



FoodREDi

Red Cross Nutrition Education Program for community groups

The FoodREDi Program is holistic, multifaceted and community focused - a healthy living program, based on adult-learning principles, developed for a wide range of vulnerable and hard to reach people in our community.

By bringing people together for a series of flexible, hands-on workshops, Australian Red Cross FoodREDi shares ideas on how to get value for money and achieve a balanced diet - all in a relaxed and friendly atmosphere.

Developed by qualified dietitians and based on the Australian Guide to Healthy Eating, FoodREDi helps individuals and families to make sustainable changes towards a healthy life.

What FoodREDi Covers

- Kitchen Safety, Hygiene & First Aid
- Australian Guide to Healthy Eating, 5 Food Groups, Healthy Food Goals
- Budgeting, Unit Pricing, Home-made vs Takeaway
- Food Labels, Ingredients Lists, Nutrition Panels
- Recipe Modification, Increasing Fruit & Vegetables, Portion Sizes
- Physical Activity, Exercise Goals, Incidental Exercise

FoodREDi participants gain:

Increased consumption of fruit & vegetables

Knowledge about good nutrition & physical activity

Skills to choose, prepare & cook healthy meals

Greater economic self-reliance through improved budgeting skills

Increased confidence in implementing new knowledge & skills

Social connection through sharing meals together

Program Structure

FoodREDi comprises 6 modules and is usually delivered over 6 two-hour sessions, however can be tailored to meet your group's needs (see below). Each module comprises a theory component where knowledge and ideas are shared, alongside a cooking workshop. Each session ends with a sharing of a meal that has been prepared by participants.

During the program participants have access to a wide range of activities, information sheets and resources such as a participant workbook that can be taken home and used following the end of the program.

Flexible Program Delivery

Red Cross can tailor the program and how it is delivered to suit the needs and learning styles of each group, which has been key to the program's success to date. FoodREDi has been shared with a wide range of groups in the community ranging from young parents groups, people from culturally and linguistically diverse communities, prisoners, Aboriginal and Torres Strait Islander communities, men's groups, marginalized young people and more. Session outlines, activities and recipes are planned with specific participant groups in mind with flexibility being a key feature of the program.

For more information about FoodREDi contact

Kate Baker
Program Officer – Food Security
8346 8340 or kbaker@redcross.org.au

“Thank you for the chance to come to FoodREDi. I always find it hard to know what to cook for my family and we are on benefits which is really hard. I feel better about it now and I have some ideas and know things I didn't know before”.

School Parent and FoodREDi Participant.