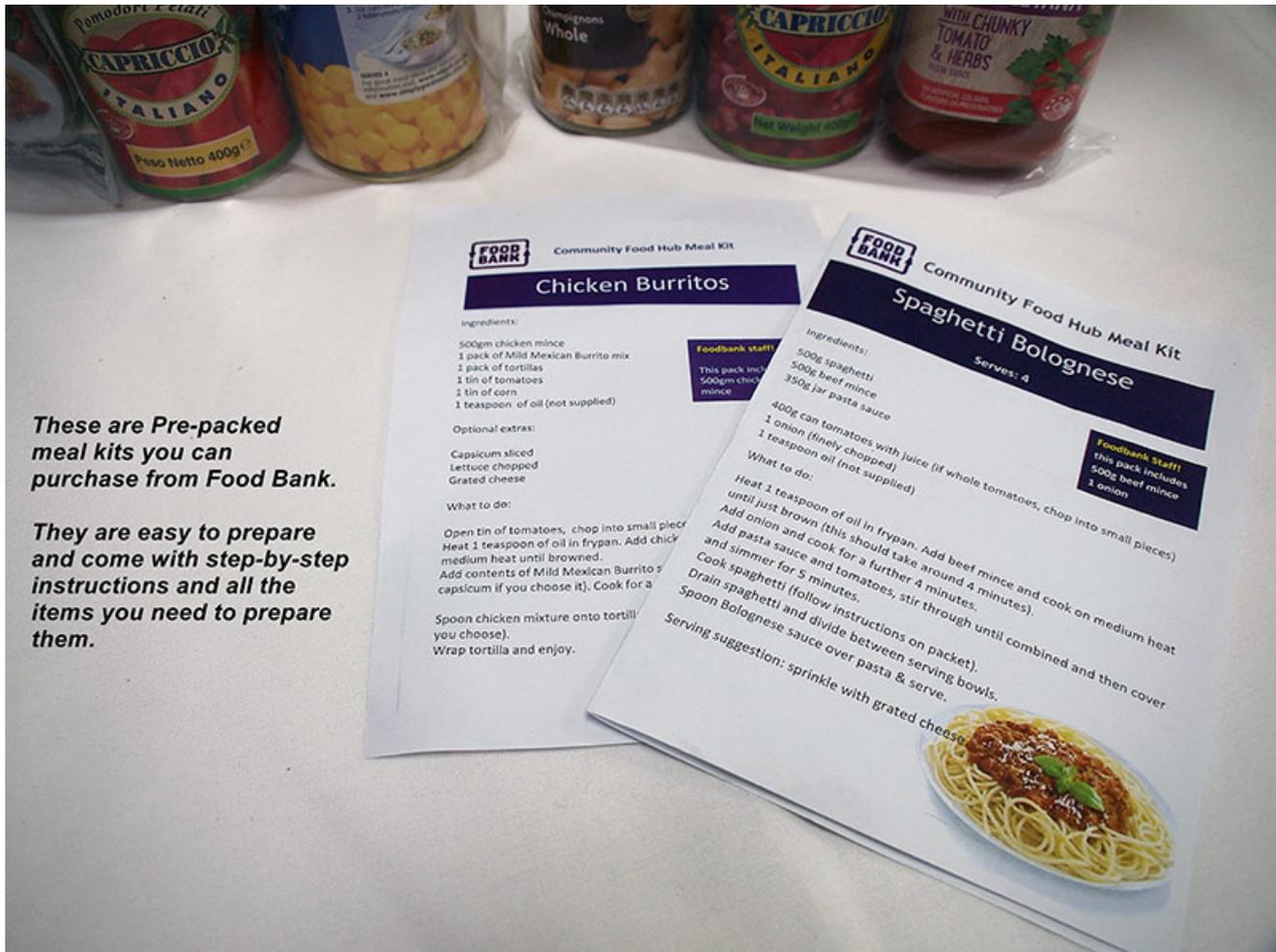
## SA Community Foodies

[SA Community Foodies](#) is a South Australian nutrition program that aims to build the capacity of individuals and communities to make healthier food choices by training and supporting volunteer community members ('Foodies') to act as agents for change.

UCWB is managing the delivery of the SA Community Foodies Program across the state in conjunction with UnitingCare Wesley Country SA and ac.care (project partners). The SA Community Foodies Program has a statewide reach with Foodie Coordinators being located in metropolitan Adelaide as well as regional centres in both the north and south of the state.

For organisations interested in Foodies coming and delivering healthy cooking class to your groups find out more on the [Community Foodie website](#)

## Foodbank SA



**These are Pre-packed meal kits you can purchase from Food Bank.**

**They are easy to prepare and come with step-by-step instructions and all the items you need to prepare them.**

Foodbank SA provides an outlet to food companies for their surplus stock and at the same time, allows community support agencies to save time and resources in the solicitation of nutritious food.

Foodbank is the pantry of Australian charities. We receive food and grocery products from farmers, manufacturers, distributors, retailers and the public and make them available to Australia's hard working charities and community groups.

Foodbank offers low income recipients a Blue Card program to purchase groceries at the food Hub. These groceries are cheaper than shopping at the supermarket. This card can be used up to four (4) times in three (3) months by the shopper.

Are you on a Centrelink payment? You can purchase your Blue Card today and begin shopping. If you are single you can spend up to \$25 per shop, if you are part of a couple, you can spend up to \$40 per shop, if you are part of a family, you can spend up to \$60.00 per shop (there is some flexibility with spend limits to be discussed at the time of purchase). Contact Foodbank for more information.

Foodbank SA also offers the opportunity for shoppers to buy pre-packed meal kits which you can purchase. These have all the items you will need to cook the meal and the recipe to follow and are a low cost alternative for cooking healthy meals.

# Playford Community Food Co-op

The Food Co-op is available to everyone and is a great place to shop with a wide range of grocery items and meal ideas. At the Playford Food Co-ops our aim is to provide low-cost nutritional food products and grocery items at reasonable prices. We provide cost effective, nutritious food and meal choices, meal preparation and shopping advice and tasting sessions.

## Links

- [City of Playford Community Food Co-Op](#) - At the Playford Food Co-ops our aim is to provide low-cost nutritional food products and grocery items at reasonable prices. We provide cost effective, nutritious food and meal choices, meal preparation and shopping advice and tasting sessions.
- [Community Foodies Co-Op](#) - SA Community Foodies is a South Australian nutrition program that aims to build the capacity of individuals and communities to make healthier food choices by training and supporting volunteer community members ('Foodies') to act as agents for change.
- [Foodbank SA](#) - Foodbank's vision is to achieve a South Australia without hunger by collecting surplus, salvaged and donated food and grocery products from food producers, manufacturers, distributors and retailers and distributing it to charities and community groups to distribute to people in need.



# Cooking

## Budget Meals

Healthy food provides us with the ability to cope well with daily life and activities; they promote a general sense of wellbeing and reduce the risk of health issues.

Shopping and cooking on a budget does not have to mean plain and bland foods or only buying the generic supermarket brands. Using a variety of foods for health and wellbeing can be achieved.

- Achieve and maintain a healthy weight, by being physically active and choose amounts of nutritious foods and drinks
- Enjoy a wide variety of nutritious food to meet your energy needs every day (from the five food groups : Fruit, vegetables, grain, lean meats and poultry, milk and yoghurt)
- Limit foods containing saturated fat, added salt, added sugars and alcohol
- Encourage, support and promote breastfeeding
- Care for your food, prepare and store it safely
- Be physically active

### Budget Meals Planning

- Plan your meals for the week (use a variety of foods)
- Use foods that are in season as these will be less expensive
- Write a shopping list, that helps you shop for your planned meals, buying all you need to cook those meals
- If you cook a little more during the week, it can be stored in a safe, sealed container and placed in the freezer for a quick mid-week meal
- Shop at Community Food programs and Co-ops like Foodbank SA for more affordable groceries

## Task: How to Make a Peanut Butter Sandwich

 Download



## What you need:

- A clean, flat food production surface (eg a clean cutting board)
- Peanut butter
- 2 slices of sandwich bread
- A clean butter knife

## Steps:

1. Make sure that you have a flat surface, e.g. a cutting board, that is clean
2. Make sure you have all your materials / ingredients at hand
3. Place both slices of bread on cutting board
4. Using the knife, scoop out a large dollop of peanut butter and spread it onto the top of one slice of bread. Use as much peanut butter as desired.
5. Take the slice of bread without peanut butter on it and flip it on top of the other slice to make a sandwich
6. Cut sandwich in half to make it easier to hold
7. Eat and enjoy

## Downloads

### Aboriginal and Torres Strait Islander Guide to Healthy Eating

[Aboriginal-and-Torres-Strait-Islander-Guide-to-Healthy-Eating.pdf](#) [4.10kb]

 Download

### Cooking - Eat a Rainbow (SA Health)

[Cooking---Eat-a-Rainbow-\(SA-Health\).pdf](#) [2,812.12kb]

 Download

## Cooking - General Tips for Cooking on a budget

[Cooking---General-Tips-for-Cooking-on-a-budget.pdf](#) [229.26kb]

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## Cooking - Grocery Shopping List

[Cooking---Grocery-Shopping-List.pdf](#) [197.88kb]

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## Cooking - Shopping on a Budget Tips

[Cooking---Shopping-on-a-Budget-Tips.pdf](#) [233.76kb]

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## Recipe - Baked Potato

These recipes were developed by a group of volunteers from Foodbank and UnitingCare Wesley Bowden Community Foodies who worked alongside OPAL Charles Sturt. The recipes were designed to require only minimal cooking equipment - many can be produced using basic kitchenette facilities. They are easily adapted to use up whatever foods you have on hand from your fridge, pantry or garden.

[Recipe---Baked-Potato.pdf](#) [1,875.35kb]

 Download

## Recipe - Mug Omelette

[Recipe---Mug-Omelette.pdf](#) [1,402.88kb]

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## Recipe - Poached Egg

[Recipe---Poached-Egg.pdf](#) [1,515.62kb]

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## Recipe - Savoury mince

[Recipe---Savoury-mince.pdf](#) [2,629.08kb]

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## Recipe - Tuna Salad

[Recipe---Tuna-Salad.pdf](#) [2,310.93kb]

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## Links

- [Foodwatch](#) - Foodwatch provides lots of useful food facts and handy tips and recipes with the aim being to provide you with no-nonsense nutrition information that's easy to read and easy to put into practice.



# Cooking

## Healthy Kids Eat Breakfast

Providing a healthy breakfast for your children is important as it contributes to their physical wellbeing and learning experiences at school.

When they have enough food to eat to start their day at school, that is healthy they will have the energy and concentration they need for the entire school day.

There are many days of the school year and keeping their breakfast interesting and full of nutrition can be challenging at times. It is achievable by using a variety of breakfast foods.

Providing a healthy breakfast for your children can help them feel better at school, if they are not feeling hungry they will be able to think and act in ways that will support them to learn and play in healthy ways.

## 10 Healthy Breakfast Ideas

- Whole grain cereal and milk (like oatmeal, wheat biscuits and muesli)
- Whole grain toasts with
  - butter
  - banana and honey
  - peanut butter
  - jam
  - vegemite
  - cream cheese and fruit
  - smashed avocado, salt, pepper
- Cheesy toasties
- Breakfast Smoothies
- Eggs (like scrambled, boiled or fried)
- Omlette
- Yoghurt topped with fruit and muesli
- Fruit salad
- Baked beans on toast

For fussy eaters why not try some foods that are not strictly breakfast

- Pasta
- Pita bread with dips, fruit and cheese
- Sandwich of any kind

## Downloads

### Aboriginal Family Support Services (AFSS) - Healthy Homes and Resilient Families

This resource provides information about a program run by the Aboriginal Family Support Services (AFSS) which aims to give Aboriginal and Torres Strait Islander families practical ways to manage money and to provide suggestions on how to make healthy food choices.

[Aboriginal-Family-Support-Services-\(AFSS\)--Healthy-Homes-and-Resilient-Families-.pdf](#) [503.97kb]

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### Cooking- Healthy Children Eat Breakfast

[Cooking--Healthy-Children-Eat-Breakfast.pdf](#) [297.15kb]

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### Oral Health Information - SA Dental Service Clinic List

Need help with managing your Oral Health? To be eligible to attend a Community Dental Clinic, adults (or their adult dependents) need a current Centrelink Pensioner Concession Card or Health Care Card. Clients are usually required to pay a contribution to the cost of their care. Staff will discuss fees before starting treatment. At the School Dental Service, dental care is FREE for all babies, children not yet at school and most children to age 17.

[Oral-Health-Information---SA-Dental-Service-Clinic-List.pdf](#) [43.62kb]

 Download

### Recipe - Baked Potato

These recipes were developed by a group of volunteers from Foodbank and UnitingCare Wesley Bowden Community Foodies who worked alongside OPAL Charles Sturt. The recipes were designed to require only minimal cooking equipment - many can be produced using basic kitchenette facilities. They are easily adapted to use up whatever foods you have on hand from your fridge, pantry or garden.

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## Links

- [Parents Helpline](#) - The Parent Helpline is a telephone information service for parents in South Australia - 1300

364 100 .The Parent Helpline provides telephone information and support at any time 7 days a week. The helpline can assist with queries relating to child health, behaviour, nutrition and information for parents and about parenting.



# Cooking

## Healthy Lunchbox Ideas

Providing a healthy lunchbox for your children is important as it contributes to their well being and learning experiences at school.

When they have enough food in their lunch box they will have the energy and concentration they need for the entire school day. Packing a balanced lunch box can be done with some planning and preparation. Packing their lunchbox the night before and planning lunches will help them to maintain their energy and concentration.

### What can I pack for recess or morning snack time?

- A piece of fruit (seasonal)
- A tub of yoghurt
- Pieces of cheese and crackers
- Some cut up vegetables and dip

### What can I pack for lunch time? Main school meal

- A sandwich, roll or wrap
- A salad mixed with egg or other meat, cheese or tuna
- Cold pasta and cheese
- Cold quiche or baked savoury food like homemade sausage rolls

### What other snacks can I pack for their day?

- A piece of fruit (seasonal)
- A tub of fruit
- A tub of fruit in jelly
- A box of sultana's
- Cream cheese and crackers
- Plain popcorn
- Occasional foods

Remember food safety, and that some of these food items are cold and usually stored in a fridge at home. If you are sending them to school it will important to remember to use a lunch box that provides storage of these cold items. This could include putting a frozen drink (like a small milk) or other frozen item in their lunch box to keep these items cold. All meats, cheese, milk, yoghurt and salad should be kept in a lunch box that protects them from getting warm.

## Drinks

Always provide a bottle of water to your children, they can refill this bottle during the day to quench their thirsts. As an alternative offer low fat milk or calcium-fortified soy milk.

[Foodbank SA](#) provides affordable items to include in lunch boxes such as 'recess packs'. Contact Foodbank for more information.

## Downloads

### Australian Guide to Healthy Eating

Use this resource as a guide for healthy eating.

[Australian-Guide-to-Healthy-Eating.pdf](#) [316.36kb]

 Download

### Cooking - Health Lunchbox Ideas

[Cooking---Health-Lunchbox-Ideas.pdf](#) [274.43kb]

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### Recipe - Tuna Salad

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## Links

- [Back to Basics Cooking Club & Healthy Lifestyle Program](#) - Back to Basics Cooking Club and Healthy Lifestyle Program is an evidence-based, family focused, healthy lifestyle program with an after-school cooking club for children.
- [Parents Helpline](#) - The Parent Helpline is a telephone information service for parents in South Australia - 1300 364 100 .The Parent Helpline provides telephone information and support at any time 7 days a week. The helpline can assist with queries relating to child health, behaviour, nutrition and information for parents and about parenting.



# Cooking Recipes

Cooking is a basic life skill that everyone should learn. This skill is vitally important if you are living independently. It will definitely be helpful in some point of life. When it comes to saving money, cooking at home can save you plenty. Cooking can also promote good health.

It can be a way to socialise along with promoting personal creativity and satisfaction. Get the kids involved and make it a fun activity, connect with family, friends and help build everyone's skills. We've hand-picked a few simple, tasty recipes that you might like to try at home.

> Chicken Chow Mein	35 mins
> Chow Mein	40 mins
> One Pot Stew	55 mins
> Sausage and Risoni Stew	50 mins
> Scrambled Eggs	7 mins
> Toasted Cheese, Tomato and Capsicum Sandwich	10 mins

## Recipe Ideas

Looking for some more ideas for recipes? Here's a few links to get you started.

- [http://www.communityfoodies.com/Foodie\\_Cookbooks](http://www.communityfoodies.com/Foodie_Cookbooks)
- <http://www.healthyfoodguide.com.au/recipes>

## Food Safety Tips

Food Safety is important, how we store, cook and handle our food can also contribute to our well-being. Making sure that we handle, cook and store our foods in safe way will ensure that we do not get sick or make our family or friends sick when sharing meals. This could include ensuring that school lunches are cold by using an insulated lunch box, or freezing some fruit to keep things cold during summer.

# Downloads

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# Links

- [Community Foodies Cookbook](#) - Recipes from Community Foodies SA.
- [Healthy Food Guide Recipes](#) - Discover healthy recipes and articles and gain some expert advice.
- [Parents Helpline](#) - The Parent Helpline is a telephone information service for parents in South Australia - 1300 364 100 .The Parent Helpline provides telephone information and support at any time 7 days a week. The helpline can assist with queries relating to child health, behaviour, nutrition and information for parents and about parenting.



# Cooking

## Healthy Eating Links

SA Community Foodies and UCWB recognise there are many great programs and websites that support and encourage healthy eating and living and provide valuable resources and information.

### SA Health

Healthy living is the key to a healthy, happier longer life.

Lots of tips for better health, wellbeing and healthy lifestyles

<http://www.health.sa.gov.au/>

### The Heart Foundation

Lots of information around heart health, heart disease and healthy eating including recipes and the Heart Foundation Tick.

<http://www.heartfoundation.org.au/>

### Nutrition Australia

Plenty of fact sheets and recipes about nutrition and healthy eating.

<http://www.nutritionaustralia.org/>

### Dietitians Association of Australia

Contact details for Dietitians across Australia, including SA, and nutrition tips, quizzes and virtual tours to test your label reading knowledge

<http://daa.asn.au/for-the-public/>

### Better Health Channel

Health and nutrition advice and information on every topic imaginable.

<https://www.betterhealth.vic.gov.au/healthyliving>

## Raising Children

Tips and information on every aspect of being a parent and raising children- including nutrition for different age groups.

<http://raisingchildren.net.au/>

## Food Cents Program

Information on making the most out of your dollar when planning meals and buying nutritious foods.

<http://www.foodcentsprogram.com.au/>

## Australian Breastfeeding Foundation

Provides plenty of fact sheets, links to breastfeeding classes, helplines and a forum for all types of queries about breastfeeding.

<http://www.breastfeeding.asn.au/>

## Eat For Health

Provides Australian Dietary guidelines, posters, links, games.

<http://www.eatforhealth.gov.au/>

# Program Links

## Go for 2&5

Recipes plus all of the Go for 2&5 resources

<http://www.gofor2and5.com.au/>

## Grains and Legumes Nutrition Council

Recipes and information around increasing the amount of wholegrains and legumes in your diet

<http://www.glnc.org.au/>

## Stephanie Alexander's Kitchen Garden Foundation

The Stephanie Alexander Kitchen Garden Foundation aims to allow kids to experience and learn about growing and cooking food from a young age through school

<http://www.kitchengardenfoundation.org.au/>

## Australian City Farms and Community Gardens Network

Provides an extensive and updated list of all Community Gardens in South Australia as well as other states, plus open times and contact details

<http://communitygarden.org.au/>

## Get Healthy

Information and Free telephone Coaching Service. Personal health coach, free personal coaching journal, access to tools to keep you on track.

<http://www.gethealthy.sa.gov.au>

## Parents Voice

An online network of parents who are interested in improving the food and activity environments of Australian children.

<http://parentsvoice.org.au/>

## Fresh for Kids

A fun and exciting website for kids to learn about healthy eating and food.

<http://www.freshforkids.com.au/>

## Kitchen Gardens SA (Botanic Gardens Adelaide initiative)

A great new website that supports the development of kitchen gardens in homes, schools and communities in Adelaide

<http://www.kitchengardenssa.com.au/>

# Downloads

## Australian Guide to Healthy Eating

Use this resource as a guide for healthy eating.

[Australian-Guide-to-Healthy-Eating.pdf](#) [316.36kb]

 Download

## Oral Health Information - How to Brush Your Teeth

This easy to read card will help you understand how to brush your teeth, step-by-step (A5 size). Provided by SA Dental, Department of Health, Government of South Australia.

[Oral-Health-Information---How-to-Brush-Your-Teeth.pdf](#) [895.23kb]

 Download

## Oral Health Information - Medications and your oral health

Sometimes medications may cause you to have a dry mouth which increases your risk of tooth decay, oral infections and gum disease. This information will help you manage your oral health and medications. Provided by SA Dental Service, Department of Health, Government of South Australia.

[Oral-Health-Information---Medications-and-your-oral-health.pdf](#) [278.95kb]

 Download

## Oral Health Information - Quick Tips

Quick oral health care tips to maintain and improve your oral health.

[Oral-Health-Information---Quick-Tips.pdf](#) [187.84kb]

 Download

## Oral Health Information - Your Oral Health

Your oral health is important, this poster will help with ideas and tips, for managing your oral health, in a step-by-step approach (A4 Poster). Provided by SA Dental Service, SA Health, Government of South Australia.

[Oral-Health-Information---Your-Oral-Health.pdf](#) [528.59kb]

 Download

## Oral Health Information - Your Oral Health

This information will help you understand that a healthy mouth is important to your general health and wellbeing (A4 size). Provided by SA Dental Service, SA Health, Government of South Australia.

[Oral-Health-Information---Your-Oral-Health.pdf](#) [4.10kb]

 Download

## Links

- [Community Foodies Cookbook](#) - Recipes from Community Foodies SA.
- [Eat for Health](#) - Australian Government advice about the amount and kinds of foods that we need to eat for health and wellbeing.
- [Parents Helpline](#) - The Parent Helpline is a telephone information service for parents in South Australia - 1300 364 100 .The Parent Helpline provides telephone information and support at any time 7 days a week. The helpline can assist with queries relating to child health, behaviour, nutrition and information for parents and about parenting.



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## Cooking Resources

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## Links

- [Adelaide Hills Council](#)
- [Australian Breastfeeding Foundation](#) - As Australia's leading authority on breastfeeding, the Australian Breastfeeding Foundation support, educate and advocate for a breastfeeding inclusive society.
- [Australian City Farms and Community Gardens Network](#) - A community-based organisation linking people interested in city farming, community gardening and community food systems around Australia.
- [Back to Basics Cooking Club & Healthy Lifestyle Program](#) - Back to Basics Cooking Club and Healthy Lifestyle

Program is an evidence-based, family focused, healthy lifestyle program with an after-school cooking club for children.

- [Better Health Channel](#) - The Better Health Channel provides health and medical information to improve the health and wellbeing of people and the communities they live in.
- [City of Charles Sturt](#)
- [City of Norwood Payneham & St Peters](#)
- [City of Onkaparinga](#)
- [City of Playford](#)
- [City of Playford Community Food Co-Op](#) - At the Playford Food Co-ops our aim is to provide low-cost nutritional food products and grocery items at reasonable prices. We provide cost effective, nutritious food and meal choices, meal preparation and shopping advice and tasting sessions.
- [City of Port Adelaide Enfield](#)
- [City of Tea Tree Gully](#)
- [Community Centres SA](#) - To build the strength, capacity and influence of the community and neighbourhood centres sector through advocacy, workforce and organisational development.
- [Community Foodies Co-Op](#) - SA Community Foodies is a South Australian nutrition program that aims to build the capacity of individuals and communities to make healthier food choices by training and supporting volunteer community members ('Foodies') to act as agents for change.
- [Community Foodies Cookbook](#) - Recipes from Community Foodies SA.
- [Community Gardens](#) - There are over 50 community gardens in South Australia. This website will help you find a garden that you may become involved with.
- [Dietitians Association of Australia](#) - The Dietitians Association of Australia (DAA) is the peak body of dietetic and nutrition professionals, providing strategic leadership in food and nutrition through empowerment, advocacy, education, accreditation and communication.
- [Eat for Health](#) - Australian Government advice about the amount and kinds of foods that we need to eat for health and wellbeing.
- [Emergency Relief and Referral Services - The Open Door](#) - Emergency Relief and Referral Services - The Open Door provides emergency relief and a safe place for anyone requiring help. No appointment is necessary and opening hours are weekdays (excluding public holidays) 9am – 4pm.
- [Food Cents Program](#) - Information on making the most out of your dollar when planning meals and buying nutritious foods.
- [Foodbank SA](#) - Foodbank's vision is to achieve a South Australia without hunger by collecting surplus, salvaged and donated food and grocery products from food producers, manufacturers, distributors and retailers and distributing it to charities and community groups to distribute to people in need.
- [Foodwatch](#) - Foodwatch provides lots of useful food facts and handy tips and recipes with the aim being to provide you with no-nonsense nutrition information that's easy to read and easy to put into practice.
- [Fresh for Kids](#) - A site that provides a fun and educational resources about healthy eating for children, their parents and teachers.
- [Get Healthy](#) - A free information and personal health coaching service.
- [Go for 2 and 5](#) - Tips and information to ensure that you receive your 2 fruit and 5 veggie servings everyday.
- [Grains and Legumes Nutrition Council \(GLNC\)](#) - As the independent authority on the nutrition and health benefits of grains and legumes, GLNC provides a platform for organisations from across the grains and

legumes value chain that have a pre-competitive interest in promoting the health and nutrition benefits of grains, grain-based foods and legumes

- [Healthy Food Guide Recipes](#) - Discover healthy recipes and articles and gain some expert advice.
- [Hoarding and Squalor SA](#) - A South Australian Service and Support Guide assists the general public and service professionals to navigate their way through local services and provides guidance and strategies to use when dealing with instances of hoarding and/or squalor.
- [Kitchen Gardens SA](#) - The Kitchen Garden Initiative is a strategic priority for the Botanic Gardens of South Australia. The program promotes the development of kitchen gardens in homes, schools and communities in Adelaide.
- [Life Without Barriers](#) - Life Without Barriers provides care and support services across Australia in urban, rural and remote locations. Services include family support and out-of-home care, disability services, home and community care for older Australians, support to refugees and asylum seekers. We also work in the areas of mental health, homelessness and youth justice and we have a strong commitment to Reconciliation and delivering culturally sensitive programs.
- [Mens Shed SA](#) - The South Australian Men's Shed Association (SAMSA) was established in 2012 as the peak body representing men's sheds – in all their various incarnations – in SA. SAMSA is affiliated with the Australian Men's Sheds Association, which is the national organisation representing the interests of Men's Sheds around Australia.
- [Migrant Resource Centre](#) - The Australian Migrant Resource Centre (AMRC) is an independent, non-government, leading settlement agency servicing all of South Australia. The AMRC's purpose is to support the effective settlement and participation of people from refugee and migrant backgrounds, particularly those who are new arrivals to South Australia. Using a community development approach, the AMRC supports new arrivals to contribute effectively to South Australia's society, culture, economy and environment.
- [Ministry Of Food Australia 'pop up' offer classes](#) - The City of Onkaparinga provides courses that teach participants basic cooking skills and good nutrition through practical hands-on cooking classes.
- [Nutrition Australia](#) - Nutrition Australia is an independent, member organisation that aims to promote the health and wellbeing of all Australians.
- [Parents Helpline](#) - The Parent Helpline is a telephone information service for parents in South Australia - 1300 364 100 .The Parent Helpline provides telephone information and support at any time 7 days a week. The helpline can assist with queries relating to child health, behaviour, nutrition and information for parents and about parenting.
- [Stephanie Alexander's Kitchen Garden Foundation](#) - To provide the inspiration, information, professional learning and support for educational institutions to deliver pleasurable food education, in conjunction with educators, partners and the wider community.
- [UnitingCare Wesley Bowden - Community Foodies](#) - SA Community Foodies is a South Australian Nutrition program that aims to build the capacity of individuals and communities to make healthier food choices by training and supporting volunteer community members ("Foodies") to act as agents for change.
- [UnitingCare Wesley Bowden - Financial Counselling](#) - UCWB Financial Counsellors provide information, support and advocacy to people in financial difficulty. We provide a free, non-judgemental and confidential service.
- [UnitingCare Wesley Bowden- Young Carers Program](#) - The Young Carer Program supports Young Carers, who live in the North and West metropolitan areas of Adelaide, to manage the pressures and responsibilities of their caring role. To be eligible you must be up to the age of 25 years (currently studying) and provides care to

someone who has an illness, disability or mental health issue, and live in the West Torrens, Charles Sturt, Port Adelaide Enfield, Salisbury, Playford or Tea Tree Gully council areas.

- [Youth Services - Playford Community](#) - This resource provides a list of organisations located within the Playford or surrounding area that provide services to or programs for young people aged 12 - 25.