

Get your healthy on!

Recipes and tips to get you
through the work week



Good nutrition is necessary to maintain a healthy weight, mental and physical health, resistance to infection, quality of life, and protection against chronic disease, disability and premature death.

Workplaces have a role to play in the health of their workers. This includes food choices. Employers and workers working together is a great place to start.

Changing the food and drink supply in communities, workplaces, health facilities, schools and clubs can support people to make healthier choices.



Less than **10 %**
of Queenslanders consume
sufficient vegetables



Poor diet
is a risk factor for
chronic disease



More than **1/3**
of total daily energy
is consumed from
unhealthy foods

If all people
maintained a healthy weight
there could be

**2200 fewer
cancer cases
diagnosed.**

Taken from the Health of Queenslanders Report 2018. Queensland Health.



The Queensland Country Women's Association (QCWA) Country Kitchens program supports Queenslanders to improve their health by adopting healthier eating practices.

Country Kitchens is proudly funded by Health and Wellbeing Queensland.



Queensland
Country Women's Association

health+
wellbeing
Queensland



Introduction

Finding it hard to think of healthy meals you can enjoy at home and take to work?

Shift work, long work hours, fatigue and personal commitments can put pressure on us to opt for unhealthy food. Eating healthy foods at the right time of day can help you replenish energy when it's needed, as well as prevent fatigue and improve sleep quality.

Your workplace has an important role to play in promoting healthy eating. A healthy food policy for catering, and good facilities for food preparation, storage and dining will encourage you to bring your own food and avoid buying food which is high in fat and sugar.

There is a lot that can be done to create a healthy workplace for you. Ask your employer about a health and wellbeing program. Please refer to the [Work health and wellbeing toolkit](#) to find out how.

Workplaces can also use the Healthy worker survey and the Healthy workplace audit tool to develop a better understanding of what they already have in place and where they could make improvements. [Visit WorkSafe.qld.gov.au](#) for more information.

Did you know that poor eating habits combined with a lack of physical activity can put you at a greater risk of developing chronic diseases including type 2 diabetes, heart disease and some cancers?

By eating well, maintaining a healthy weight and exercising regularly, you can decrease your risk, delay or even prevent the onset of type 2 diabetes.

We've put together some healthy recipes and tips to get you excited about being in the kitchen so you can be energised and ready for work.



Strawberry, pear and vanilla loaf

Serves: 12

Prep time: 30 minutes

Cook time: 70 minutes

Fruit and veggies ½ serve per portion

Ingredients

- 400g strawberries, chopped
- 2 pears, cored and chopped
- 1 tablespoon caster sugar
- 1 ½ cups wholemeal plain flour
- 1 cup self-raising flour
- 1 teaspoon bicarb soda
- 1 teaspoon cinnamon
- ½ cup milk
- ⅓ cup extra virgin olive oil
- ⅓ cup honey
- 2 eggs, lightly beaten

Method

- Preheat oven to 180°C. Line a 25cm loaf pan with 3 layers of baking paper, extending the paper 2cm above the edges of the pan.
- Place chopped strawberries, pears, sugar and 2 tablespoons of water in a saucepan. Cover, bring to the boil over high heat. Remove lid and reduce heat to medium-low.
- Simmer stirring occasionally, for 10 to 15 minutes or until strawberries have softened and sauce thickens slightly. Set aside for 20 minutes to cool.
- Blend fruit mixture until smooth. Allow to cool completely.
- Sift flours, bicarb soda and cinnamon into a large bowl. Make a well.
- Add milk, oil, honey, eggs, vanilla and fruit mixture. Stir well to combine.
- Spoon mixture into prepared pan. Level top.
- Arrange slices of strawberries, overlapping to completely cover top of batter. Bake for about 1 hour 10 minutes, or until a skewer inserted into the centre of loaf comes out clean.
- Stand in pan for 10 minutes. Turn, top-side up, onto a wire rack lined with baking paper. Cool completely.
- Serve dusted with icing sugar.



What's great about it

If you have plenty of strawberries in season, this is a beautiful loaf to cook for a morning tea, high-tea or to take to a party. It has extra fibre with all of the strawberries, pears and wholemeal flour added to the recipe. It is also lovely with a dollop of low-fat Greek yoghurt on top!

Recipe courtesy of Cynthia Daniels, Maleny Branch

Bake this loaf and freeze leftovers in single serve portions so they can be shared or enjoyed at another time. It is high in fibre which keeps your digestive system healthy. Foods high in fibre include wholegrain breads and cereals, fruits and vegetables.

Work health and wellbeing strengthens your business



Make a plan:
to implement work health and wellbeing processes in your organisation



Get support:
from management and organisational leaders



Be recognised:
as an organisation through our Be recognised program.

Apple, oat and coconut muffins

Serves: 12

Prep time: 10 minutes

Cook time: 20 minutes

Fruit and veggies ½ serve per portion

Ingredients

- 3 granny smith apples, grated
- 1 ½ cups rolled oats
- 1 cup shredded coconut
- ½ cup honey
- 1 teaspoon vanilla
- 4 tablespoons vegetable oil
- 3 eggs, whisked
- 1 ½ cups wholemeal self-raising flour
- 1 teaspoon cinnamon
- 90g sultanas

Method

- Preheat oven to 180°C. Line patty pans in 12 hole muffin pan with baking paper.
- Mix apple, oats, coconut, honey and vanilla in a large bowl to combine.
- Reserve ¾ cup of apple mixture and set aside.
- Add oil, eggs, flour, cinnamon and sultanas to the remaining apple mixture and mix until just combined.
- Divide mixture into each muffin pan.
- Place a spoonful of reserved apple and oat mixture on top of each muffin.
- Cook for 20 minutes, allow to cool before turning out onto wire rack.
- Serve with yoghurt.

What's great about it?

These high fibre muffins are great for morning tea and school or work lunch boxes. Any apple can be used in this recipe with the skin on for extra fibre and the sultanas are added for extra sweetness. The cinnamon also adds a lovely flavour and a bit of natural sweetness to the muffins.

Recipe courtesy of Judy Stubbs, Maleny Branch



Health benefits of grain foods¹

Cereals and wholegrain foods can reduce the risk of developing certain diseases including coronary heart disease, colon cancer, diabetes and diverticular disease. High fibre foods, such as wholegrain breads and cereals, can also be an effective part of any weight loss program. They take longer to digest and create a feeling of fullness, which discourages overeating.



Safety switches!

- Ensure safety switches are installed on all circuits to protect your family from electric shock.
- Press the 'Test' or 'T' button on each safety switch every three months (do this when you get your rates bill).

For more information about safety switches visit electricalsafety.qld.gov.au.

Bircher muesli

Serves: 4

Prep time: Overnight

Cook time: 0 minutes

Fruit and veggies 1½ serves per portion

Ingredients

- 100g rolled oats
- 2/3 cup dried apricots
- 500ml apple juice
- 4 green apples, grated
- ½ cup natural almonds, roughly chopped
- 1 cup blueberries
- 1 cup yoghurt, natural
- honey to drizzle

Method

- Place the oats, apricots and apple juice in a bowl and stir to combine.
- Cover and refrigerate overnight.
- Add the grated apples, almonds and blueberries next morning. Stir together.
- Spoon the mixture into serving bowls.
- Drizzle the top with yoghurt and honey.

What's great about it?

If you're a lover of porridge but enjoy a cold breakfast in the spring and summer months, then bircher muesli is a great alternative. With more than one serve of fruit per portion, this breakfast is a great way to have a healthy and fruit-filled start to the day. Enjoy as is straight out of the fridge or packed into jars for a breakfast on the go.

Recipe courtesy of Alison Alexander, Moggill Branch



Don't skip breakfast

Breakfast skippers are more likely to be tempted by unplanned unhealthy food choices during the morning and large serves at the next meal or snack.² Eating healthy foods at the right time can help you to replenish energy when it's needed, as well as help to prevent fatigue and assist in improved quality of sleep.

Did you know carbohydrates are the body's primary fuel source and provide energy to the brain, muscles and other organs. Foods that contain carbohydrates include wholegrain breads, cereals, rice, pasta, noodles, most fruit and some dairy foods. Most Australians consume less than half the recommended quantity of wholegrain foods, and too much refined (cereal) food. At least two thirds of grain foods eaten should be wholegrain.



Avoid sedentary work—sit less and move more in your workday!

When you're at work why not try:

- wearing headphones so that you can walk and talk during phone calls
- walking to your colleagues' desk instead of phoning or emailing
- having standing or walking meetings
- eating lunch and morning and afternoon tea away from your desk
- using a height adjustable desk so you can work either standing or sitting.

We know you can do it!

Pumpkin scones (gluten free)

Serves: 10

Prep time: 15 minutes

Cook time: 15-20 minutes

Fruit and veggies 1/2 serve per portion

Ingredients

- 250g pumpkin, peeled and cut into chunks
- 250g gluten free self-raising flour
- 50g coconut flour
- 20g butter or margarine
- 1 egg, lightly beaten
- ¼ cup milk, reduced fat

Method

- Preheat the oven to 200°C. Place baking paper on a biscuit tray.
- Steam pumpkin until soft, and then dry off briefly in oven and puree.
- Sift flours and rub in butter and add pumpkin puree. Mix egg through and slowly add the milk until a soft dough forms. Turn out onto a floured or lined baking tray.
- Flour hands (in coconut flour) and pat dough forming a round 3cm thick piece. Using the back of the knife mark into wedges or squares (10 pieces).
- Brush dough with milk and bake in oven until golden, and firm when tapped.
- Cool, then split and serve with onion jam and low-fat cream cheese or top with ricotta and fresh spinach.



What's great about it?

Scones are a delicious snack and can be healthy too. Serve these gluten-free scones with a savoury filling add to an extra serve of vegetables into your day. Pack them for an afternoon tea or picnic, or enjoy as a main meal with a delicious side salad.

Recipe courtesy of Fiona McKenzie, Country Kitchens Team

Do you travel much as part of your work?

If you're on the road or travel as part of your work, pack some healthy snacks such as trail mix, fruit and tinned tuna or beans, or whip up some pumpkin scones to take with you!

No access to a fridge?

There are plenty of healthy options you can take with you when you don't have access to a fridge. Try freezing your yoghurt and meals, putting soup or casserole into a large thermos or freezing sandwiches. Remember to store food safely—keep cold foods cold by using an esky or cooler bag with a frozen ice block or frozen water bottle in it.



Safety in the workplace is no accident.

Watch our Safety Advocate films at worksafe.qld.gov.au

Chocolate date bliss balls

Serves: 6 (makes 18 balls)

Prep time: 15 minutes

Cook time: 0 minutes

Fruit and veggies ½ serve per serve

Ingredients

- 1 cup dates, chopped
- 3 tablespoons cocoa
- ½ cup nuts
- ¼ cup seeds
- ¼ cup water
- ½ cup puffed grain (quinoa, brown rice or other)
- coconut for coating

Method

- Blend dates and dry ingredients in food processor.
- Add enough water to form stiff paste.
- Place mixture in bowl and mix through puffed grain.
- Roll into balls, and coat with extra grain or coconut.

What's great about it?

These bliss balls are a great source of energy on the go! They are full of fibre from the different nuts and seeds and dried date and make for a delicious snack.

Recipe courtesy of Judy Stubbs, Maleny Branch



Instead of an energy drink that contains high amounts of sugar and caffeine, enjoy a bliss ball with a glass of water!

Water is the best choice of drink. Aim to drink two litres or more a day depending on the temperature and how active you are. Try adding fresh herbs like mint or fruit such as lemon, lime or strawberries for a natural flavour.

Workplace Health and Safety Queensland

Designing sun safe work safety when working outdoors

Work organisation



Have sun safety policies in place.



Schedule outdoor tasks to early morning or late afternoon.



Rotate between indoor and outdoor tasks.

Work environment



Provide shade.



Modify reflective surfaces.



Apply window tinting to work vehicles.

Worker



Provide personal protective equipment (PPE) and ensure it is used effectively. Workers should also be wearing clothing, hat and sunglasses that meet Australian standards.



Identify and minimise contact with photosensitising substances.



Provide daily access to the SunSmart UV Alert or UV index.

For more on sun safety and heat stress at work visit worksafe.qld.gov.au



Barb's vegetable slice

Serves: 8

Prep time: 15 minutes

Cook time: 40 minutes

Fruit and veggies 1 serve per portion

Ingredients

- 4 eggs, lightly beaten
- 3 green shallots, chopped
- ½ cup carrot, grated
- ½ cup zucchini, grated
- 310 g can corn kernels, drained
- 3 button mushrooms, diced
- ½ cup cheddar cheese, reduced fat, grated
- ½ cup self-raising flour
- ½ cup wholemeal self-raising flour
- 2 medium tomatoes sliced, or cherry tomatoes halved
- ¼ cup cheddar cheese, reduced fat, grated

Method

- Preheat oven to 180°C. Line a slice pan with baking paper.
- Beat eggs in large bowl, stir in shallots, carrot, zucchini, corn, mushrooms and cheese.
- Fold through the sifted flours.
- Spread mixture evenly into prepared pan. Top with sliced tomato, and sprinkle with extra cheese.
- Bake in a moderate oven 40 minutes or until lightly browned and cooked.
- Cool, cover and refrigerate.

What's great about it?

Packed full of an assortment of different veg, this slice is sure to impress your guests with its stunning presentation. A delicious breakfast, lunch or snack, good for on the go.

Recipe courtesy of Barbara MacMillan, Dirranbandi Branch



Why do you need protein?

Protein is the body's building block for muscle, cartilage, skin and blood and helps to keep you strong and healthy. Protein rich foods also help to keep you feeling fuller for longer. Foods high in protein include meat, fish, poultry, tofu, eggs, nuts and beans. Try to include a source of protein with each meal.³



Did you know around 20 per cent of all kilometres travelled by passenger vehicles is for business purposes?

Unfortunately, vehicle use in road traffic is the most significant contributor to work-related traumatic injury in Australia.

When vehicles are used for work purposes (either onsite or in road traffic), they become a workplace, under work health and safety legislation, and the risks associated with them must be managed.

For more information on vehicles as a workplace and risk management visit WorkSafe.qld.gov.au.

Corn, zucchini and chickpea fritters

Serves: 4 (makes 12)

Prep time: 15 minutes

Cook time: 25 minutes

Fruit and veggies 2 serves per portion

Ingredients

- 400g chickpeas can, drained and rinsed
- 310g corn kernels can, drained and rinsed
- ½ cup milk, reduced fat
- 2 tablespoons mint, chopped
- 2 eggs
- 3 spring onions, thinly sliced
- ¾ cup wholemeal flour, self-raising
- olive oil
- 1 large zucchini, grated with skin on

Method

- Blend chickpeas in a food processor until roughly chopped.
- Whisk milk and eggs in a small bowl. Place flour in another bowl and slowly add milk mixture, whisking until smooth.
- Stir in chickpeas, zucchini, corn, mint and onion.
- Heat a tablespoon of oil in a frying pan over medium heat. Add ¼ cup of the mixture to the pan and spread slightly with spatula. Repeat with rest of the mixture.
- Cook patties for 2-3 minutes each side or until golden and cooked through. Serve with side salad or chutney.

What's great about it?

Legumes such as chickpeas count toward your vegetable intake but are also full of protein, making them a good meat substitute. Try adding chickpeas into your meals with recipes such as these classic corn fritters with a twist, the kids won't even know they're there!

Recipe courtesy of Patsy Carrol, Chinchilla Branch

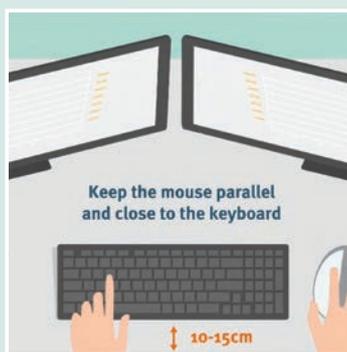
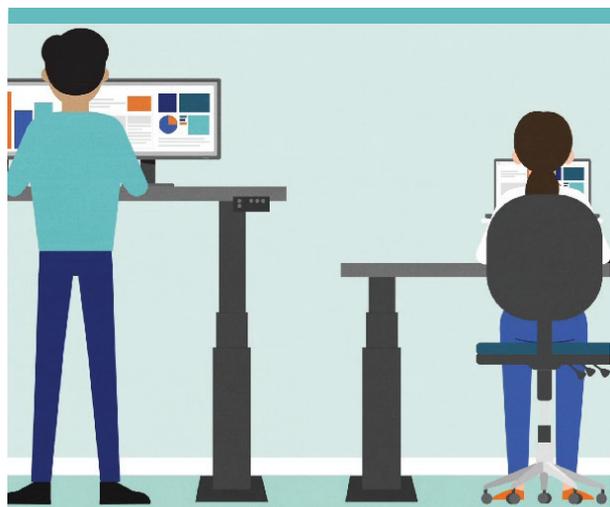


The exact amount of food you need to eat depends on your age, gender, height, weight and how much physical activity you do. You can find more information on healthy eating throughout all of life at eatforhealth.gov.au.

As a general rule, when having dinner try and fill half your plate with colourful vegetables, a quarter with starchy vegetables or wholegrain foods and a quarter with lean protein.

There is strong evidence that for each serve of vegetables eaten each day, the risk of coronary heart disease is reduced even further! Also, by eating vegetables, especially colourful vegetables, there is a reduced risk of stroke and weight gain.⁴

Can you rise to the challenge?



Get your office space to work for you. Check out our series of videos to help you maintain your health, safety and wellbeing while working on your computer.

Visit WorkSafe.qld.gov.au and search working with computers.

Rice paper rolls

Serves: 4 (makes 12 rolls)

Prep time: 30 minutes

Cook time: 15 minutes

Fruit and veggies 1 serve per portion

Ingredients

- 125g dried rice vermicelli noodles
- 1/2 cup carrot, julienne or grated
- 1 tablespoon soy sauce OR 1 tablespoon fish sauce
- 1/2 cup cucumber, julienne
- 2 tablespoons lime juice
- 1/4 small red cabbage, julienne
- 12 large rice paper roll rounds
- 1/2 cup fresh coriander leaves
- 150g poached chicken (optional)
- 1/2 cup fresh mint leaves

Method

- Place the noodles in a heatproof bowl. Cover with warm water. Set aside for 15 minutes or until softened. Drain. Cut into 5cm lengths.
- Mix the soy or fish sauce and lime juice in a bowl and pour over the vermicelli noodles to marinate.
- Place one rice paper round in a bowl of lukewarm water for 15 seconds or until just soft. Stretch out across a dampened chux cloth (this will help prevent the roll from sticking) or a plate.
- Arrange the vermicelli noodles along the centre of the round. Layer the chicken and vegetables, top with the herbs. Fold ends in and roll up firmly to enclose the filling.
- Repeat with remaining rounds.

What's great about it?

These rice paper rolls can be made in so many different ways! Experiment with different fillings and sauces for a completely different flavour each time. For example, for an Indonesian-style roll add a bit of honey, curry powder and peanut butter to the lime and soy sauce for a home-made satay sauce. Experiment with different vegetables and meats. Try adding fruit like mango or papaya... the options are endless!

Recipe courtesy of the Country Kitchens Team



Doing shift work?

Eating healthy foods at the right time during a shift can help workers to replenish energy when it's needed, as well as help to prevent fatigue and assist in improved quality of sleep.

It can also be hard work trying to eat the recommended serves of vegetables per day. However, you can do almost anything with vegetables. Eat them raw, grate them, slice them, stir fry, steam, boil or bake them. Mix them together, add some herbs and spices... the options are endless!⁵

Your workplace can support you on shift work by providing access to healthy food options or food preparation facilities. They should also ensure you take appropriate breaks during your shift so you can maintain regular eating patterns.



Never use high pressure water on asbestos roofs.

It is dangerous and illegal.

If your roof was installed before 1990 and is corrugated but not made of metal, it is likely to be made of asbestos.

Learn how to work safely with asbestos

📍 asbestos.qld.gov.au @ safe@oir.qld.gov.au 📞 13QGOV (13 74 68)

Savoury baked beans

Serves: 6

Prep time: 15 minutes

Cook time: 10 minutes

Fruit and veggies 1 ½ serves per portion

Ingredients

- 1 tablespoon olive oil
- 1 medium tomato, chopped
- ½ brown onion, diced
- ½ small zucchini, diced
- 1 carrot, diced
- 400g can of baked beans, salt reduced
- 1 tablespoon fresh thyme, chopped
- 1 tablespoon fresh parsley, chopped
- ¼ cup low fat cheese, grated

Method

- Heat a medium saucepan over a medium heat and add the olive oil.
- Add tomato, onion, zucchini, carrot, baked beans and thyme to the saucepan, cook for 10 minutes or until carrot is tender.
- Mix in the parsley, cheese and baby spinach and serve.

What's great about it?

Love beans for breakfast? Try this modified baked beans recipe for breakfast, lunch or dinner. Makeup in bulk and portion into 6 meals for extra convenience.

Recipe courtesy of Melissa Stevenson, Chinchilla Branch



Do you skip meals?

If you skip meals you are more likely to overindulge the next time you eat. Cooking in bulk and freezing meals gives you something quick and easy to grab rather than skipping a meal.

A planned pattern of eating is more likely to include the recommended number of serves from the five food groups. Your workplace can support you by managing your work demands, planning for busy periods, providing necessary resources and support to make sure you can take breaks away from your workstation throughout the day.

Work safe. Home Safe.
Keep the whole picture in mind

worksafe.qld.gov.au

Shane Webcke
Queensland Safety Ambassador

The image is a split-screen advertisement. On the left, a man in a red long-sleeved shirt and a wide-brimmed hat stands in a field of tall grass under a sunset sky. On the right, the same man is shown from the chest up, wearing a blue and white striped polo shirt, standing in a home interior with a white console table and a framed abstract painting on the wall. The text 'Work safe. Home Safe.' is overlaid in large white font across the center, with 'Keep the whole picture in mind' below it. The website 'worksafe.qld.gov.au' is in the bottom left, and the man's name and title are in the bottom right.

Turkey burgers with coleslaw

Serves: 4-6 (makes 8 small patties)

Prep time: 15 minutes

Cook time: 20 minutes

Fruit and veggies 1 serve per portion

Ingredients

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 500g turkey mince
- ½ cup breadcrumbs, wholemeal
- 2 tablespoons barbeque sauce
- ½ teaspoon smoked paprika
- ½ cup cheddar cheese, reduced fat
- 8 wholegrain dinner rolls

Coleslaw

- ¼ cabbage, thinly sliced
- 1 carrot, grated
- ½ capsicum, thinly sliced
- ¾ cup yoghurt, reduced fat

Method

- Preheat oven to 180°C.
- Heat half the oil in frying pan over medium heat and cook onion and garlic for 4 minutes or until softened. Set aside and cool.
- Combine turkey mince, breadcrumbs, barbeque sauce, paprika and cooled onion mixture in bowl and divide into 8 patties, 2cm thick.
- Heat remaining oil in pan and cook patties 3 minutes each side or until browned. Transfer to tray and bake in oven for 10 minutes. Sprinkle with cheese and stand for 5 minutes.

Coleslaw

- Combine cabbage, carrot and capsicum in large bowl. Add yoghurt and toss to combine.
- Serve patties with coleslaw and barbeque sauce if desired.

What's good about it?

Turkey mince is low in fat and high in protein making it a good alternative for beef in patties. Using wholemeal breadcrumbs will increase the fibre content of the meal and when paired with wholemeal bread rolls makes for a good fibre hit. Feel free to use any veggies you have left over in the fridge for the coleslaw – anything goes!

Recipe courtesy of Country Kitchens Team



You know that eating a home cooked burger tastes better than a takeaway one.

If takeaway foods are your only option choose an option with vegetables or salad or ask to add a side serve of these. Don't be tempted to upsize or add extras like hot chips or soft drink and remember water is the best choice of drink!

We also challenge you to try and avoid deep fried and pastry options and limit high fat, high salt sauces and toppings like cheese, fatty meats or mayonnaise.⁶ You can do it!

IPaM has helped more than 2,000 Queensland businesses. Participant outcomes include:



98% report improved management of WHS and return to work (RTW)



30% lower compensation claim cost (per claim)



11% reduction in workers' compensation premium rates



27% shorter workers' compensation claims

Injury Prevention and Management program (IPaM)

Free work health and safety (WHS) and injury management advice for Queensland employers.

Visit WorkSafe.qld.gov.au to register your interest.

Lamb tacos and eggplant salsa

Serves: 6

Prep time: 20 minutes

Cook time: 40 minutes, plus slow cooker 8 hours

Fruit and veggies 1 serve per portion

Ingredients

- 1kg lamb shoulder
- 2 sprigs rosemary
- ½ teaspoon cumin
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon turmeric
- ½ teaspoon black pepper
- 1 packet taco shells
- 1 cup cheddar cheese reduced-fat, grated
- 1 cup sour cream reduced-fat

Salsa

- 1 tablespoon olive oil, extra virgin
- 1 onion, diced
- 2 cloves garlic, crushed
- 1 eggplant, diced small cubes
- 1 red capsicum, diced
- 1 red chilli, finely diced
- ½ teaspoon ground cumin
- ¼ cup fresh coriander, finely chopped
- 1 tin crushed tomatoes

Method

- Place lamb into a slow cooker on low heat, sprinkle rosemary, cumin, paprika, garlic powder, turmeric and pepper over lamb.
- Add 1 cm of water to slow cooker, place lid on and cook for 8 hours.
- Heat oil in medium saucepan over medium heat and cook onion and garlic for 2 minutes.
- Add eggplant, capsicum, chilli, cumin and coriander and cook for 6-8 minutes, until eggplant starts to soften.
- Add tomatoes and gently simmer for 30 minutes.
- Remove lamb from slow cooker and gently pull apart to place on a serving dish.
- Serve lamb with tacos, salsa, cheese and sour cream.

What's great about it?

A new way to use roast lamb! Leave the lamb to slow cook while you are at work for an easy to assemble meal when you arrive home. Each taco gives you one full serve of veggies and kids are sure to love this messy but delicious handheld favourite.

Recipe courtesy of the Country Kitchens Team



Meal planning

Thinking ahead and planning meals and snacks for yourself and your family is the key to healthy eating and also the best way to lose weight. Planning helps manage the budget, makes shopping easier and maximises foods that are high in nutrients, but lower in kilojoules.⁷

STAY SAFER UP THERE,
SWITCH OFF DOWN HERE. 

Turn off all main switches before going into the ceiling space.

Salmon with miso tahini sauce

Serves: 4

Prep time: 20 minutes

Cook time: 30 minutes

Fruit and veggies 2 serve per portion

Ingredients

- Extra virgin olive oil
- 4 salmon steaks (alternative: 400g tinned salmon)
- white sesame seeds (to garnish)
- 1 bunch of asparagus
- 1 bunch bok choy, chopped roughly
- 1 radish, sliced thinly
- 2 small carrots, sliced thinly

Sauce

- ¼ cup warm water
- 1 tablespoon white miso paste
- ½ cup tahini or peanut butter
- 1 teaspoon orange zest
- 1 teaspoon lemon juice
- 1 tablespoon coriander leaves, finely chopped
- 1 tablespoon tamari

Method

- Drizzle olive oil in a medium sized pan over medium heat. Fry the salmon skin side down first, for 6 minutes each side. Set aside and sprinkle with sesame seeds.
- Stir-fry the vegetables until lightly browned (couple of minutes).
- Arrange the salmon and greens on a plate.
- Combine in small bowl all ingredients for the sauce, whisking until combined. Add more water for a thinner sauce if preferred.
- Drizzle sauce over salmon and greens.

What's great about it?

Miso is a fermented sauce which provides the gut with lots of beneficial bacteria. This recipe works great with any combination of vegetables. Wombok, spring onion and snow peas would also work well. You can try this miso tahini sauce on any salad you enjoy!

Recipe courtesy of the Country Kitchens Team



Eating fish

There are many benefits to eating fish. Consumption of fish more than once a week is associated with a reduced risk of developing dementia in older adults. Consuming fish at least twice a week has even further benefits with reduced risk of cardiovascular disease, stroke and age-related macular degeneration in the eyes. Aim for about two serves of fish a week, preferably oily fish.⁹



Around 1.1 million people go snorkelling each year in Queensland waters and sadly, each year on average five people die while snorkelling at Queensland locations (that are considered workplaces). Make sure you and your family stay safe snorkelling or diving by joining guided activities, keeping close to lookouts and supervisors, ensuring you have a buddy when in the water and use flotation devices—they really help!

Helpful websites

Work health and wellbeing toolkit: worksafe.qld.gov.au/health-wellbeing

Boost your healthy: hw.qld.gov.au/boostyourhealthy

Nutrition Australia Queensland: naqld.org/services/healthy-at-home

Country Women's Association: cwa.org.au

Diabetes QLD: diabetesqld.org.au

Eat for health – Australian dietary guidelines: eatforhealth.gov.au

Cook Well, Eat well: cookwelleatwell.org.au/

Department of Health: health.qld.gov.au/public-health/topics/nutrition

Health and Wellbeing Queensland: hw.qld.gov.au

Reference list

¹ www.eatforhealth.gov.au/food-essentials/five-food-groups/grain-cereal-foods-mostly-wholegrain-and-or-high-cereal-fibre

² www.eatforhealth.gov.au/eating-well/tips-eating-well

³ www.eatforhealth.gov.au/food-essentials/five-food-groups/lean-meat-and-poultry-fish-eggs-tofu-nuts-and-seeds-and

⁴ www.eatforhealth.gov.au/food-essentials/five-food-groups

⁵ www.eatforhealth.gov.au/food-essentials/five-food-groups/vegetables-and-legumes-beans

⁶ www.eatforhealth.gov.au/eating-well/tips-eating-well/eating-away-home

⁷ www.eatforhealth.gov.au/eating-well/tips-eating-well/meal-planning

⁸ www.eatforhealth.gov.au/food-essentials/five-food-groups/lean-meat-and-poultry-fish-eggs-tofu-nuts-and-seeds-and

