

Familiar foods and traditions

1. Good food for New Arrivals, ASeTTS Familiar foods resources

<http://goodfood.asetts.org.au/>

Middle East and Arabic

<http://asetts.vacau.com/Arabic%20food%20list.pdf>

Africa: List of common foods

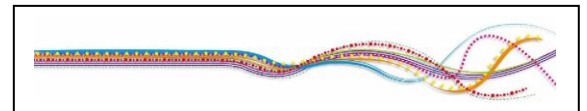
<http://asetts.vacau.com/African%20food%20list2.pdf>

Religious Food requirements

<http://asetts.vacau.com/Summary%20religious%20food%20requirements%20March%202004.pdf>



2. Nourishing New Communities Queensland Health



http://www.health.qld.gov.au/multicultural/health_workers/food_nutrition/meal_ideas.pdf

Meal Ideas ([Meal ideas](#))

Contains meal ideas for one day for Eritrean, Sierra Leonean, Middle Easter, Sudanese, Burundi/Rwandan and Karen-Burmese families.

Meal Plans ([Meal plans quantified](#))

Contains 7 day quantified menu plans for Eritrean, Sierra Leonean, Middle Easter, Sudanese, Burundi/Rwandan and Karen-Burmese families.

There also shopping lists, including prices and brand names, for the above meal plans, however these are using Brisbane prices and availability.

3. Queensland Health

Language and country list -

http://www.health.qld.gov.au/multicultural/support_tools/7MCRS_countrylist.pdf

Dietary needs and religions -

http://www.health.qld.gov.au/multicultural/support_tools/8MCRS_hlth_relgn.pdf

4. African Food Staples

www.afrol.com/archive/food_staples.htm

www.afrcianchop.com/chopgl.htm

These resources contain lists, photos and descriptions of food staples and ingredients for cooking, including oils, vegetables, fruits and grains.

5. Community Profiles, Department of Immigration and Multicultural Affairs

www.immi.gov.au

This website contains comprehensive country profiles, including foods and customs.

6. International websites

<http://ethnomed.org/culture>

Cultural profiles, including food taboos and food and drinks consumed.

Countries include Nepali-speaking Bhutanese, Eritrean, Ethiopian, Hmong, Tigrean, Karen and Chinese.

Profiles for Arab, Bhutanese, Bosnian, Burmese, Iraqi, Laotian, Mien, Samoan, Sudanese and many more are found on related website links.

7. Cultural Orientation Resource Center, United States of America

<http://www.cal.org/co/publications/profiles.html>

This website contains extensive profiles for a number of countries, including information on food, culture, daily life in country of origin and country history. There are also links to a number of resources for settlement workers including health, employment and service provision.

DISCLAIMER: These resources have been collated by Department of Health and Human Services (DHHS) for use with Culturally and Linguistically Diverse communities. They do not take the place of a qualified health professional or interpreter. DHHS takes no responsibility for the accuracy of the information provided in the resource links. Last updated October 2011. Please send through any amendments to email:

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