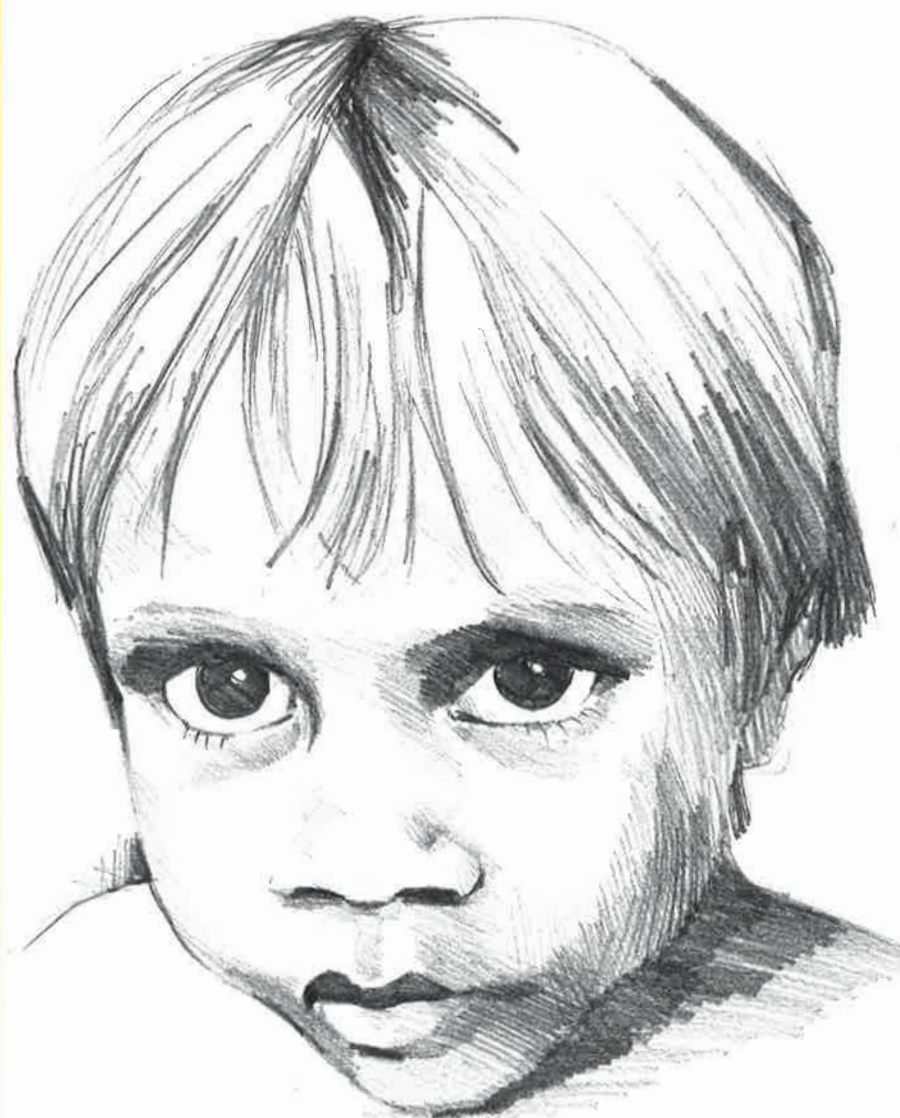


Family Nutrition



**Healthy food for
children 0-5 years of age
and all the family**

**a Communities for
Children Project**

Ngawurrakirayi Kakarrijuwi



Feeding baby - A guide only

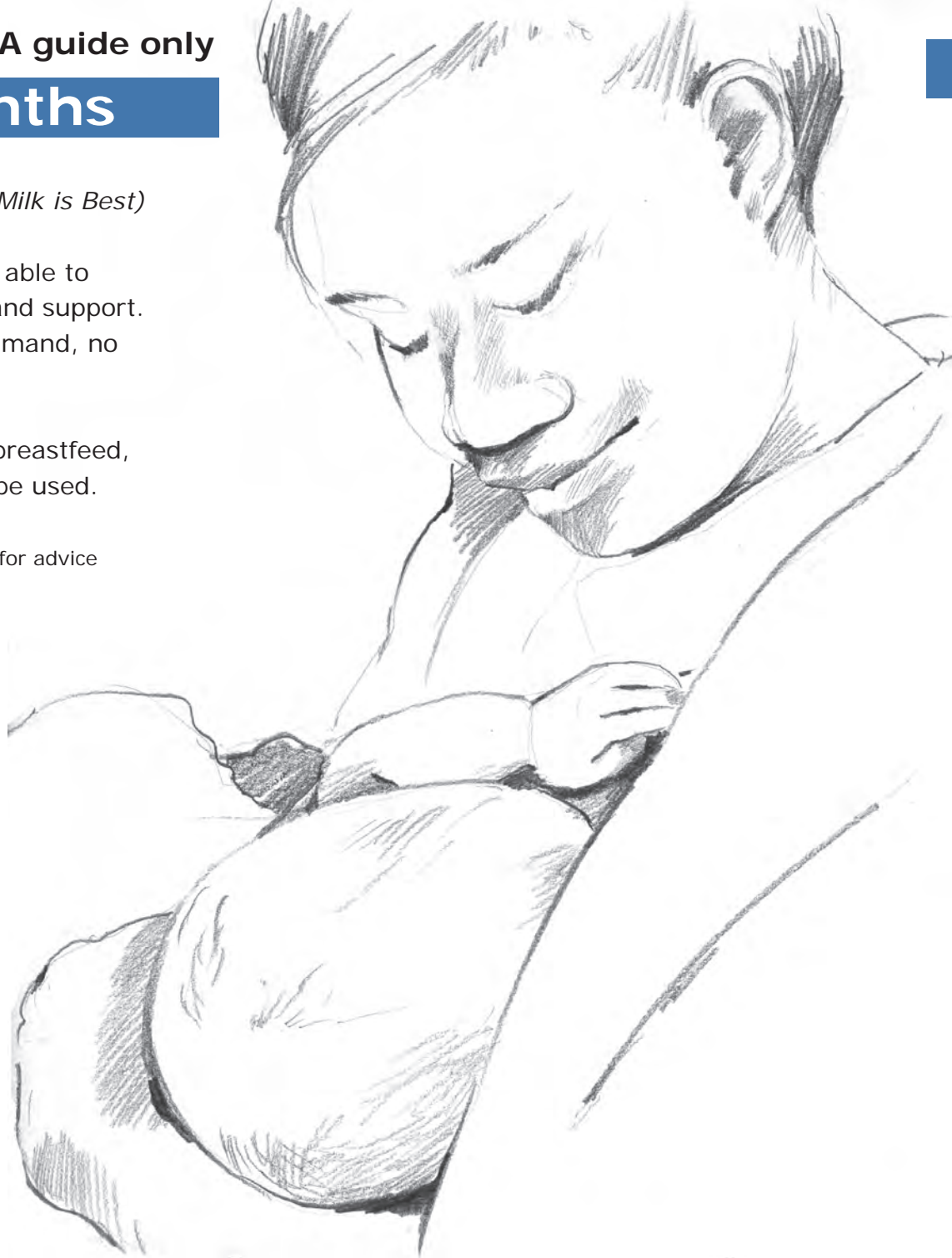
0 – 6 Months

Pulati Pupuni (Breast Milk is Best)

All mothers should be able to breastfeed with help and support. If breastfeeding on demand, no water is needed.

If a mother does not breastfeed, a baby formula must be used.

*Visit your clinic or doctor for advice on the right baby formula.



DO NOT Give your baby yinkiti (food) early as it:

- can cause diarrhoea
- does not benefit growth

6-8 Months

First yinkiti (food) for baby
Soft yinkiti (food) and pulati
(breast milk)

Breast milk is not enough for baby.

Give first yinkiti (food) 2 to 3 times a day.



Rice cereal, weetbix and porridge made with breast milk, formula milk or clean boiled (cooled) water.

Soft mashed meat and soft mashed vegies.

Soft mashed fruit.



DO NOT GIVE BABY:

- Eggs, peanut products, honey, cow's milk, salt or sugar.

DO GIVE BABY:

- Foods between or after a breast milk or baby formula feed.



8 - 12 Months and onwards

Foods

Baby should continue eating first foods at this age.

Offer food 4 to 6 times a day.
Yinkiti (food) needs to be cooked until it is soft and lumpy.

Offer finger foods such as soft fruit, cheese, soft meat and cooked veggies.

Keep feeding baby pulati (breast milk) and pupuni (good) yinkiti (food).

Kukuni (water) is best for baby (kakarrijuwi) and mum (nginarri).

Clean boiled (cooled) kukuni (water) should be given in a cup.

Tea makes nginarri (mum) and kakarrijuwi (baby) weak.

By 1 year of age, baby can have family yinkiti (food).

Always watch children when eating.





DO NOT GIVE BABY:
Tea makes nginarri (mum)
and kakarrijuwi (baby) weak.



Kids Need Pupini (Good) Yinkiti (Food)

Fruit

Fruits should be mashed or grated to avoid choking.



Yoghurt and Cheese



Bread



Breakfast cereals

Weetbix and porridge.



Baked beans



Eggs



Lean mince



Pasta



Kids Need Pupini (Good) Yinkiti (Food)

Recipes

Lean mince

Easy to get kids to eat meat & the best source of iron (energy). Turn into kid friendly meals like: rissoles, savoury mince and spaghetti bolognaise.



Spaghetti Bolognaise

(adapted from Ali Curung Homemakers)

Serve spaghetti with parmesan or grated cheese sprinkled on top.



Ingredients:

2 onions
4 carrots
Garlic – to taste
1kg lean minced beef
2 x 420 g tins of tomatoes
1 small bottle (250g) tomato paste
Pepper – to taste



Cooking things:

Can opener
Chopping board
Cook's knife
Large saucepan with lid
Spoon
Vegetable peeler
Wooden spoon



1. Wash hands.



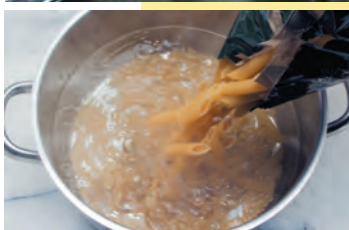
2. Peel and chop onions, garlic and carrots.



3. Put chopped onions, garlic and mince into a large cooking pot.



4. Stir and cook until brown.



5. Add carrot, tin tomatoes, tomato paste and water.

6. Cook slowly for 30 minutes.

7. Put pasta into a large pot with plenty of boiling water and boil until soft.

8. Drain pasta and serve with bolognaise sauce.

Nutrition tip:

When lean mince is not available, boil up the mince first and drain to remove the fat.

Helpful hint:

You will need to cook 1 kg of dry spaghetti for 10 people.

Hygiene tip:

Keep rubbish bins clean.

Pasta

Great food for energy. Soft and easy for kids to eat.
Endless toppings and sauces.



Pasta and Tuna Salad



Ingredients:

500g macaroni or pasta
3 large firm tomatoes
200g can tuna in water
1 green capsicum
2 tablespoons olive oil
2 tablespoons of vinegar or lemon juice
1 small bunch of basil chopped (if available)



Cooking things:

Large saucepan
Small bowl
Fork
Large knife
Chopping board
Teaspoon
Large bowl
Can opener
Serving spoons



1. Wash hands.



2. Put pasta into a large pot with plenty of boiling water and boil until soft.



3. Drain tuna and mash with a fork.



4. Chop up vegies (tomatoes, capsicum, basil).



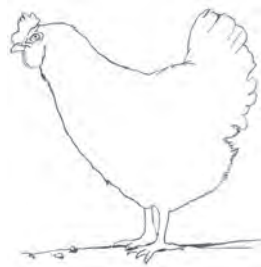
5. Drain pasta and place in a serving bowl. Stir in the olive oil and vinegar or lemon juice.



6. Add chopped vegies.
Toss and serve.

Some cooked fish from a fishing trip can be used in this pasta salad too.





Chicken and Veg Stir Fry



Ingredients:

- 1 tablespoon of oil
- 2 tablespoons of crushed garlic
- 1 large onion, finely chopped
- 500g boneless chicken fillets
- ¼ cabbage
- 1 large carrot, peeled
- ½ red capsicum
- 2 tablespoons soy sauce



Cooking things:

- Large pot, wok or fry pan
- Large knife
- Chopping board
- Garlic crusher
- Tablespoon
- Wooden spoon
- Serving spoon



1. Wash hands.



2. Chop up vegetables into stir-fry sized pieces. Crush garlic using the back of a knife or garlic crusher.



3. Heat oil in pan and brown onion and garlic.



4. Chop chicken into strips. Add chicken to pan and brown.



5. Add remaining vegetables and soy sauce. Cook until chicken is tender and vegetables are cooked but firm. Serve with rice.

Community Beef Soup



Ingredients:

(Use whatever vegies you have in the house)
Beef soup bones
(or chicken, kangaroo etc)
1 large onion, chopped
2 sticks of celery, chopped
2 carrots, peeled and chopped
6 small potatoes, peeled and chopped
1 zucchini, chopped
1 large can of whole tomatoes or 4 raw tomatoes
4 tablespoons of rice or pasta



Cooking things:

Soup pot
Large knife
Chopping board
Peeler
Can opener
Tablespoon
Ladle or serving spoon



1. Wash hands.



2. Put soup bones into the pot and cover with water.



3. Boil until meat falls off. Take the rest of the meat off the bones.



4. Let the stock cool. Take all the fat off the top and re-heat. Chop up the vegies and the meat and add to the pot.

5. Add rice or pasta. Boil until rice or pasta is cooked. Serve with bread.



Other meat from hunting can be used in this beef soup too.

Creamy Rice



Ingredients:

- 1 cup uncooked rice (white)
- 1 ¼ cups full cream milk powder
- 1 tablespoon white/brown sugar
- 2 teaspoons vanilla essence
- 4 cups water



Cooking things:

- Cup measure
- Teaspoon
- Mixing spoon
- Saucepan

Cooking with your kids is a great way to get them interested in what they are eating.



1. Wash hands.



2. Combine all ingredients in a saucepan.

3. Bring to the boil, stirring occasionally.



4. Reduce the heat and simmer gently for 30 minutes stirring occasionally.

5. Serve hot or cold with fresh or canned fruit.



Food Budgeting

Helpful tips to stretch your food dollars

Important

Plan a menu and stick to your budget.

Making a menu is easy.

1. Check supplies-what needs to be used?
2. Plan the meat for the main meals first.
3. Add foods from the other food groups to complete meals.
4. Plan breakfast and lunch meals.
5. Remember snacks should be nutritious: low in sugar and salt.

Shop wisely

- Shop wisely to stay within your budget.
- A shopping list will make sure you remember to buy all the items you need.
- Check your cupboards to see what you do not have.
- Consider how much food you need to buy and for how many people you are cooking for.
- Shopping at the store is cheaper than buying take-away food.



Food Budgeting

Things to Have On Hand

Rolled oats, porridge, rice cereal, Weetbix

Full cream milk, full cream milk powder, UHT milk

Rice, macaroni, pasta

Potatoes, carrots

Dried or tinned legumes and lentils

Plain/whole meal flour

Canned tuna, salmon, sardines*

Breads, fruit loaf

Canned corn

Smooth peanut butter*, vegemite

Dried fruits, canned fruits, sultanas

Cooking oil

* Can be introduced at 8-12months where there is no known allergy in the family.



ACKNOWLEDGEMENTS

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Australian Red Cross, Northern Territory Division
The Aboriginal and Torres Strait Islander Guide to Healthy Eating.

**Northern Territory Government,
Department of Health and Families**

Infant Feeding guidelines

Taste Good is Good

Jinarni Day Care Centre

Nguiu Women's Centre

Tiwi Youth Diversion and Development Unit

Staff at **Pirlarumpi Community Clinic**, Melville Island

Participants of the *Family Nutrition Project*

Workshops, 2007-2008

Murrupurtiyanuwu Catholic School,

Literature Production Centre

Nguiu Illintjinni Association Inc.

**Catherine Saxelby - 8 Good Foods Young Kids Love
(and why they are good for them)**

WA Government—Deadly Tucker

Staff at **Healthy Living NT**

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A Communities for Children Project

The Family Nutrition Project is funded through the Communities for Children Funding Agreement between the Commonwealth Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) and the Australian Red Cross (NT Division).

Parents and carers of families with children from 0 to 5 years have been accessing information and increasing their knowledge on healthy eating by attending workshops in Palmerston and the Tiwi Islands.

The activities have focused on improving the health outcomes for children between 0 and 5 years of age. It is widely understood that the early years are a critical period for a child's optimal growth and set the scene for establishing healthy eating and physical activity behaviours which may prevent chronic health issues later in life.

To meet the health and dietary needs of the growing child and the whole family, the Family Nutrition Project has produced this booklet. It reflects simple good foods which are easy to find in remote and urban supermarkets and recipes which are tasty and also easy to prepare at meal times.

The Family Nutrition Project hopes you enjoy using this booklet. If ever you are not sure about your baby, child or family's eating habits, weight or health please get advice from the clinic or a doctor.

This guide is to help you make healthy and varied food choices for good health.
Foods can be found at the store as well as some local bush foods.

THE ABORIGINAL AND TORRES STRAIT ISLANDER GUIDE TO HEALTHY EATING

Eat good food to be Healthy and Strong

Vegetables
(including legumes –
baked beans, kidney beans
& split peas).

Fruit

**Milk,
cheese
and
yoghurt**

Meat

including bush meat,
chicken, eggs & fish
(including nuts & legumes –
baked beans).

**Breads,
cereals,
rice,
spaghetti
& noodles**

**Drink
plenty
of water**

Eat in small amounts

THE ABORIGINAL AND TORRES STRAIT ISLANDER GUIDE TO HEALTHY EATING WAS ADAPTED
WITH PERMISSION FROM THE AUSTRALIAN GUIDE TO HEALTHY EATING (1998, COMMONWEALTH
DEPARTMENT OF HEALTH AND AGED CARE) AND PREPARED BY THE
ABORIGINAL AND TORRES STRAIT ISLANDER GUIDE TO HEALTHY EATING WORKING PARTY.

