

Parental Guidance



Recommended  
Workshop B:

# Spending Food Money Wisely

Part 3:  
Handouts

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**Dining Out and Eating Healthy**

Handout B1



Dining out does not have to be unhealthy. If you choose wisely and watch portion sizes it can be an enjoyable and nutritious meal.



\* Restaurants usually provide larger portions than you would usually eat at home (and larger than is needed). Remember it is ok to leave some food on your plate (or take it home for the next day's meal).

*Either you 'waste' it, or it might end up on your 'waist'.*

\* Do not be afraid to talk to the waiters and chef about what goes into your meal and ask for any salad dressings to be put on the side, so you can add a small amount.

Below are some foods to choose and to avoid while dining out.

THAI

Foods to choose	Foods to avoid
<ul style="list-style-type: none"> <li>○ Sang Choy Bow</li> <li>○ Tom yum soup</li> <li>○ Salads (Thai Beef)</li> <li>○ Stir fry (lean meat, seafood, vegies)</li> <li>○ Steamed rice/noodles</li> </ul>	<ul style="list-style-type: none"> <li>○ Deep fried spring rolls</li> <li>○ Satay dishes</li> <li>○ Coconut-based curries</li> <li>○ Fried noodle dishes</li> <li>○ Fried rice</li> </ul>

Why? - Deep fried foods are very high in energy and contain high amounts of fat, particularly saturated fat. Most curries contain coconut cream which is high in saturated fat (at home you could use a light evaporated milk with coconut essence).

CHINESE

Foods to choose	Foods to avoid
<ul style="list-style-type: none"> <li>○ Wonton soup</li> <li>○ Sizzling steak</li> <li>○ Beef and black bean or pork chop suey</li> <li>○ Vegies in oyster sauce</li> <li>○ Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>○ Sesame prawn toast</li> <li>○ Lemon chicken</li> <li>○ Chicken chow mein</li> <li>○ BBQ duck or pork</li> <li>○ Sweet and sour pork</li> </ul>

Why? - Sesame prawn toast is fried (high in energy). Always choose meals with lots of vegies and a light sauce, like oyster or black bean. Fill up on clear soups over cloudy soups. BBQ pork and duck have a lot of saturated fat in the meat.

ITALIAN

Foods to choose	Foods to avoid
<ul style="list-style-type: none"> <li>○ Plain bread</li> <li>○ Pasta with tomato-based sauce</li> <li>○ Chicken cacciatore</li> <li>○ Seafood dishes - not fried or creamy</li> </ul>	<ul style="list-style-type: none"> <li>○ Garlic/Herb bread</li> <li>○ Pasta with cream or butter sauce</li> <li>○ Risotto made with butter</li> <li>○ Lasagne with creamy sauce</li> <li>○ Parmigiana</li> </ul>

Why? - Garlic and herb bread have added butter (fat and sodium). Avoid dishes with large amounts of cream, cheese or butter (lasagne, parmigiana, risotto). Always order a side salad or vegetables.

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### INDIAN

Foods to choose	Foods to avoid
<ul style="list-style-type: none"> <li>○ Vegie starters</li> <li>○ Roti with raita or dahl</li> <li>○ Lean meat vindaloo or tandoori</li> <li>○ Lentil/vegie curry or rogan josh</li> </ul>	<ul style="list-style-type: none"> <li>○ Fried items such as samosas, kofta</li> <li>○ Creamy curry sauces</li> <li>○ Butter chicken</li> <li>○ Pork vindaloo</li> <li>○ Biryani</li> <li>○ Naan bread</li> </ul>

Why? - Samosas are deep fried, increasing the energy and saturated fat. Choose curries that don't use coconut cream, such as vegie/lentil or rogan josh. Roti is made from wholemeal flour, therefore a healthier choice than naan bread. Biryani can be cooked with ghee or vegetable oil, therefore can be high in saturated fat and energy.

### VIETNAMESE

Foods to choose	Foods to avoid
<ul style="list-style-type: none"> <li>○ Fresh rice paper rolls</li> <li>○ Clear broth (canh)</li> <li>○ Seafood or lean meat stir fry</li> <li>○ Salad</li> <li>○ B`anh chu`ng (sticky rice and mung beans)</li> <li>○ B`okho (beef and veg stew)</li> </ul>	<ul style="list-style-type: none"> <li>○ Fried dishes</li> <li>○ B`anh x`eo (crepe with pork, coconut oil)</li> <li>○ Mi xao don (deep fried noodles)</li> </ul>

Why? - Choose dishes with lots of vegies, avoid fatty meat and coconut cream.

### MEXICAN

Foods to choose	Foods to avoid
<ul style="list-style-type: none"> <li>○ Chilli con carne</li> <li>○ Taco's with vegies</li> <li>○ Fajitas</li> <li>○ Bean-based dishes</li> </ul>	<ul style="list-style-type: none"> <li>○ Nachos, burritos</li> <li>○ Taquito (fried tortilla)</li> <li>○ Enchiladas</li> <li>○ Chilli con queso</li> </ul>

Why? - Additions like sour cream, cheese and guacamole bring fat and energy. Build your own fajitas, fill with vegies. Bean burritos are better than beef as they provide some fibre and little fat.

### GREEK

Foods to choose	Foods to avoid
<ul style="list-style-type: none"> <li>○ Dolmades</li> <li>○ Tzatziki dip</li> <li>○ Lean meat, game</li> <li>○ Grilled seafood, meat</li> <li>○ Greek salad</li> </ul>	<ul style="list-style-type: none"> <li>○ Fried calamari</li> <li>○ Pastitsio</li> <li>○ Spanakopita (spinach pie)</li> <li>○ Moussaka</li> <li>○ Haloumi</li> </ul>

Why? - Limit pastry food items and watch for deep fried dishes (klefiko - meatballs, saganaki - fried cheese).

### FAST FOOD

Foods to choose	Foods to avoid
<ul style="list-style-type: none"> <li>○ Grilled fish and lean meats</li> <li>○ Hamburger - extra salad, 1 patty</li> <li>○ Salads (limit cheese and sauces)</li> <li>○ Steamed dim sim</li> <li>○ BBQ skinless chicken</li> </ul>	<ul style="list-style-type: none"> <li>○ Fried foods (nuggets)</li> <li>○ Battered seafood</li> <li>○ Hot chips</li> <li>○ Large burgers with the lot</li> <li>○ Pizza</li> </ul>

Why? - Add extra salads or vegies to all dishes. Avoid anything deep fried or coated and fried. Skip the chips altogether.

Adapted from Caitlin Reid, Australian Healthy Food Guide, Nov 2008

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## Value for Money

### Handout B2

Always have a shopping list 'on the go' that you can add to between shopping trips. This saves money and prevents you running out of important items.

#### Writing your shopping list:

1. Check to see what you already have in the fridge, freezer and pantry.
2. Make a list of the regularly consumed items you need to replace
3. Plan the weekly menu before you shop. A menu plan and shopping list helps to save money and minimise waste.
4. Check your menu plan and add extra items to your shopping list that you need to prepare the meals.

#### Other tips:

- Remember to plan for lunches eaten away from home (e.g. at work and school).
- Try to avoid shopping when you're hungry, or just before a mealtime; you are more likely to overspend, or impulse buy.
- Check to see what's in your pantry and what's left over in the fridge - use these items in the early part of the week to avoid wastage.
- Be flexible when shopping. For example if a recipe calls for beef, but lamb is on special, modify the recipe to use lamb instead.
- Buy fruit and vegetables in season for the best prices. If fresh foods are expensive, compare the prices of frozen and/or canned foods.
- Buy foods in bulk. Food costs less than buying small amounts.
- Takeaway foods and 'party' foods like chips, lollies, bought cakes and biscuits, frozen meals or snacks, soft drinks, juice and cordials are all expensive and provide less nutrition than the homemade alternative or more healthy options.
- Buy bread on special and freeze for later use.
- Visit markets late in the day when fruit and vegetable prices are often reduced.
- Use leftover vegetables for soups, casseroles or sauces (see more overleaf)
- Use ripe fruit on special for smoothies, muffins and cakes (see more overleaf)
- Dried beans, peas and lentils are readily available, inexpensive and very nutritious. They can be substituted for meat or used to extend a meat meal.
- Make extra food and freeze the leftovers. These can be eaten in busy times instead of expensive takeaway foods.



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## Making the most of unused fresh foods

### Handout B3

When fruit and vegetables and bread are no longer fresh and start to brown, become too soft, bruised or stale, they become unappealing to eat and are often thrown out.

As long as these items have no visible mould or are not decaying, they can be cooked and processed instead of going to waste.

#### **Fruit:**

- Stew to be used on muesli or cereal for breakfast or for dessert with custard.
- Freeze bananas and stone fruits to blend to make a frozen dessert or smoothies
- Prepared and frozen or used immediately in muffins

#### **Vegetables:**

- Vegetable soup
- Use old potato, sweet potato, cauliflower, parsnip to make mash
- All old vegetables can be used in a stew or casserole
- Use to make vegetable stock

#### **Bread:**

It is important to not use bread which has visible mould on any of the slices. Mould spores can spread through the loaf without being visible.

- Freeze fresh bread and defrost as needed
- Freeze stale and use later for toast
- Blend to make bread crumbs, then freeze portions for later use.
- Cut into cubes and bake in oven to make croutons

# Parental Guidance



## Recommended

### 7-Day Menu planner

Handout B4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>Cereals</b>	Cereal	Raisin toast	1 cereal				
<b>Fruit &amp; Veg</b>	canned fruit	Sliced banana	1 fruit				
<b>Milk</b>	Low-fat milk	Glass of low-fat milk	1 milk				
<b>Lunch</b>							
<b>Cereals</b>	wholegrain bread	Crackers	1 cereal				
<b>Fruit &amp; Veg</b>	Salad veg	Salad veg	1 veg				
<b>Meat &amp; Milk</b>	Tuna	cheese	1 milk				
<b>Dinner</b>	<b>Chilli con carne*</b>						
<b>Cereals</b>	burritos						
<b>Fruit &amp; Veg</b>	salad filling						
<b>Meat &amp; Milk</b>	Lean mince & kidney beans						
<b>Snacks</b>							
	Fruit salad						
	Veg sticks with hummus						
	Water throughout the day						

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## Recommended

### Sample 7 Day Meal planner

Handout B5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>Cereals</b>	Muesli, porridge or cereal	Raisin toast	Muesli, porridge or cereal	Wholegrain toast	Muesli, porridge or cereal	Wholegrain toast	Wholegrain toast
<b>Fruit &amp; Vegies</b>	Stewed or canned fruit	Sliced banana	Stewed or canned fruit	Piece of whole fruit	Stewed or canned fruit	Piece of whole fruit	cooked tomato, spinach & mushroom
<b>Meat &amp; Milk</b>	Low-fat milk +/- low-fat yoghurt	Glass of low-fat milk	Low-fat milk +/- low-fat yoghurt	Baked beans	Low-fat milk +/- low-fat yoghurt	Scrambled eggs	Berries Scrambled eggs
<b>Lunch</b>	<b>Sandwiches</b> Crackers/ wholegrain bread/ pita bread/ rolls					<b>Lentil soup*</b> Barley, pasta or bread Soup made with a variety of vegies plus Lentils, legumes	<b>Pizza</b> Wholegrain pita base Lots of vegies  Reduced-fat cheese +/- or a small portion of lean meats or chicken
<b>Cereals</b>							
<b>Fruit &amp; Vegies</b>	Salad vegies						
<b>Meat &amp; Milk</b>	Tuna, salmon, cheese, hummus, egg, left over meat, chicken						
<b>Dinner</b>	<b>Chilli con carne*</b>	<b>Fish &amp; creamy polenta</b>	<b>Vegie Casserole*</b>	<b>Spaghetti bolognaise*</b>	<b>Burgers</b>	<b>Tuna pasta</b>	<b>Chicken and vegie stir fry*</b>
<b>Cereals</b>	Rice, burritos	Polenta	Wholegrain rice, pasta/barley	Wholegrain pasta	Bread roll	Wholegrain pasta	Noodles/rice
<b>Fruit &amp; Vegies</b>	Steamed vegies or salad filling	Steamed vegies or salad	Vegies in casserole	Vegies in bolognaise, plus side salad	Salad in burger plus side salad	Steamed vegies	Vegies in stirfry
<b>Meat &amp; Milk</b>	Lean mince, kidney beans	Frozen/fresh fish fillets	Legumes	Mince, kidney beans/ lentils	Beef and lentil pattie	Canned tuna	Chicken
<b>Snacks</b>	Wholegrain crackers, muffins, cereal, pikelets, toast Fruit (fresh or canned), fruit salad, vegies sticks with hummus /peanut butter, Low-fat yoghurt/ custard/ milk						
<b>Cereals</b>							
<b>Fruit &amp; Vegies</b>							
<b>Meat &amp; Milk</b>							

\* Recipes in Workshop C

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<b>Sample 7-Day Shopping List</b>	
Handout B6	
<b>Fruit and Vegetables</b>	1 small jar of reduced-fat peanut butter
12 x banana	1 tub of hummus
4 x apple	3 x can of tuna in spring water (425g)
8 x oranges	1 x can of salmon (425g)
8 x kiwi fruit	600g chicken
4 x mandarin	1kg lean mince
2 punnets strawberries	2 x 425 g can kidney beans
2 x lettuce	4 x fish fillets (1 packet)
11 x tomatoes	4 cans of lentils
3 x cucumber	<b>Cereals and pantry items</b>
1 x alfalfa sprouts	Rolled oats 500g
1 x spinach	Cereal 500g
40 mushrooms	1 packet wholegrain crackers
1 capsicum	1kg wholegrain rice
4 medium onion	400g Barley
1 garlic	500g wholegrain pasta
1 large celery	500g packet of polenta
15 medium carrots	450g of noodles
4 potatoes	<b>Bakery</b>
2 medium zucchini	1 loaf Raisin bread
2 broccoli	3 loaves wholegrain bread
2 cauliflower	2 x packet wholemeal pita bread (6 per pack)
3 sweet potato	1 x packet wholemeal bread rolls (6 per pack)
<b>Canned/Frozen</b>	<b>From Home</b>
4 x cans of tinned fruit 825g (fruit salad and peaches)	tomato paste
1 x can of beetroot	paprika
3 x 425 g can of tomatoes	chilli powder
<b>Dairy &amp; alternatives</b>	Pepper
4L low-fat milk	vegetable oil
4kg low-fat yoghurt	reduced-salt vegetable stock
500g of reduced-fat cheese	dried herbs
1L custard (or an extra 1L of milk and use custard powder)	lemon juice
<b>Meat, fish, poultry &amp; alternatives</b>	coriander
2 x cans of reduced-salt baked beans	reduced-fat margarine
2 dozen eggs	plain flour

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**7-Day Menu planner**  
 Handout B7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> Cereals Fruit & Vegies Meat & Milk							
<b>Lunch</b> Cereals Fruit & Vegies Meat & Milk							
<b>Dinner</b> Cereals Fruit & Vegies Meat & Milk							
<b>Snacks</b> Cereals Fruit & Vegies Meat & Milk							



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## Recommended

### Food storage

#### Handout B9

By storing food carefully we reduce waste and can save money and shopping time.

#### **Fruit and vegetables:**

- Green leafy vegetables and herbs last longer when you wash them, pat dry and put in a plastic bag in the fridge.
- Celery, broccoli, beans, spinach, corn, cauliflower, radishes, leeks, carrots and turnips - store dry, in a plastic bag in the fridge.
- Mushrooms - in a paper bag in the fridge.
- Zucchini, cucumber, spring onion, beetroot and capsicum - unwrapped in the fridge.
- Garlic, onion, whole, pumpkin, potato, kumara - kept in a cool, dark, dry cupboard.
- Asparagus - break the hard ends off and then stand upright in 2 - 3cm of water in the fridge.
- Most fruit can be ripened at room temperature and then refrigerated (except bananas - don't put them in the fridge).
- Light makes food deteriorate faster, so when possible store food in a cupboard and not in a see-through container.

#### **Bread:**

- Fresh bread - store in a paper bag at room temperature.
- Bread can be kept in wrap, in the freezer for up to a month.

#### **Cheese:**

- Wrap in grease-proof paper in an air-tight container in the fridge.
- Grated cheese can be stored in the freezer, it doesn't last as long in the fridge as block cheese.
- Parmesan - grate it after purchasing and freeze it in small bags.
- Softer cheeses last approximately 1 - 3 weeks in the fridge.
- If cheese comes in a liquid/brine, replace with water every few days.

#### **Meat and poultry:**

- Leave raw meat and chicken in individual wrappers and store in the lower part of the fridge.
- If storing in the fridge, use mince, sausages and poultry within 1 - 2 days and steak, chops or roasts in 3 - 4 days.
- You can freeze raw meat or chicken in airtight plastic.
- Put cooked meat in the fridge within an hour of cooking and use within 3 days.

#### **Fish**

- Best to eat it fresh, though can be kept for up to 4 days. Wrap in plastic and surround with ice (replace ice as it melts).
- Fish freezes well, when ready for use defrost it in the fridge.

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## Freezer Storage

Freezing is a great way to preserve food to reduce waste and save money. Foods should be split into portions, covered and dated before putting into the freezer. Try to prevent air coming in contact with the food, and moisture from escaping as these will cause the food to dry out.

Foods can only be kept in the freezer for a certain amount of time. Most foods will be safe to eat after this time, but will have suffered a great decrease in quality.

### **Cooked items:**

Soups and sauces 3 months  
Scones and muffins 6 months  
Casseroles 2-3 months  
Prepared meals 2-3 months  
Bread 2-4 months  
Cooked fish 1 month

### **Meats:**

Large roasts, whole chickens 6 months  
Chicken, pieces 6 months  
Steaks, 4 months  
Strips/diced meat, 3 months  
Fish, 3 months

### **Other items:**

Frozen vegetables 12 months  
Frozen fruit 6 months  
Fresh milk (homogenised and pasteurised) 1 month

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## Seasonal Fruit and Vegetables

### Handout B10

The following guide lists the peak season for various fruits and vegetables. Fruit and vegetables purchased during the local season are usually the cheapest and best eating quality. However, many types of produce are now available year round (e.g. onions, potato, mushrooms, oranges). Always include yellow/red and dark green vegetables and fruit and cruciferous vegetables (like broccoli and cabbage) on your shopping list, to ensure variety.

### Fruit

Spring	Summer
<ul style="list-style-type: none"> <li>• Avocados</li> <li>• Bananas</li> <li>• Grapefruit</li> <li>• Kiwi fruit</li> <li>• Mangoes</li> <li>• Oranges</li> <li>• Rock melon</li> <li>• Strawberries</li> <li>• Watermelon</li> <li>• Paw paw</li> </ul>	<ul style="list-style-type: none"> <li>• Apricots</li> <li>• Bananas</li> <li>• Cherries</li> <li>• Figs</li> <li>• Grapes</li> <li>• Mangoes</li> <li>• Nectarines</li> <li>• Oranges</li> <li>• Passionfruit</li> <li>• Peaches</li> <li>• Pineapple</li> <li>• Plums</li> <li>• Rockmelon</li> <li>• Rhubarb</li> <li>• Strawberries</li> <li>• Watermelon</li> <li>• Paw paw</li> </ul>
Autumn	Winter
<ul style="list-style-type: none"> <li>• Apples</li> <li>• Avocados</li> <li>• Bananas</li> <li>• Figs</li> <li>• Grapes</li> <li>• Oranges</li> <li>• Passionfruit</li> <li>• Pears</li> <li>• Rockmelon</li> <li>• Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Apples</li> <li>• Avocados</li> <li>• Figs</li> <li>• Grapefruit</li> <li>• Kiwi fruit</li> <li>• Lemons</li> <li>• Mandarines</li> <li>• Oranges</li> <li>• Pears</li> </ul>

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## Vegetables

Spring	Summer
<ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Beans</li> <li>• Beetroot</li> <li>• Broccoli</li> <li>• Cabbage</li> <li>• Carrots</li> <li>• Celery</li> <li>• Lettuce</li> <li>• Mushrooms</li> <li>• Onions</li> <li>• Peas</li> <li>• Potato</li> <li>• Pumpkin</li> <li>• Silverbeet</li> <li>• Spinach</li> <li>• Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• Beans</li> <li>• Capsicum</li> <li>• Celery</li> <li>• Corn</li> <li>• Cucumber</li> <li>• Lettuce</li> <li>• Mushrooms</li> <li>• Onions</li> <li>• Potato</li> <li>• Pumpkin</li> <li>• Tomato</li> <li>• Zucchini</li> </ul>
Autumn	Winter
<ul style="list-style-type: none"> <li>• Beetroot</li> <li>• Broccoli</li> <li>• Capsicum</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Corn</li> <li>• Cucumber</li> <li>• Eggplant</li> <li>• Mushrooms</li> <li>• Onions</li> <li>• Potato</li> <li>• Pumpkin</li> <li>• Silverbeet</li> <li>• Spinach</li> <li>• Tomato</li> <li>• Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• Beetroot</li> <li>• Broccoli</li> <li>• Brussel sprouts</li> <li>• Cabbage</li> <li>• Carrots</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Corn</li> <li>• Eggplant</li> <li>• Mushrooms</li> <li>• Onions</li> <li>• Parsnip</li> <li>• Potato</li> <li>• Pumpkin</li> <li>• Silverbeet</li> <li>• Spinach</li> </ul>

Source: Health Department of WA, 1993.

For more information visit:  
 The Fresh Finesse: [www.freshf.com.au](http://www.freshf.com.au)

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## Growing a fruit or vegetable garden

### Handout B11

There are lots of benefits to you and your family if you grow your own fruit and vegetable garden.

- Gardening is a healthy and enjoyable activity providing exercise and relaxation.
- It encourages parents and children to spend time together.
- Involving children in growing an edible garden provides them with useful knowledge about such things as environmental sustainability, health and teaches them many practical skills.
- It has been shown that children who are involved with the growing process are more likely to try new fruit and vegetables.
- Home grown fruit and vegetables can be picked at the optimum stage, generally giving a superior taste than bought varieties.
- Many vegetables and fruits can be successfully grown without the use of synthetic pesticides.

For an in-depth look at growing fruit and vegetables in Western Australia or for any problems you may encounter go to the website of the Department of Agriculture and Food: [www.agric.wa.gov.au](http://www.agric.wa.gov.au).

### Safety in the Garden

- Always follow instructions on potting mixes, fertilisers, other organic materials and pesticides if used.
- Cover open cuts or skin wounds.
- Ensure tetanus immunisations are up to date.
- Use gardening gloves.
- Wash hands when finished gardening.

### Tips for growing vegetables

- Choose a site with good drainage that is protected from wind and animals.
- Soil should be good quality with a pH level between 6 and 7. Testing kits which determine the pH of the soil are relatively inexpensive and can be purchased from many garden centres.
- When choosing a site, keep in mind that vegetables require sunlight for approximately six hours per day. Shade cloth may be required in hot conditions.
- Where space is limited, vegetables can be grown in pots and hanging baskets using a good quality potting mix.
- Most vegetables can be grown from seeds planted directly into the soil, however some are grown in small pots and then transplanted.
- Do not crowd vegetables when planting.
- Vegetables generally require watering every one to three days depending on the season and rainfall.
- A suitable fertiliser should be used in accordance with the directions on the packet.

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- Remove weeds.
- Avoid using pesticides.

### Tips for growing fruit trees

- Fruit trees can grow successfully in pots if garden space is limited.
- There are several miniature fruit trees available that suit smaller areas.
- When planting new trees, a good quality pre-plant fertiliser mix should be used.
- Established trees require regular fertilising.
- Control weeds.

### WHAT AND WHEN TO PLANT IN WESTERN AUSTRALIA

It is important that fruit and vegetables are grown in the correct season.

For an extensive list, go to the Department of Agriculture and Food Western Australia website: [www.agric.wa.gov.au](http://www.agric.wa.gov.au).



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