

Review of Healthy Eating Websites

For healthy eating and nutrition information and ideas for recipes, lesson plans, gardening, cooking ideas and more go to:

Go for 2 & 5 (click on state campaign info for SA campaign)

www.gofor2and5.com.au

Includes great recipe ideas and tips, projects and programs, how much fruit and vegetables adults and children need, clarification of what a serve is, what is happening in and around the state and activities for children.

Crunch and Sip (click on submit your application for link to SA)

www.crunchandsip.com.au/default.aspx

A great program that encourages the whole school to have a set break to eat fruit and vegetables, and drink water. Learn about how to become a Crunch and Sip school.

Right Bite - Eat Well SA

www.decd.sa.gov.au/eatwellsa/pages/eatwell/

This is a strategy that assists South Australian schools and preschools to select food and drink to promote healthy eating. Includes information for canteen staff, school and preschool leaders, healthy food ideas for parents, children and students and FAQs.

Healthy Active

www.healthyactive.gov.au/

This website provides a range of information and initiatives on healthy eating, regular physical activity and overweight and obesity to assist all Australians to lead healthy and active lives.

Heart Foundation Website

www.heartfoundation.org.au/Pages/default.aspx

Includes various health information, recipes, reading food labels, exercise programs, indigenous health, resources and mental health.

Health Promotion Branch - SA Health, SA Gov.

www.health.sa.gov.au/pehs/health-promotion.htm

Information about healthy weight, mental health, nutrition, physical activity guidelines, research and links to other health websites.

Healthy Kids Website (NSW)

www.healthykids.nsw.gov.au/

Good food habits, nutrition in schools and daily physical activity - if your child has these, they're on the way to a healthy life. A great website which caters mainly to three user groups - kids and teens, parents and carers, as well as school and childcare teachers.

Fresh For Kids

www.freshforkids.com.au

The 'Fresh for Kids' Program primarily targets school age children and its main objective is to increase fruit and vegetable consumption by children in this age group. Its second objective is to promote a healthy lifestyle that incorporates regular activity teamed with a diet rich in fresh fruit and vegetables.



Smart Moves - Qld

www.education.qld.gov.au/schools/healthy/physical-activity-programs.html

A physical activity website that includes daily physical activity guides for schools with tips on sun safety and healthy eating strategies for your school.

1 Seven

www.1seven.com.au

The 1 Seven program aims to communicate a simple, but important message: encourage children (5-12 years old) to participate in at least one hour of moderate to vigorous physical activity and eat seven serves of fruit and vegetables (5 serves of vegetables and 2 fruit) every day. Lots of great ideas and activities for teachers, students and parents.

School Canteens

www.schoolcanteens.org.au

A great website which promotes the provision of healthy foods to children, influence food choices within families and school communities and encourage the celebration of food eating together.

Community Gardening Kit

www.communitygarden.org.au

A resource for those planning to start a community garden.

Kitchen Garden Foundation

www.kitchengardenfoundation.org.au

Stephanie Alexander's Kitchen Garden Program which aims to positively influence children's food choices in ways that have not been tried before

