



**Queensland  
Government**  
Queensland Health

# Nourishing New Communities

Nutrition Resource Package for recently arrived refugees settling in Queensland.



Community Nutrition Unit 2006

Annerley Rd. South Brisbane 4101

**Food Insecurity** is a major issue for refugees arriving in Australia, along with food safety and nutritional deficiencies.

Nutrition Issues for Refugees in Australia, Perth March 2004



Image Source: A guide to healthy food markets. WHO 2006

During 2005 the Multicultural Development Association (MDA) , Queensland University of Technology (QUT) and the Community Nutrition Unit (QH) collaborated to develop the nutrition resource package to ensure refugees on arrival in Brisbane have access to safe, familiar, culturally appropriate nutritious foods and the resources to prevent food insecurity in the first week after arrival and promote self-sustainable healthy eating habits.

# Nutrition Issues

Key nutritional issues for refugees have been documented<sup>1</sup> as:

- \* iron deficiency anaemia,
- \* poor appetite
- \* vitamin D deficiencies
- \* changing food habits
- \* growth and developmental delays in children due to chronic malnutrition and pre-embarkment environmental conditions

The experience of refugees, including the physical and psychological wounds sustained from torture and trauma, results in a complex milieu of health issues<sup>2</sup>.

Of relevance, there is a high incidence of:

- Intestinal worms,
- Infectious disease (e.g. HIV, Tuberculosis)
- Oral health concerns.

# Nutrition In Transition



Nutrition in transition is the term used to describe shifts in diet, physical activity, health and nutrition.

When refugees resettle into Australia, they are faced with a dramatic change in their dietary lifestyle.



A significant factor is the extensive media advertising of unhealthy food which has been found to be associated with increased consumption of these foods(3).



# Nutrition Resource Package

Food and Kitchen Safety

Healthy Food in first 7 days

## Food and Kitchen Safety

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Food Safety Education Session

presentation and speaker notes

participant worksheets

activity task sheets

resource information sheets

Resources

posters

graphics for magnets or stickers

## Healthy Food in first 7 days

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Menu Plans for 7 days

Shopping Lists catering for families of

1 to 11 people from 10 countries

Classified into DIMA\* bands

Checklists and Review forms

Locality Guide

Pictorial Recipes

\* Australian Department of Immigration and Multicultural Affairs.

# Food and Kitchen Safety Education

- Aim
  - To enable the newly arrived refugees to practice safe kitchen and food preparation procedures it is recommended that the settlement workers, case coordinators and volunteers of IHSS programs attend the education sessions and complete the feedback forms.
- Learning Outcomes
  - Understand and identify the kitchen safety risks
  - Understand that tap water in Australia is clean and safe to drink
  - Understand the symptoms of food poisoning
  - Understand about 'germs' and how to avoid disease from bacteria
  - Understand and apply the 5 key safety messages



# Safe Food Storage



## Kitchen Safety



# Food and Kitchen Safety Checklist

Participants in the education sessions will be able to:-

- Food Identification
  - name all food in stored kitchen
- Food Storage
  - able to correctly store food in kitchen
- High Risk Foods
  - aware of foods most likely to be involved in food poisoning
- Equipment Identification
  - name all food preparation, cooking and eating equipment/utensils
- Equipment Purpose
  - understands the use of the equipment in the kitchen
- High Risk (Dangerous) Equipment
  - able to identify hazardous equipment
- Importance of Cleanliness and Hygiene
  - aware of cleaning practice and materials and good hygiene practices