

MAKE HEALTHY FOOD THE EASY CHOICE AT HOME



What is a food environment?

It is the places and conditions that influence how and what people eat, including how they access, buy, prepare and eat food.

What is a healthy food environment?



It is an environment where healthy, safe, and affordable food and water are readily accessible and healthier choices easier to make.

What can you do at home?



Plan your meals using what you already have at home before going to the shops.



Choose affordable whole foods such as beans, lentils, vegetables, fruit, eggs, pilchards and whole grains like sorghum, oats and brown bread.



Grow your own food: Plant vegetables, fruit trees and herbs at home where you can, so your family always has fresh and healthy food on hand.



Include indigenous and traditional foods in family meals to support healthy eating, preserve cultural food practices and add variety.



Make water the family drink: Choose water instead of sugary drinks.



Reduce foods high in salt, sugar and unhealthy fats.



Store food safely, use leftovers and consider freezing or preserving food to reduce waste.

Ask yourself:

What can I do to make healthy food the easy choice in my home?

