

USEFUL WEBSITES - EAT MOVE LIVE (Click to go to website)

<http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/bmi4child>

<http://au.mendcentral.org>

<http://www.healthykids.nsw.gov.au/campaigns-programs/go4fun%C2%AE-program.aspx>

<http://www.betterhealth.vic.gov.au>

<http://www.healthyactive.gov.au>

<http://www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/kitchen>

<http://www.kitchengardenfoundation.org.au/>

<http://www.goforyourlife.vic.gov.au>

<http://www.nutritionaustralia.org/>

<http://www.healthykids.nsw.gov.au/home/fact-sheets.aspx>

<http://www.freshforkids.com.au>

<http://www.thefoodcoach.com.au/>

http://www.healthinsite.gov.au/topics/Healthy_and_Active_Quizzes

<http://stayathomemum.com.au/my-kids/feeding-and-eating>

www.bestrecipes.com.au www.facebook.com/bestrecipes [www.twitter.com/br_team](https://twitter.com/br_team)

http://www.ehow.com/how_6016875_organize-community-garden.html#page=0

<http://communitygarden.org.au/>

<http://cultivatingcommunity.org.au/>

http://www.homelife.com.au/gardening/projects/starting+a+community+garden_15219

<http://www.cityofsydney.nsw.gov.au/Environment/documents/GettingStartedincommunitygardening.pdf>

http://www.healthinsite.gov.au/topics/Healthy_and_Active_Quizzes

<http://www.rdgp.com.au/index.php/programs/go4fun-formerly-mend>

<http://www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx>

<http://www.families.nsw.gov.au>

www.breastfeeding.asn.au

Description

Good online BMI Calculator for kids

Programs for kids 2-4yrs, 7-13yrs, Adults, BMI calculator; programs for kids who are overweight or obese

Go4fun programs; free fun activity programs for kids in various areas - check out your area

Good food ideas for adults & children; & physical activity plans for families

Numerous government sites re. Health, food, garden, activity programs

Info. re Kitchen Garden program for schools

Info. re Kitchen Garden program for schools and student;. All the help you need to start a

kitchen garden in your local school; Kids cooking; grants available information

Ideas for kids about food and activity

Info. & feedback re. nutrition, recipes, health for adults and children

Healthy Kids Fact Sheets + Easy Lunch and Snack Ideas for Children

Lunch Box Ideas, Meal Plans, FFK_lunchbox, Games for kids, recipes, activities and seasonality charts

Ideas, recipes for adults and children and VIDEOS showing how to cook meals for adults and

toddlers, swap this for that - how to replace fat, salt and sugar in recipes to make them a

healthier version, Make this tonight

Good ideas about feeding little kids

As a free member: finding and sharing recipes; planning meals and printing shopping lists in

the Meal Planner; storing recipes in your own Recipe book

Organising a community garden

All you need to start a garden, networking, photos

Support to develop a community garden or local food project

Starting a community garden

Manual of complete guide to community gardening

Follow the links below to find quizzes about body weight, food and exercise habits.

Riverina Division of General Practice - Go4Fun program - for kids 7-13yrs, who are overweight or obese

Munch and Move Program - from birth to 5 years - healthy eating and activity. Factsheets and resources available in many languages

All about breastfeeding, download free eBook about breastfeeding, articles, read other mums stories

www.australia.gov.au/MeasureUp

www.det.nsw.edu.au/policies/student_serv/student_health/canteen_gu/CMPlanner.pdf

<http://www.nhmrc.gov.au/your-health/nutrition/nutrition-guidelines-and-publications>

<http://www.healthyfoodguide.com.au/articles/2010/november/research-update-food-and-childrens-behaviour>

www.raisingchildren.net.au

<http://www.8700.com.au/>

www.gofor2and5.com.au

<http://australiandiabetescouncil.com/Preventing-Diabetes/What-is-my-risk.aspx>

<http://www.health.gov.au/internet/main/publishing.nsf/Content/diabetesRiskAssessmentTool>

<http://www.diabeteslife.org.au/>

<http://www.diabetesaustralia.com.au/>

<http://www.heartfoundation.org.au>

www.theparentsjury.org.au

<http://www.allergyfacts.org.au/>

<http://www.foodstandards.gov.au/>

<http://daa.asn.au/for-the-public/smart-eating-for-you/>

<http://www.heartfoundation.org.au/healthy-eating/mums-united/Pages/welcome.aspx/>

<http://www.foodauthority.nsw.gov.au>

<http://raisingchildren.net.au/subscribe.aspx>

<http://www.rewardcharts4kids.com/>

Government site with Guidelines for Healthy Eating for Children or Adults; Lots of other free resources for nutrition and health of children, adolescents and adults

Great resources, recipes and ideas for healthier school canteens, and lovely food for kids

Up to date research on how foods can affect children's behaviour

Kid-friendly fruit and vegies; Importance of drinking water; Food, nutrition and fitness from birth to teenagerhood; first foods from home; positive eating practices

Download Free App for when you're eating out - Great site with interactive calculator for how many kilojoules you need - just pop in your details, also for kids details; recipes, food allergies, food search - for takeaway food and drinks, and a swap chart
Eating your way to better health; Processed Fruit and Vegetables; The Real Cost of Healthy Food
Free online test for risk of developing Diabetes, prevention strategies, Australia wide, Indigenous

Another easy online test for risk of Diabetes, info. re. Diabetes, prevention strategies, health Prevention strategies, information, and free online test for risk of Diabetes - Victoria and Find a Life! Program

Lots of information, resources, risk test and support to prevent, reverse and treat diabetes
Site with healthy eating for adults and kids, physical activities, recipes, heart health
Parents together to reduce marketing junk food to children, truth in nutrition claims, etc.
Free & interactive

Great site for families dealing with food allergies
Good resource about additives, food allergies, food labelling laws, recalls and consumer rights about food bought

Nutrition, tips, smart eating quiz and an easy healthy eating self quiz to check your own diet;
Find a dietitian - Dietitians Association of Australia
MUMS UNITED - secret weapon to healthy active family - nutrition, recipes, activity tracker, Facebook

Heaps of info about best ways to store food, how not to get food poisoning, and what to do if you're worried about this.

Grow With Us emails will keep you a step ahead of your child's developmental milestones.

Personalised to the age of your child, the emails are available for children 0-8 years. Free to join!

Heaps of free printable reward charts

<http://fedup.com.au/>
<http://www.coles.com.au/>
<http://vegiesmugglers.com.au/>

<http://www.colgatefundraiser.com.au/>

FOR KIDS

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=290&id=1551>
<http://www.freshforkids.com.au/games/games.html>
<http://www.dhsv.org.au/defenders/defenders.html#/Defenders/>
<http://www.dhsv.org.au/kids-space/for-kids/>

RESEARCH AND EVIDENCE

www.aihw.gov.au

<http://www.co-ops.net.au>

Food intolerance network, factsheets re. Additives and symptoms they cause, shopping lists for additive free food, local help, research

Recipes, cooking videos, cooking with kids, view weekly catalogues

How to sneak the good stuff in to your child's food....not that we'd ever do that!

Healthy Fundraiser - Kids toothbrush and toothpaste packs - everything you need to run a fundraiser for your playgroup, preschool, school, etc.

Cool, easy read, Fun & Games for kids, drawings by kids

Heaps of cool games

Online game - Defenders of the Tooth - Adventure Playground

Cool kids chatterboxes and activity sheets to print

Free online test for risk of developing Diabetes, prevention strategies, Australia wide, Indigenous

Research and advice re. Childhood and adult overweight and obesity; Statistics for Australia
An evidence resource regarding obesity in the early years in Australia - looking at what works, and strategies

FOR COORDINATORS

http://www.health.nsw.gov.au/pubs/2009/pdf/nsw_little_smiles.pdf

[http://www.health.gov.au/internet/main/publishing.nsf/Content/47B8A7F882590379CA25759B001EE259/\\$File/GetSet4LifeBrochure.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/47B8A7F882590379CA25759B001EE259/$File/GetSet4LifeBrochure.pdf)

<http://www.kitchengardenfoundation.org.au/learn-more>

Free 48 page resource for working with parents and kids re. Tooth care, printable factsheets, discussions with children, Music and lyrics for dental songs, Order form for other free resources - posters brochures booklets etc

Lovely website re. 4 year olds - with colourful characters, ideas about getting kids to try new foods, dos and donts of childrens eating habits, weight and activities, ideas for games.

Available in Arabic Chinese Greek Italian Spanish Vietnamese

Videos showing positive outcomes from eating healthy food - even learning