

WHERE TO GO FOR MORE INFORMATION – HEALTHY EATING

The following organisations provide a range of services to workplaces in the Northern Territory.

Nutrition and Physical Activity Unit www.nt.gov.au/welbeing/healthy-living/nutrition Nutrition: (08) 8985 8021 Physical activity: (08) 8985 8025	<ul style="list-style-type: none"> ■ The Nutrition webpage provides links to healthy eating resources
Healthy Living NT www.healthylivingnt.org.au (08) 8927 8488 (info line)	<ul style="list-style-type: none"> ■ Healthy Living NT education services are supported by Northern Territory Government and are free for people with all types of diabetes, including pre-diabetes and heart disease, who live in the Northern Territory. ■ Educators are available for workplace education sessions on diabetes and heart disease prevention and management.
Dietitians Association of Australia www.daa.asn.au	<ul style="list-style-type: none"> ■ The Dietitians Association of Australia can help you find an Accredited Practising Dietitian in your area, to speak to and/or support your workplace.
Australian Breastfeeding Association www.breastfeeding.asn.au	<ul style="list-style-type: none"> ■ The Australian Breastfeeding Association has information about ways your workplace can become breastfeeding friendly, including the Breastfeeding Friendly workplace accreditation program.
Nutrition Australia www.nutritionaustralia.org	<ul style="list-style-type: none"> ■ Nutrition Australia offers a <i>Workplace Health and Wellbeing Program</i> aimed to inspire healthy eating by promoting the importance of good food and nutrition. Services include: <ul style="list-style-type: none"> ■ presentations ■ cooking demonstrations ■ health displays ■ one-on-one consultations ■ canteen/ cafe menu assessments ■ e-newsletters. ■ Your organisation can obtain services through the Queensland chapter of Nutrition Australia. ■ Cost is variable depending on the package and resources selected.
Cancer Council NT https://nt.cancer.org.au/ (08) 8944 1800	<ul style="list-style-type: none"> ■ Cancer Council NT can offer Workplace Education Sessions around Healthy Eating and Weight which include information about general cancer prevention and health promotion.



In addition to the resources provided in the Healthy Workplace Resource Toolkit, there are several organisations and websites that provide resources and fact sheets on a range of topics.

Healthy catering	<ul style="list-style-type: none"> ■ The Heart Foundation - The 3 Step Guide www.heartfoundation.org.au/SiteCollectionDocuments/3-Step-Guide.pdf This resource can be used by caterers and canteen staff to ensure that better types and amounts of fats and oils are used in cooking. ■ The Heart Foundation - A healthier serve: A guide to healthy catering www.heartfoundation.org.au/SiteCollectionDocuments/Healthier-Serve.pdf This resource helps to make healthier food choices easier at outdoor events, meetings, barbeques, conferences and other functions.
Healthy fundraising	<ul style="list-style-type: none"> ■ Healthy Fundraising: Ideas to Promote Health While Still Making a Profit - NSW Cancer Council - www.cancercouncil.com.au/wp-content/uploads/2010/11/09271_CAN3042_HealthyFundraising_FINAL.pdf-low-res-for-web.pdf This resource provides ideas to use fundraising as an opportunity to promote health, while still making a profit.
Food safety	<ul style="list-style-type: none"> ■ Department of Health, Environmental Health https://nt.gov.au/industry/hospitality/food-safety-and-regulations. This webpage contains information regarding food safety and regulations.

It may be useful to provide some or all of the following information directly to your employees.

Healthy eating	<p>National Heart Foundation www.heartfoundation.org.au/healthy-eating/Pages/default.aspx Contains information about:</p> <ul style="list-style-type: none"> ■ healthy eating and serve sizes ■ preparing healthier food ■ fats and cholesterol ■ the <i>Heart Foundation Tick</i> program. <hr/> <p>Australian Government Department of Health and Ageing www.health.gov.au</p> <p>The Nutrition and Healthy Eating webpage provides links to:</p> <ul style="list-style-type: none"> ■ Nutrition publications ■ Healthy Weight website <hr/> <p>Dietitians Association of Australia www.daa.asn.au The <i>Smart Eating for a Healthier You</i> section contains:</p> <ul style="list-style-type: none"> ■ recipes ■ information about specific nutrition-related issues and illness ■ nutrition tips ■ the Healthy Eating Self-Assessment quiz ■ information about the virtual supermarket tour ■ frequently asked nutrition questions.
Healthy weight	<p>https://livelighter.com.au/ Contains tips for a healthy lifestyle and information about:</p> <ul style="list-style-type: none"> ■ what is a healthy weight ■ healthy eating ■ being active.
Label reading	<p>Dietitians Association of Australia https://daa.asn.au/smart-eating-for-you/smart-eating-fast-facts/food-labels/</p> <p>Contains information about:</p> <ul style="list-style-type: none"> ■ label laws ■ the nutrition information panel ■ ingredients listing ■ health claims. <hr/> <p>Food Standards Australia and New Zealand www.foodstandards.gov.au/consumer/labelling/Pages/default.aspx Contains information about reading and understanding food labels for a healthy diet. The website also contains an interactive label poster.</p>
Breastfeeding at work	<p>Australian Breastfeeding Association www.breastfeeding.asn.au Contains tips for successful breastfeeding and information about:</p> <ul style="list-style-type: none"> ■ returning to work and breastfeeding ■ expressing and storing breastmilk.



Need to talk to someone, or want more personalised advice?

National Heart Foundation's Health Information Service

<https://www.heartfoundation.org.au/support/health-information-service>

health@heartfoundation.org.au or phone 1300 36 27 87

- A *free and confidential* phone/email information service operated by qualified health professionals, covering topics such as blood pressure management, weight management, reducing cholesterol, nutrition, physical activity, tobacco smoking, and heart conditions. The service is available to those with cardiovascular disease, those with identified risk factors and people who simply want to develop healthier lifestyles.
- A wide range of leaflets are also available, covering topics including your heart, healthy eating and physical activity.

Dietitians Association of Australia

- To find an Accredited Practising Dietitian in your area, visit www.daa.asn.au