



DPV
Health®

Your Healthcare
Your Way

Community Resources



Healthy Eating & Oral Health



Author	Resource name	Resource overview	Tagline
Healthy Eating Advisory Service (HEAS)	Healthy recipes for early childhood services	Tasty meal and snack recipes for child care centres (including outside school hours care).	Healthy eating
DPV Health	Transition Resource Project (HEAL)	Transition Resources to help guide parents with children starting school. Topics include healthy lunchboxes, physical activity and home routines.	Resource
DPV Health	Healthy Eating and Active Living Education Resource	An education resource to guide evidence-based conversation with young people about healthy eating and physical activity.	Education Resource
DPV Health	Good Food for Good Health — Healthy Online Recipe Book	Dietitian approved recipes for the whole family. All recipes are nutritionally analysed and costed to be simple and delicious.	Resource
Baker Institute	Healthy Snacks	This fact sheet will help you select healthy options to ensure your snacks are part of an overall balanced diet.	Resource
Baker Institute	High Blood Pressure and Salt	If you have high blood pressure, lowering your salt intake may help reduce your blood pressure. Reducing high blood pressure is important to reduce your risk of stroke, heart disease and kidney disease. This fact sheet will provide you with: <ul style="list-style-type: none"> > tips to reduce your salt intake > information for managing high blood pressure > choices to reduce your sodium > guidance on reading food labels. 	Resource
Baker Institute	Label Reading	This fact sheet will guide you in understanding how to read nutrition information panels to help you identify healthy choices.	Resource
Accredited Practicing Dietitian	Food additives — see Appendix 1	An evidence based resource to help answer your questions about food additives, including in relation to Halal certification.	Resource
DPV Health	Families Healthy Eating information session with a DPV Health dietitian	Watch a recording of a parent education session with our dietitian, where all your frequently asked questions are answered.	Education Resource
Phenomenom	Phenomenom	Curriculum-aligned episodes, lesson plans and activities, created with kids, for kids (and their teachers and parents) to discover all things fun about food.	Education Resource
Dental Health Services Victoria (DHSV)	Mouth, Teeth & Gums	Tips on looking after your child's mouth, teeth and gums.	Resource
Dental Health Services Victoria (DHSV)	Translated Oral Health Brochures	Translated Oral health information — 38 resources available in-language. Resources include how-to guides, information about oral health diseases and how to access appropriate care.	Resource
Healthy Eating Advisory Service (HEAS)	Menu Planning	Menu planning ideas to help your service provide healthy options for young people.	Resource
Healthy Eating Advisory Service (HEAS)	Training	Learn how to provide and promote healthier foods and drinks in your organisation with free training.	Education Resource
Healthy Eating Advisory Service (HEAS)	Other healthy eating programs and services	Resources to support a healthy eating culture in your organisation to help build healthy eating and oral health messages into your curriculum, policies and practices.	Resource

Weekly Meal Plan



Monday

Breakfast _____

Lunch _____

Dinner _____

Tuesday

Breakfast _____

Lunch _____

Dinner _____

Wednesday

Breakfast _____

Lunch _____

Dinner _____

Thursday

Breakfast _____

Lunch _____

Dinner _____

Friday

Breakfast _____

Lunch _____

Dinner _____

Saturday

Breakfast _____

Lunch _____

Dinner _____

Sunday

Breakfast _____

Lunch _____

Dinner _____

Groceries

Physical Activity



Author	Resource name	Resource overview	Tagline
DPV Health	Healthy Eating and Active Living Education Resource	An education resource to guide evidence-based conversation with young people about healthy eating and physical activity.	Education Resource
Better Health Channel	Physical Activity — It's Important	A resource to help explain the importance of physical activity to families.	Resource
Outdoors Victoria	Outdoor Learning Toolkits	Information and resources dedicated to helping teachers increase their confidence in taking students into the outdoors, across a variety of curriculum focus areas.	Education Resource
Exercise Right	Physical Activity Ideas	Download fun free activities to get children active, anytime and anywhere.	Resource



Climate Change



Author	Resource name	Resource overview	Tagline
Sustainability Victoria	ResourceSmart Schools	ResourceSmart Schools is a free program offered by Sustainability Victoria, that supports Victorian schools to embed sustainability across the school facilities, community and curriculum, while saving resources and money for the school.	Education Resource
Cool Australia	Learn@Home	Teach and learn at home with our fun activities for kids! We've got you covered with more than 180 free resources and lessons — for kids of all ages.	Education Resource



Prevention of Violence Against Women



Author	Resource name	Resource overview	Tagline
Our Watch	Change the Story	Highlighting gender inequality as a key driver of violence against women.	Change the Story
Safe Steps	Understanding Family Violence	A guide to understanding family violence, types of abuse and support services available.	Information
Victorian Government	MARAM practice guides and resources	If you're prescribed, your organisation must start aligning your policies, procedures, practice guidance and tools to the Family Violence Risk Assessment and Risk Management Framework.	Resource
Safe + Equal	Resource Library	A range of resources (available in different languages) grouped in topics such as primary prevention, safety planning etc.	Education Resource
Safe + Equal	Training and Professional Development	A guide to training and professional development opportunities available to access.	Training/ Workshops
The Line	The Line	A range of resources that will provide information, and tips to help young people have healthy, happy, and respectful relationships.	Resource



Responding to disclosures of Family Violence



Helpline Services **1800RESPECT** 1800 737 732
 Kids Helpline 1800 55 1800

Lifeline 131 114
Men's Referral Service 1300 766 491

If someone tells you they are experiencing domestic or family violence it is important to respond in a supportive way.

As a school staff member, you need a good understanding of how to respond to students and colleagues if they disclose family violence. You are not responsible to 'resolve' or 'manage' any disclosure. Your role is to act in accordance with your school's family violence response policies and procedures and refer the person to the appropriate specialist services within your school or your local community, for example your local family violence or sexual assault service or perpetrator intervention program.

Your role is to:

- > recognise the signs of domestic and family violence
- > respond with appropriate care
- > act in accordance with your school's family violence response policies and procedures
- > refer to support services.

If someone is in immediate danger encourage them to call Victoria Police **000** or offer to call the police.

Family Violence Support Services

1800 RESPECT

1800RESPECT is a confidential service available 24 hours a day, seven days a week. Support is available for: people experiencing or at risk of experiencing sexual assault, domestic or family violence, their friends and family, workers and professionals supporting someone experiencing or at risk of experiencing sexual assault, domestic or family violence.

Phone: 1800 737 732

Hours: 7 days a week, 24 hours

Safe Steps

State-wide first response service for women, young people and children experiencing family violence. The safe steps 24/7 response phone line connects callers with specialist support workers who can help them explore their options, develop a safety plan, access to support services and provide emergency accommodation. After hours service for family violence support.

Phone: (03) 9928 9600 or 1800 015 188

Hours: 24/7, 7 days a week

Orange Door

The Orange Door is a new way for people experiencing family violence, or who need assistance with the care and wellbeing of children and young people, to access the support they need.

Phone: 1800 271 151

Hours: 8am – 5pm Monday – Friday

Berry Street

Berry Street is an independent Community Service Organisation and Australian charity. Berry Street helps children, young people and families impacted by abuse, violence, and neglect.

Phone: (03) 9450 4700 **Fax:** (03) 9450 4701

Hours: 9am – 5pm Monday – Friday

Intouch

A state-wide specialist family violence service that works with women from migrant and refugee backgrounds, their families, and their communities in Victoria. The support workers speak many languages and work in a culturally sensitive manner.

Phone: 1800 755 988

Hours: 9am – 5pm Monday – Friday

Interpreter service: intouch.org.au/tip-sheets/

Salvation Army: Crossroads Family Violence Service

Provides specialist family violence support services for women and children ranging from prevention, early intervention to crisis response. These services include group work, out posting, crisis and high-risk responses, Safe at Home service, outreach case management as well as specialist family violence refuge accommodation and support.

Phone: (03) 9353 1011

Hours: 9am – 5pm Monday – Friday

Sexual Assault Crisis Line

The Sexual Assault Crisis Line Victoria (SACL) is a state-wide, after-hours, confidential, telephone crisis counselling service for people who have experienced both past and recent sexual assault.

Phone: 1800 806 292

Hours: 9am Monday – Friday;
24hrs Weekends & Public Holidays

No To Violence — Men's Referral Service

Victorian state-wide peak organisation of individuals and agencies working for the prevention of male family violence. The specific focus is work with men to assist them to change and end their violent behaviour.

Phone: 1300 766 491 or (03) 9428 2899

Hours: 8am – 9pm Monday – Friday;
9am – 6pm Saturday & Sunday

Djirra Specialist Family Violence Organization for Aboriginal & Torres Strait Islanders

Support for Aboriginal and Torres Strait Islanders who are experiencing family violence

Phone: 1800 105 303

W/Respect on 1800 LGBTIQ+

WithRespect is a family violence and intimate partner violence service supporting LGBTIQ+ communities and their families. WithRespect offers a service model which can respond to both the person impacted by violence and the person using violence.

Phone: 1800 542 847

DPV Health Counselling, Psychology and Social Work

This service is available at DPV Health — Epping, Mill Park, Broadmeadows, Whittlesea.

Phone: 1300 234 263

Appendix 1

Food Additives

A guide for people with food chemical sensitivity

© Melanie Reid
Accredited Practising Dietitian
Revised March 2012

Food additives – friend or foe?

Food additives are used to enhance the flavour, appearance, freshness or shelf-life of foods.

The food additives used in Australia are carefully evaluated for safety, and generally don't cause any problems for most people. People with food chemical intolerance, however, may react to some or all of the additives listed in this brochure.

This can be determined by a trial elimination diet followed by systematic food challenges, under supervision from a dietitian.

People who react to food additives are often also sensitive to natural food chemicals such as salicylates or amines. This can also be determined through the elimination diet and challenge procedure.

Symptoms of food chemical intolerance may include:

- > the nervous system e.g. headaches or behavioural disturbances
- > the gut e.g. pain, bloating or diarrhoea
- > the skin e.g. eczema, hives
- > the respiratory system e.g. sinus problems, wheeze, chronic cough

In Australia, food additives must be listed on food labels. Sometimes they are listed by name, but more frequently they are listed by a food additive code number.

Additives unlikely to cause reactions

Type of additive	Code numbers
Acidity regulators	260 - 270, 296, 297, 325 - 381, 500 - 507, 514, 515, 529
Anti-caking agents	460, 530 - 560
Antioxidants	300 - 304 (vitamin C) 306 - 309 (vitamin E) 315 - 318 (erythorbates)
Colours (natural)	100, 101, 140, 141, 150, 153, 160a, 160c-f, 161 - 164, 170 - 175
Emulsifiers	322, 431 - 436, 442 - 452, 470 - 492
Flavour enhancers	637 - 641
Humectants	420 - 422, 914, 1518 - 1520
Preservatives	234 (nisin), 235, 242, 385
Propellants	290 (carbon dioxide), 941 - 946
Sweeteners	950 - 968
Thickeners	400 - 418, 440, 461 - 466, 1400 - 1450
Miscellaneous	508 - 512, 515 - 526, 570 - 586, 900 - 905, 920, 1001 - 1201, 1505, 1521

Which additives are more likely to cause adverse reactions?

The types of additives that are most likely to cause reactions in sensitive people are:

- > Colours (both artificial colours and a few natural colours)
- > Preservatives such as sorbates, benzoates, sulphites, propionates, nitrates and nitrites
- > Antioxidants
- > Flavour enhancers

Additives that are more likely to cause adverse reactions

Type of additive	Code numbers
Colours - Artificial	
In a wide variety of foods e.g. confectionary, baked goods, soft drink, cordial, jelly, sauces and savoury snacks	
Yellows	102, 104, 107, 110
Reds	122 to 129
Blues	131 – 133
Green	142, 143
Black	151
Browns	154, 155
Colours - Natural	
In many dairy foods, margarines, snack foods, cereals and natural confectionary	
Yellow	160(b) (annatto)
Red	120 (cochineal)

Type of additive	Code numbers
Preservatives	
Sorbates In dairy products, dried fruits & juices	200 - 203
Benzoates In drinks and marinades Cosmetics, sunscreens	210 - 218 PABA
Sulphites, Sulphates In dried fruit & juices, cordials, soft drink, wine, seafood, dips	220 - 228
Nitrates & Nitrites In processed meats	249 - 252
Propionates In bread & bakery products	280 - 283
Antioxidants - Artificial	
In many foods that are high in fats and oils. These are very different to the anti-oxidants found naturally in food, which have a range of health benefits.	
Gallates TBHQ, BHA, BHT	310 - 312 319, 320, 321
Flavour enhancers In a wide range of savoury foods	
Glutamates	620 - 625
Ribonucleotides	627, 631, 635
Added flavours	No codes

Further reading

- > Food Standards Australia New Zealand: www.foodstandards.gov.au
- > RPAH Elimination Diet Handbook with food shopping guide. To order: www.sswahs.nsw.gov.au/rpa/allergy

Acknowledgements

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