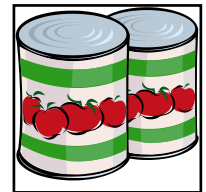


EMERGENCY RELIEF FOOD

Information for Service Providers

Often women in a crisis situation may not have eaten for a long time. Service providers may need to have emergency food on hand to cater for these situations. Below are some recommendations for nutritious low-cost & non-perishable foods:

- Baked beans (*low-salt varieties*).
- Tin soups (*low-salt varieties*).
- Tin spaghetti (*avoid packet 2-minute noodles – they can be high in fat & salt*).
- Tinned fruit (*canned in 'natural juice' / 'no added sugar'*).
- Tinned vegetables (*low-salt varieties*) e.g. tin tomatoes, tin corn, tin beetroot, tin mushrooms, tin peas, tin potatoes & tin carrots.
- Tinned legumes (*low-salt varieties*) e.g. red kidney beans, 3-bean mix.
- Trail mix in airtight bags or containers. Or individual:
 - Unsalted nuts e.g. walnuts & almonds.
 - Dried fruit e.g. dried apricots, sultanas.
- A nutritious breakfast cereal (*preferably wholegrain varieties*).
e.g. Weetbix, Porridge, Natural muesli, Flakes Plus, All-bran etc.
- Life-long (UHT) milk (*reduced fat varieties*) or skim milk powder (to make your own milk).
- Cracker biscuits (*low-salt varieties*).
e.g. rice crackers (original); water crackers (original or cracked pepper); 98% fat free premium crackers; rice cakes; vita-wheat's.
Note: try to stay clear of flavoured crackers as they usually contain heavy salt.
- Tin fish (*Preferably canned in water or brine*) e.g. tuna, sardines, salmon.
- Salsa dips in a jar (*low-salt/reduced fat varieties*).
- Peanut butter (*reduced fat varieties*), Jam, Vegemite, chutney.
- Rice and dry pasta (*preferably wholegrain varieties*). You could have 'plain' microwave rice in single serve packets for women on-site.
- Pasta sauce or pesto (*low-salt varieties*).
- Canned juice (*no added sugar*).
- Popcorn (*no added salt or butter*) or pretzels.
- Baby food, formula and nappies.



Note: Try to buy tins with pull-up lids (in case there is no can opener).
Food can be heated up on the premises in the microwave if needed.



For more information on this subject or any other **women's health** or **mental health issue** please contact us on (08) 9227 8122, or toll free on 1800 998 399

For information on issues specific to **Indigenous health** or for **drug and alcohol** related issues please contact us on (08) 9227 9032, or toll free on 1800 246 655