

# Promoting healthy eating throughout the year

## January

### Are you prepared for the heat?

January and February can be hot hot hot in Tasmania. It is important you prepare your clients to stay well in the heat. Search for 'extreme heat' on the [www.health.tas.gov.au](http://www.health.tas.gov.au) website for more info, or use the *Appetite for Life factsheet: Increasing your Fluid Intake*.



## February

### Summer picnic

Celebrate the last days of summer with a picnic! Find a perfect picnic location and pack some food and drinks to take with you. Use *Appetite for Life factsheet: Healthy Barbeques and Picnics*. Also visit: [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) for some great recipe ideas.

## March

### Being a community

Harmony Day is held in March, and celebrates our diverse cultural backgrounds. You can use this month to build social connections between clients, using stories and games to build relationships. Create a web of connections on a map with wool yarn to track where your clients come from, or where they have been. Then explore cultural backgrounds with multicultural dishes and drinks. For recipe or activity ideas, check out the Harmony Day website at [www.harmony.gov.au](http://www.harmony.gov.au)

## April

### Focus on fruit and vegetables

April is an excellent month for fruit and vegetables in Tasmania. Hold themed vegetable days throughout the month with fun facts, games and tastings. The sky's the limit when it comes to fresh produce! Use *Appetite for Life factsheets: Healthy Eating for Older People*, or *Legumes*.



## May

### Heart Week

The Heart Foundation's Heart Week is held in May. Use this national event to focus on one of the biggest health problems in Australia. Use *Appetite for Life factsheets: Fats and Cholesterol*, or *Giving Salt the Shake*, or visit: [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

## June

### The great fridge declutter!

Use June as the month to talk to your clients about their pantry and fridge, teaching them about healthy, low-priced everyday staples and how to use them. Help make their pantries and fridge ready to prepare terrific meals in a flash. Use the *Appetite for Life factsheet: Handy Foods, Reading Food Labels, and Nutrient Claims*.



## July

### Winter warmers

Now that winter is well and truly here, look at healthy, warming ways to feed our bodies. Hold soup days or slow cook cheaper cuts of lean meats with a range of different vegetables for amazing flavours. To start planning, use the *Appetite for Life factsheets: Legumes, Healthy Eating For Older People, Shopping and Cooking For One*, and *Handy Foods*. The Dietitians Association of Australia has some great recipes available online at [www.daa.asn.au](http://www.daa.asn.au)



## August

### Food safety awareness

Talk with your clients about food safety, especially when at home. Discuss the risks to health from food borne illness. Use the *Appetite for Life factsheets: Food Safety, and Diarrhoea*. For more food safety tips and FAQs, visit [www.foodsafety.asn.au](http://www.foodsafety.asn.au)

## September

### Grow your own

Start or revive your vegetable patch, involving your clients from planning to harvest! If you don't have the space, partner with a community house/garden or local school garden to share resources. Even a sunny windowsill for a pot of herbs may interest your clients. Find out more at: [www.slt.org.au](http://www.slt.org.au) and [www.eatwelltas.org.au](http://www.eatwelltas.org.au)



## October

### Melbourne Cup

The Melbourne Cup is a big event with planning around hats, entertainment and where to watch the race. But what about the food and drinks menu? Plan what healthy and festive foods you can enjoy with your clients. [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) has some brilliant recipes for finger foods.



## November

### World Diabetes Day

World Diabetes Day falls in November. Talk with your clients about Type 1 and 2 diabetes, who it affects and how best to prevent, or manage the condition. Use the *Appetite for Life factsheet for Type 2 diabetes, Diabetes and Sugar* and *Hypoglycaemia*. Visit: [www.idf.org](http://www.idf.org) to see what is happening globally, and [www.diabetestas.org.au](http://www.diabetestas.org.au) for local information and events.

## December

### Get active

December is full of celebration and festive food. It's also a great time to get more active! Consider mixing things up in December by holding fun, low impact physical activity such as Tai Chi, dance classes, or a regular local walk. Use *Appetite for Life factsheet for Have Fun and Get Active*.

## Commonwealth Home Support Programme Nutrition Service

**Statewide contact email:** [community.nutrition@health.tas.gov.au](mailto:community.nutrition@health.tas.gov.au)

Your email will be followed up by the team member supporting your area.

**Web:** [www.health.tas.gov.au/healthyageing](http://www.health.tas.gov.au/healthyageing)

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