

# National Meal Guidelines

The national meal guidelines for home delivered and centre based meal programs for older Australians, were released in 2016 by the Australian Meals on Wheels Association.

These guidelines aim to:

- Give nationally consistent advice to Commonwealth Home Support Programme (CHSP) meal providers.
- Support CHSP meal providers to enhance the nutritional quality of meals.
- Make sure meals meet the nutrition needs of older people living at home.

## Tasmanian CHSP Nutrition Service feedback

- We have checked the guidelines and compared them to the menu recommendations we already give meal providers.
- If you are currently meeting our recommendations you will be meeting the National Meal Guidelines.



## Tips and ideas

Factsheets with key information that can help include:

- Nourishing soups
- Small meals
- Desserts
- Minimum food group serves for older Australians

## Need more help?

The Tasmanian CHSP Nutrition Service offers free nutrition advice, support and resources specifically for CHSP service providers across Tasmania.

## Contact us!

[community.nutrition@health.tas.gov.au](mailto:community.nutrition@health.tas.gov.au)