

# Resources

Below are just a few examples of contacts and resources. This listing is not exhaustive and was current at the time of printing.

## **Non Government and Community Organisations**

### **Australian Breastfeeding Association**

1818-1822 Malvern Rd  
East Malvern, Victoria 3145  
Ph: (03) 9885 0855  
Email: [info@breastfeeding.asn.au](mailto:info@breastfeeding.asn.au)  
[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

### **Cancer Council Western Australia**

46 Ventnor Avenue  
WEST PERTH WA 6005  
Ph: (08) 9212 4333  
Helpline Ph: 13 11 20  
Email: [education@cancerwa.asn.au](mailto:education@cancerwa.asn.au)  
[www.cancerwa.asn.au](http://www.cancerwa.asn.au)

### **Diabetes WA**

Level 3, 322 Hay Street  
SUBIACO WA 6008  
Ph: (08) 9325 7699  
Email: [info@diabeteswa.com.au](mailto:info@diabeteswa.com.au)  
[www.diabeteswa.com.au](http://www.diabeteswa.com.au)

### **Dietitian's Association of Australia**

1/8 Phipps Close  
DEAKIN ACT 2600  
Ph: (02) 6163 5200  
[www.daa.asn.au](http://www.daa.asn.au)

### **Gowrie WA**

Provides childcare services and professional training to the childcare industry.  
Provides a range of support and development services to the community.  
275 Abernethy Road  
Cloverdale WA 6105  
Ph: (08) 9478 7500  
[www.gowrie-wa.com.au](http://www.gowrie-wa.com.au)

### **Meerilinga, Promoting Positive Childhoods**

15 Cambridge St  
West Leederville WA 6007  
Ph: (08) 9489 4022  
Email: [mycf@meerilinga.org.au](mailto:mycf@meerilinga.org.au)  
[www.meerilinga.org.au](http://www.meerilinga.org.au)

### **National Heart Foundation of Australia (WA Division)**

334 Rokeby Road  
SUBIACO WA 6008  
Ph: (08) 9388 3343  
[www.heartfoundation.com.au](http://www.heartfoundation.com.au)

## **Government Organisations**

### **Breastfeeding Centre of Western Australia**

King Edward Memorial Hospital for Women  
Agnes Walsh House, Ground Floor  
374 Bagot Road  
SUBIACO WA 6008  
Ph: (08) 9340 1844  
[www.kemh.health.wa.gov.au/services/breastfeeding/index.htm](http://www.kemh.health.wa.gov.au/services/breastfeeding/index.htm)

### **Commonwealth Department of Health and Ageing - WA State Office**

14th Floor Central Park  
152-158 St Georges Terrace  
PERTH WA 6000  
Ph: 9346 5111 or 1800 198 008 (freecall)  
Email: [webmaster@health.gov.au](mailto:webmaster@health.gov.au)  
[www.health.gov.au](http://www.health.gov.au)

### **Department for Community Development**

Parent Help Centre  
28 Alvan Street  
MOUNT LAWLEY WA 6050  
Ph: (08) 6279 1200 or 1800 654 432 (freecall)  
[www.community.wa.gov.au](http://www.community.wa.gov.au)

### **Department of Education and Training**

151 Royal Street  
EAST PERTH WA 6004  
Ph: (08) 9264 4111  
[www.det.wa.edu.au](http://www.det.wa.edu.au)

### **Department of Health WA**

189 Royal Street  
EAST PERTH WA 6004  
Ph: (08) 9222 4222 or 1300 135 030 (to order publications)  
[www.health.wa.gov.au](http://www.health.wa.gov.au)

### **Food Standards Australia and New Zealand (FSANZ)**

Boeing House  
55 Blackall St  
Barton ACT 2600  
Ph: (02) 6271 2222  
Email: [info@foodstandards.gov.au](mailto:info@foodstandards.gov.au)  
[www.foodstandards.gov.au](http://www.foodstandards.gov.au)

### **Princess Margaret Hospital**

Roberts Road  
SUBIACO WA 6008  
Ph: (08) 9340 8222  
[www.pmh.health.wa.gov.au](http://www.pmh.health.wa.gov.au)

### **Western Australian School Canteen Association Inc**

151 Royal Street

EAST PERTH WA 6004

Ph: (08) 9264 4999

Email: [wasca@det.wa.edu.au](mailto:wasca@det.wa.edu.au)

[www.waschoolcanteens.org.au](http://www.waschoolcanteens.org.au)

### **Other useful resources**

#### **Dietary Guidelines for Australian Adults**

National Health and Medical Research Council

Ph: (02) 6269 1080

Email: [nmm@nationalmailing.com.au](mailto:nmm@nationalmailing.com.au)

It can also be downloaded from the website:

[www.nhmrc.gov.au/publications/index.htm](http://www.nhmrc.gov.au/publications/index.htm)

#### **Dietary Guidelines for Children and Adolescents in Australia**

National Health and Medical Research Council

Ph: (02) 6269 1080

Email: [nmm@nationalmailing.com.au](mailto:nmm@nationalmailing.com.au)

It can also be downloaded from the website:

[www.nhmrc.gov.au/publications/index.htm](http://www.nhmrc.gov.au/publications/index.htm)

#### **The Australian Guide to Healthy Eating**

Funded by the Commonwealth Department of Health and Family Services under the National Food and Nutrition Policy Program. Prepared by The Children's Health Development Foundation, South Australia and Deakin University, Victoria 1998. Contact:

- Commonwealth Department of Health and Ageing  
Publications Officer, Ph (Toll free): 1800 020 103 (ext 8654) to order resources  
or
- Department of Health WA  
Health Info, Ph: 1300 135 030 or visit:  
[www.dohpackcentre.com.au/DOH/Login.aspx](http://www.dohpackcentre.com.au/DOH/Login.aspx)

### **Additional Websites:**

#### **FOODcents**

[www.foodcentsprogram.com.au](http://www.foodcentsprogram.com.au)

#### **Foodwatch**

[www.foodwatch.com.au](http://www.foodwatch.com.au)

#### **Go for 2&5®**

[www.gofor2and5.com.au](http://www.gofor2and5.com.au)

#### **Government Health Information**

[www.healthinside.gov.au](http://www.healthinside.gov.au)

### **Cancer Council Websites**

**Australia:** [www.cancer.org.au](http://www.cancer.org.au)

**Australian Capital Territory:**

[www.actcancer.org](http://www.actcancer.org)

#### **Nutrition Australia Website**

[www.nutritionaustralia.com.au](http://www.nutritionaustralia.com.au)

#### **Physical Activity Task Force**

[www.beactive.wa.gov.au](http://www.beactive.wa.gov.au)

#### **The Parents Jury**

[www.parentsjury.org.au](http://www.parentsjury.org.au)

#### **Working together for a healthy active Australia**

[www.healthyactive.gov.au](http://www.healthyactive.gov.au)

#### **New South Wales:**

[www.cancercouncil.com.au](http://www.cancercouncil.com.au)

**Northern Territory:**  
[www.cancercouncilnt.com.au](http://www.cancercouncilnt.com.au)

**Tasmania:** [www.cancertas.org.au](http://www.cancertas.org.au)

**Queensland:** [www.cancerqld.org.au](http://www.cancerqld.org.au)

**Victoria:** [www.cancervic.org.au](http://www.cancervic.org.au)

**South Australia:** [www.cancersa.org.au](http://www.cancersa.org.au)

**Western Australia:**  
[www.cancerwa.asn.au](http://www.cancerwa.asn.au)

**Other:**

[www.quackwatch.org](http://www.quackwatch.org)

Quackwatch aims to combat health-related frauds, myths, fads, fallacies and misconduct. The site advises the public on unproven or ineffective alternative medical treatments.

**Video**

**Family (Feud) Food**

The video will help parents to deal with food refusal and give practical ideas to help children try new foods.

Produced by the Dietitians Association of Australia, Tasmanian Branch and the Community Nutrition Unit, Department of Health and Human Services, Tasmania.

To order a copy:

[www.daa.asn.au/files/Info%20for%20Professionals/Publications\\_and\\_Resources/PU\\_B\\_orderFFvideo2007.pdf](http://www.daa.asn.au/files/Info%20for%20Professionals/Publications_and_Resources/PU_B_orderFFvideo2007.pdf)

\$66.00 (includes GST, postage and handling)

For more information contact the Community Nutrition Unit

Ph: (03) 6222 7222

Email: [community.nutrition@dhhs.tas.gov.au](mailto:community.nutrition@dhhs.tas.gov.au)

**Please note:**

Many food producers have nutrition information on their websites. Some of the information is really useful but just remember this is advertising for the company.

