

Informed and Supported Workers Program

Staying Healthy



foodandfibregippsland.com.au/isw

It's important to try and stay healthy – nutrition and food safety are key to keeping yourself well at work while you are in Australia. The videos linked below are all about food safety at home, showing you how to stay healthy.



Food safety at home:
Keep things CLEAN
-YouTube



Food safety at home:
Keep cold food COLD
-YouTube



Food safety at home:
Keep things SEPARATE
-YouTube



Food safety at home:
Leftovers
-YouTube



Your diet is also important for staying healthy. Make sure you are eating plenty of fruits and vegetables, and avoid foods that are high in sugar and unhealthy fats. Take a look at this healthy eating guide:

[Australian Guide to Health Eating](#)



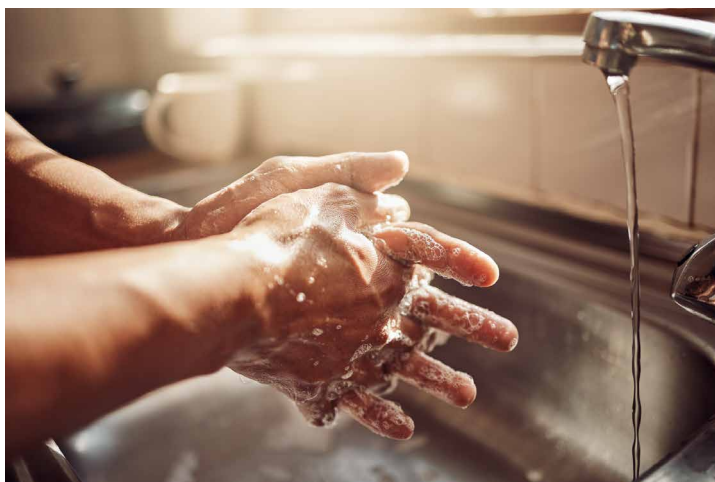
Food & Fibre
Gippsland

AGRICULTURE VICTORIA



National Vegetable
Extension Network
VICTORIA - GIPPSLAND

'Healthy living' is about keeping a healthy lifestyle and introducing habits that improve your health.



Washing your hands will help keep you healthy

Washing your hands with soap and water will help keep you well, especially before handling food.

For more information, visit:

Preventing food poisoning | Health and wellbeing | Queensland Government

Ask Izzy

Ask Izzy is a website that connects anyone in immediate need with housing, a meal, money help, family violence support, counselling and much more. It is free and anonymous, with thousands of services listed across Australia. If you need help, please don't hesitate to use Ask Izzy.



If you are having a hard time settling in to Victoria, missing your family, struggling mentally or just need a friend to talk to, please don't hesitate to reach out to the following people who would be very happy to hear from you and help in any way they can:



**Don MacRaild & Meg MacRaild:
Mobile 0438411460**

**Randall Prior: Mobile 0417363739
Email: randall.prior@victas.uca.org.au**