



## Mental health and wellbeing

### Nutrition Support Action Plan (NSAP) for case managers/key workers – healthy shopping on a budget

When helping your consumer shop for nutritious foods on a budget, aim to spend money on food in the same proportion recommended in their diet. This means following the food pyramid on “*NSAP: Assessing your consumer’s diet*”. To work out how their diet compares, follow the steps below.

**Step 1.** Write down how much your consumer can spend on food each week.  
\$ .....

**Step 2.** Divide this amount by 10 to give you a ‘part’. **Ten parts** make up the day’s eating:

- **1 part** of the diet to come from ‘eat least’
- **3 parts** from ‘eat moderately’
- **6 parts** from ‘eat most’

*For example, if your consumer can spend \$50 a week, when this is divided by ten, they have \$5 to go towards each part.*

**Step 3.** In the box below, write the amount your client should spend on each part.

**Step 4.** Get your consumer to collect food receipts or write down how much they spend on various **food** items, over a week, fortnight or month.

**List food items and the amount spent on them in one of three sections** below (defined by where foods are in the pyramid):

1. ‘Eat most’ foods  
.....  
.....  
.....
2. ‘Eat moderately’ foods  
.....  
.....
3. ‘Eat least’ foods  
.....

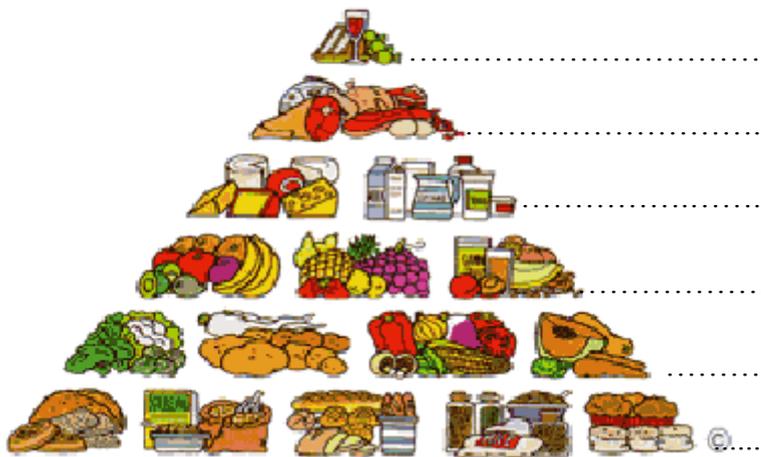
Add the totals from:

	1	2	3	Grand total.
\$	.....	\$.....	\$.....	\$ .....

**Step 5.** Compare the grand total with the amount in step 1.

Compare 1,2,3 with the **parts** in the box below. **Advise** your consumer on ways to eat more or less of certain food groups for a more balanced diet.





<b>Eat Least</b>	1 part \$..... x 1	= \$..... to spend on margarine, oils, 'extras'
<b>Eat Moderately</b>	3 parts \$..... x 3	= \$..... to spend on lean meat, poultry, fish eggs, nuts, legumes, milk and dairy foods or alternatives.
<b>Eat Most</b>	6 parts \$..... x 6	= \$..... to spend on vegetables, fruit, grain (cereal) foods.

**Actions for case managers/key workers**

Need more information or do you need to refer your consumer for more individualised advice?

Find an Accredited Practising Dietitian [www.daa.asn.au](http://www.daa.asn.au) (click on 'Find an APD')

For more food shopping tips refer to:

[www.eatforhealth.gov.au/eating-well/tips-eating-well/food-shopping-tips](http://www.eatforhealth.gov.au/eating-well/tips-eating-well/food-shopping-tips)

Or find more specific food group information at:

[www.eatforhealth.gov.au/food-essentials/five-food-groups](http://www.eatforhealth.gov.au/food-essentials/five-food-groups)