



Resources for Creating Healthier Environments and Supporting Healthy Behaviours

Providing healthy food

[The Australian Guide to Healthy Eating](#)

Eat for Health

A food selection guide which visually represents the proportion of the five food groups recommended for consumption each day.

[Recipes: Nutrition and healthy eating resources](#)

Nutrition Australia

A wide selection of resources such as recipes to support healthier eating.

[Programs at Nutrition Australia](#)

Nutrition Australia

A list of all Healthy eating programs across ages, audiences and Australia.

[Quick, Cheap & Easy Healthy Meal Ideas | No Money No Time](#)

University of Newcastle

Personalised free recipes and diet facts for consumers.

[Recipes at Heart Foundation](#)

Heart Foundation

A collection of healthy and heart-friendly recipes for consumers.

[Food Switch](#)

The George Institute

The App allows consumers to make better food choices by providing simple health and nutrition information on a scanned product and suggesting healthier alternatives to 'switch' to.

[Feeding your family](#)

Parents voice

A guide for parents providing education about healthy eating for the family including food labelling education, the health star rating, and better food choices for children.

LiveLighter: Healthy Recipes

LiveLighter

A collection of healthy recipes for consumers.

Dietitians Australia – Healthy Eating

Dietitians Association of Australia

A collection of evidenced-based dietary advice related to various health conditions.

Munch & Move

NSW Government

A program that helps pre-school aged children establish sound eating and activity habits.

Healthy Lunch Box

Cancer Council

A lunch-box builder to support parents build their children's lunch with healthier choices, as well as a collection of child-approved recipes.

Providing Healthy Food

Health and Wellbeing QLD

A collection of healthy recipes for consumers.

Healthy and more sustainable food procurement

VIC Health

The policy template and guide have been developed to support Victorian organisations wanting to adopt healthier food and drink procurement practices.

For Promoting Physical Activity

Physical activity and exercise guidelines for all Australians

Australian Department of Health and Aged Care

Government-developed recommendations for how much physical activity Australians should aim for by life-stage.

The Australian Systems Approaches to Physical Activity

The Australian Prevention Partnership Centre

A project at improving understanding of the existing physical activity landscape and encourage action towards better policy and practice.

BluePrint for an Active Australia

Heart Foundation

The Blueprint for an active Australia provides evidence-based actions to help address physical inactivity.

[Greener Spaces Better Places](#)

Horticulture Innovation Australia

Guides for developing and maintaining green spaces including urban greening strategies, community kits, case studies, stakeholder engagement, discussion papers, and more.

[Stay active for a healthy headspace](#)

Headspace

A guide to support physical activity to improve health and mental wellbeing.

[10,000 Steps Initiative](#)

CQ University Australia

A resource and program to promote physical activity in the workplace.

[Physical activity in the workplace](#)

Heart Foundation

Resources to help create a more physically active workplace.

[This Girl Can](#)

VIC Health

A national campaign to promote physical activity among young women.

[Healthier Work](#) (ACT)

ACT Government

Our free Healthier Work Program is designed to support employers to create healthy and safe work environments for Canberrans.

[Creating Healthier Workplaces](#)

Health & Wellbeing QLD

Tools and resources to create a healthier workplace.

Local community environments

[The Obesity Evidence Hub section on Environments and Prevention](#)

Obesity Evidence Hub

Information and education regarding environmental and prevention strategies.

[Local Government Partnership](#) (VIC)

VIC Health

A program partnering with local councils to educate and collaborate to create healthier local environments.

[Healthy Active by Design](#)

Heart Foundation

This website is a practical guide that offers evidence, advice and examples to assist with the development of healthy and active neighbourhoods.

[Local Food Environments \(WA\)](#)

Healthway & Edith Cowan University

A WA-based resource for local governments to develop and implement Local Food Action Plans.

[Healthy Eating Advisory Service \(VIC\)](#)

Nutrition Australia

Free support including resources for local communities and organisations, to encourage healthier options for community members.

[Everyone Can Play \(NSW\)](#)

NSW Government

Guide to creating inclusive play spaces

[NSW Healthy Urban Checklist](#)

NSW Health

A tool to help deliver the quality local environments needed for well-connected and liveable communities in NSW.

[Healthy Streets](#)

Healthy Streets

An evidence-based approach to creating fairer, sustainable and attractive urban spaces.

[Strengthening Local Food Systems Governance](#)

University of Sydney

The project aims to investigate the role of law, policy, and regulation in enabling local governments and communities to contribute to healthy, sustainable, and equitable food systems.

[Rethink Sugary Drinks for Professionals](#)

Cancer Council

Resources for professionals to help support consumers make healthier beverage choices.

[Inside our Supermarkets](#)

Global Centre for Preventive Health and Nutrition

A project aiming to improve the policy response to unhealthy diets and understand how the development and implementation of policies to create healthier food environments can be enhanced.

[Australia's Health Tracker by Area](#)

Australian Health Policy Collaboration

An interactive website that provides the most up to date Australian data on chronic diseases, conditions and their risk factors.

[The Centre of Research Excellence in Food Retail Environments for Health](#)

ReFresh (Deakin University)

The NHMRC-funded centre of research is a global leader in the advancement of healthy food retail research and practice.

[The built environment and obesity: You are where you live](#)

Australian Journal of General Practice

A published article examining the elements of the built environment that are associated with obesity.

With a Childcare Focus

[Healthy Lunchbox week resources](#)

Nutrition Australia

Fact sheets and guides to promote healthier lunchboxes for school-aged children.

[National Healthy School Canteens resource collection](#)

Australian Government Department of Health and Aged Care

This collection contains all the documents for canteen managers and trainers to learn about having a healthy menu as part of the National Healthy School Canteens project.

[Long Day Care Guidelines](#)

The Healthy Eating Advisory Service

Menu planning guidelines for long day care assist your long day care centre to plan a nutritious and balanced menu for 1–5-year-old children.

[Long Day Care Menus](#)

Nutrition Australia

Sample menus for child-care centres that are filled with delicious, simple recipes.

[Vic Kids Eat Well](#) (VIC)

VIC Health

The program supports schools, outside school hours care, sports clubs, and a wide range of community organisations to offer healthier food and drink options.

For healthcare*, community and sporting facilities

NSW Healthy Food Toolkit

NSW Health

The Toolkit is a key part of how NSW Health will make healthy food and drink normal in health facilities.

Vic's Healthy Choice Guidelines

Healthy Eating Advisory Service

Various guidelines and policies for early childhood services, health services, schools, workplaces, sports and recreation, and the food industry.

A Better Choice

QLD Government

A series of innovative strategies to drive healthy food access in hospital and health services, sport and recreation, and workplaces.

NT's Healthy Choices Made Easy

NT Government

Policy for Healthy food and drink options for staff, volunteers and visitors, in NT Health facilities.

Healthy Options (WA)

WA Government

Policy to ensure that the Department of Health and WA hospitals are taking steps to increase the healthy food and drink options for staff and visitors at their sites.

SA Healthy Food and Drink Choices

SA Government

The policy outlines the types of healthy food and drinks available to staff, volunteers and visitors within ACT Health premises.

ACT Healthy Food and Drink Choices

ACT Government

Our Healthy Food and Drink Choices Policy outlines the types of healthy food and drinks available to staff, volunteers and visitors within ACT Health premises.

**Most state governments have a healthy food provision policy for public healthcare settings*


Do you know of other resources to promote healthy environments? Please [email us](#) details!