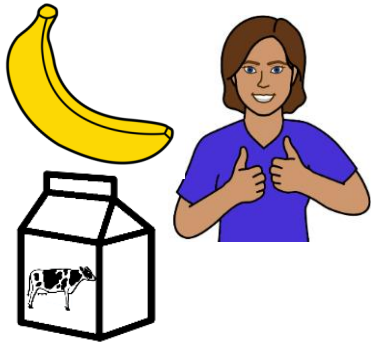
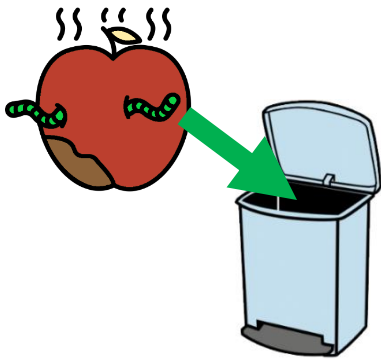


Eat healthy. Be safe.

You can save money.



You eat healthy food. You feel well.



Your food is old. You must throw it away.

It will make you sick.

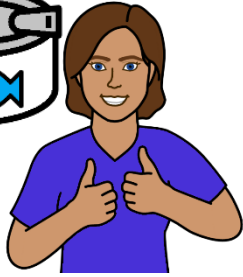
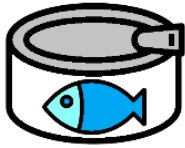


You do **not** have money.

You worry about how to buy food.

There are

- things you can do
- people who can help.



Food that is good for you

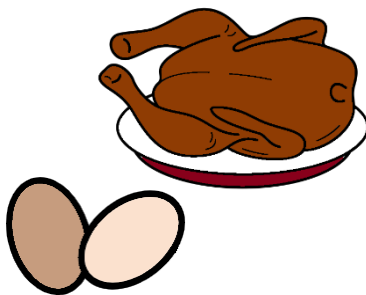
Some food is good for you. You can eat lots of it.

It helps you stay well.



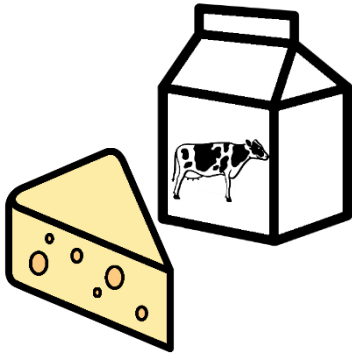
Good food is

- vegetables. Like corn
- fruit. Like banana
- grains. Like oats.



Some food helps your body be strong. Like

- meat
- eggs
- nuts.



It is also food like

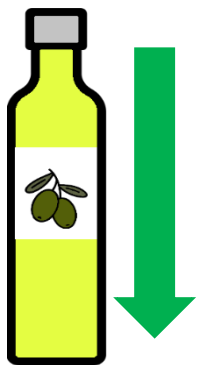
- milk
- cheese
- yoghurt.



Food may have more things in it. Like

- chocolate
- sugar.

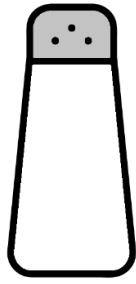
It is **not** so good for you.



Oil can be bad for you. You only need a little bit.

Some good oils are

- olive oil
- canola oil
- oily fish. Like sardines.



Too much salt can be bad for you.

You only need a little bit.



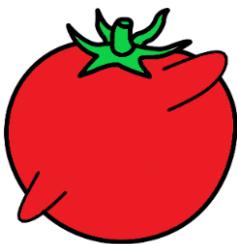
You can use other things in your food. Like

- herbs
- spices.



Save money on food

You may only have a little bit of money.



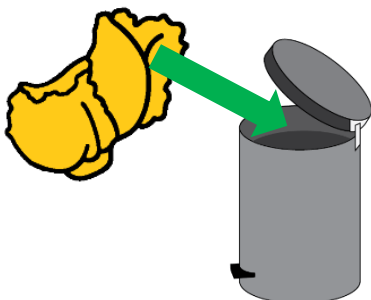
Some fruit and vegetables cost less money.

They may **not** look good. They are OK to eat.



They may have some yellow leaves.

But



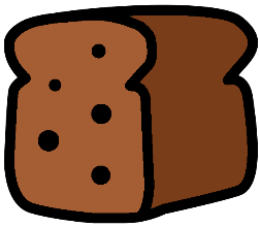
The other parts are green.

You can eat the green part.

Take off the yellow leaves. Throw them away.



Fruit may have 1 bad spot. You can use it **now**.



You can cook it. You can make

- banana bread



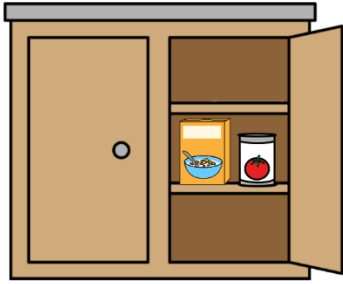
- jam
- pickles.



It may have

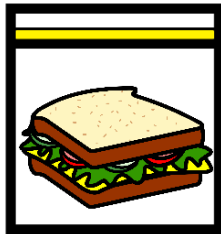
- lots of bad spots
- a bad smell
- mould.

It is **not** good to eat. Throw it away.



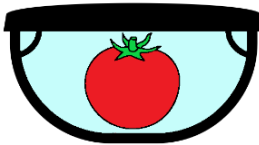
Where to keep your food

It helps your food stay good.



You put food in the fridge. Use

- a bag you can seal
- a tub with a lid
- plastic wrap.

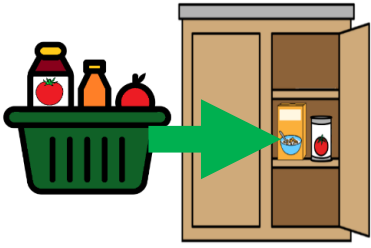


Your food stays fresh.

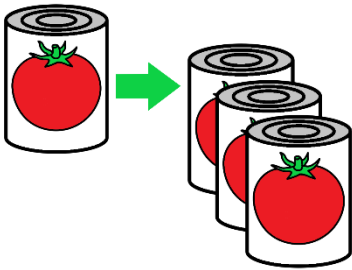


There is food left in the bag.

Use a bag clip.



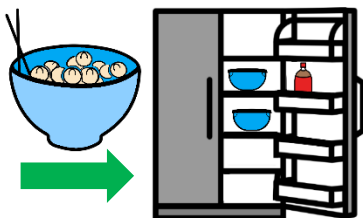
You buy food. You put it away.



Put new food at the back. Keep old food in front.

Use the old food first. Do this for the

- cupboard
- fridge
- freezer.

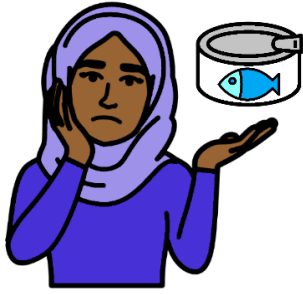


You may have food left over.

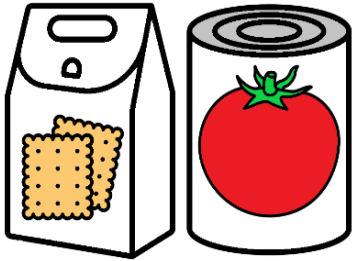
It is still good. Keep it in the

- fridge
- freezer.

Use it soon. Like the next day.



How long will food stay good?



Some food comes in a packet. It is **not** open.



It has a date on it.

It tells you how long the food stays good to eat.



The date may say **use by**.

The date is today. The food is **not** good to eat.

Or



The date may say **best before.**

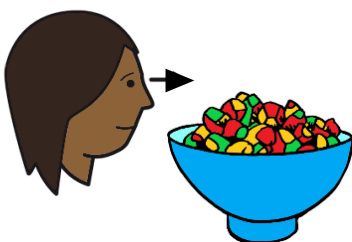
The date is today.

The food may still be OK.



Look at the tin. Check it has

- no holes
- no rust
- no dents.

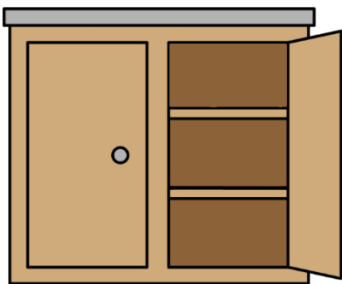


Open the food. Check it

- looks ok
- smells ok.



You need help



You do **not** have food.

You may **not** have money to buy food.

You may have a different problem.

You can get help.



Call 03 9298 8000.

It is Knox City Council.



Or



Scan this code.

The code goes to our website.



Or



Go to our website. It is

<https://bit.ly/49EJxcK>

Service providers

Look for the words **food relief**.

It is half way down the page.

Food relief



Financial support



Food relief



Find the arrow. Click on the arrow.

There is a list of places.

Financial support



They can help you get food.

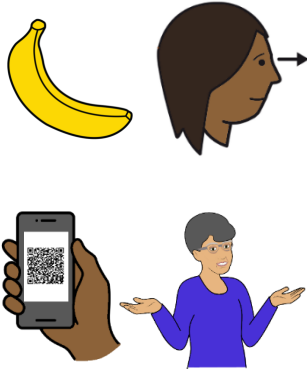


It tells you

- how they can help
- where they are
- when they are open
- the phone number.

Images

We can use these images. They are from



- Inspired Services
- Picto Selector
- The Noun Project
- Tobii-Dynavox.

The QR code and web site images are from Knox City Council.



This fact sheet is based on information in the Knox City Council **Prepare for Extreme Weather** and **Eating in Extreme Weather**.