



Fresh Start kit

Simple recipes and assistance
to help you find a fresh start.

Welcome to the Fresh Start, Food Program!

THE FRESH START FOOD PROGRAM IS A NEW CONCEPT IN CRISIS RELIEF FOOD PARCELS

Originally, crisis relief food programs were often identified by budget label items with high salt, sugar and fat content. However, Fresh Start has a fresh approach!

A qualified nutritionist created the Fresh Start program, where children and adults can use all the items in each food parcel to create healthy meals.

Each parcel is packed full of non-perishable items, fresh fruit, vegetables, dairy products and meats.

The program is run on a 3-month membership and costs \$7. This cost includes 1 food parcel a month for 3 months.

Once a month, the program offers cooking classes for a small

group of people. Here you can learn how to make healthy meals using items from the parcels and well as learn helpful cooking tips and advice.

We hope you enjoy the Fresh Start Food Program and please feel free to contact us on:

P: 07 3353 7230





**Suggested
Weekly meal
plan**

Monday

Breakfast

Rolled oats with milk and fruit

Lunch

Egg and lettuce sandwich

Dinner

Aussie Fried Rice

Tuesday

Breakfast

Cooked rolled oats/porridge

Lunch

Vegemite sandwich

Dinner

Tomato Soup and toast

Wednesday

Breakfast

Vegemite on toast

Lunch

Cheese and tomato sandwich

Dinner

Tuna and veggie pasta bake

Thursday

Breakfast

Boiled egg and toast

Lunch

Jacket potato with salad

Dinner

Sausage and steamed veggies

Friday

Breakfast

Fruit and yoghurt

Lunch

Sausage and steamed veggies

Dinner

Healthy Hamburger toasties

Saturday

Breakfast

Baked beans on toast

Lunch

Tuna and salad sandwich

Dinner

Sausage and veggie hot pot

Sunday

Breakfast

Porridge

Lunch

Cheese and tomato toasties

Dinner

Spaghetti and meatballs

Snack ideas:

Piece of fruit
Plain popcorn
Mixed nuts
Yoghurt

Extra staple items to make the most of your *food* parcel



EGGS



BEEF STOCK CUBES



SOY SAUCE



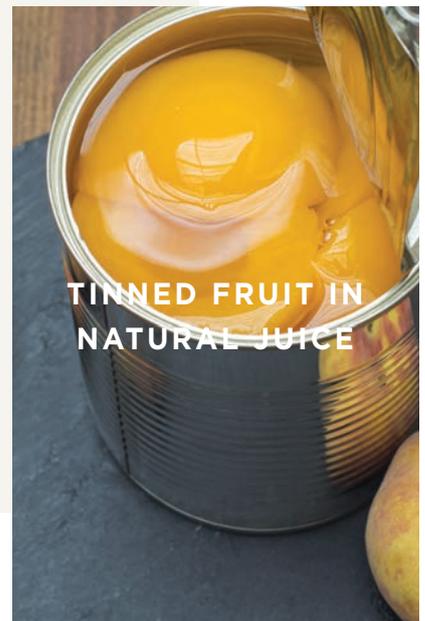
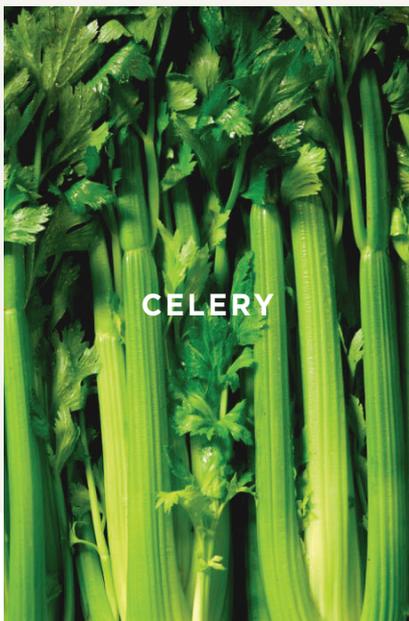
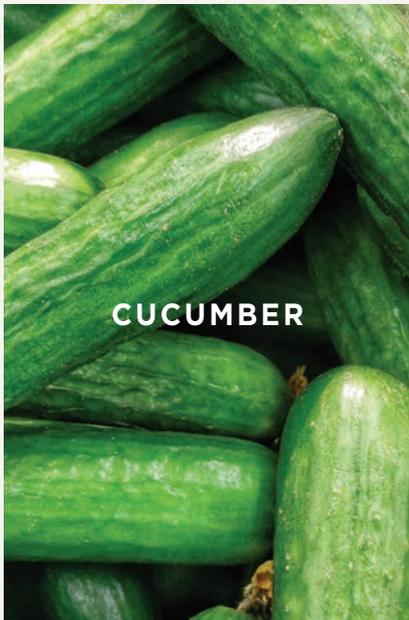
VEGETABLE SOUP



LETTUCE



TOMATOES



Sausage & Vegetable Hot Pot with Pasta

B I C H & F A S
SERVES 4
A

INGREDIENTS

- 4 sausages
- 2 cups of pasta
- 1 tin of baked beans
- 1 chopped carrot
- 1 chopped potato
- 1 chopped onion
- 1 tin of tomatoes
- 1 packet of vegetable cup-of-soup
- 1/2 cup of water

METHOD

- 1.** Pan fry sausages and onion until cooked all the way through. Slice into bite sized pieces.
- 2.** Mix together the water and vegetable cup-of-soup. Add this mixture, carrot, potato, tin of tomatoes and baked beans to the pan and stir.
- 3.** Transfer mixture to an oven bake dish and bake in an oven at 190°C for 10-15 minutes.
- 4.** Boil the pasta on the stove or as per directions on the packet. Drain away the water.
- 5.** Once the sausage mixture is cooked, stir in the pasta and serve.





Aussie Fried Rice



INGREDIENTS

- 4 sausages
- 2 cups of rice
- 2 cups of mixed vegetables (fresh or frozen)
- 2 tablespoons soy sauce (optional)

METHOD

- 1.** Pan fry or BBQ sausages until cooked all the way through. Slice up sausages into bite sized pieces.
- 2.** Boil 2 cups of rice or cook as directed on the packet. Drain away water.
- 3.** Place vegetables in a microwave safe container and cover. Steam in microwave for 3 minutes on HIGH.
- 4.** In a shallow fry pan, combine cut sausages, cooked vegetables, rice and soy sauce.
- 5.** Stir over medium heat for 10 minutes before serving.

Extra Vegetable Shepherds Pie

PLASTIC
SERVES 4
PLASTIC

INGREDIENTS

- 500g mince
- 1 cup of mixed chopped vegetables (fresh or frozen)
- 3 sliced potatoes
- 1/2 cup of grated cheese
- 1 stock cube

METHOD

1. Boil potatoes until soft. Drain away water.
2. Pan fry the mince until cooked all the way through. Stir through the stock cube. Add the vegetables and cook until soft.
3. Transfer the mince mixture into an oven bake dish.
4. Mash the potatoes with a fork and place on top of the mince mixture.
5. Sprinkle grated cheese on top.
6. Bake in the oven at 180°C for 20 minutes, until cheese has melted and potato has browned.





Tuna & Veggie Pasta Bake

RECIPES
SERVES 4
EASY

INGREDIENTS

- 1 large tin of tuna in spring water
- 3 cups of vegetables (fresh or frozen)
- 1 cup of milk
- 2 sachets of cup-of-soup
- 1/2 cup of grated cheese
- 3 cups of pasta

METHOD

1. Boil 3 cups of pasta as directed on the packet
2. Place vegetables in a microwave safe container and cover. Steam in microwave for 3 minutes on HIGH.
3. Combine in a bowl - cooked pasta, tuna, steamed vegetables, grated cheese and milk. Stir gently until all ingredients are mixed together.

4. Transfer mixture to an oven bake dish. Sprinkle any remaining cheese over the top. Bake in oven at 180°C for 15-20 minutes or until cheese has melted.

If you don't have an oven, you could cook the dish in the microwave on LOW-MED for 10 minutes or until cheese has melted.

TIP - FOR EXTRA FLAVOUR YOU CAN STIR THROUGH A PACKET OF 'VEGETABLE CUP-OF-SOUP' BEFORE

Spaghetti & Meatballs

DELICIOUS
& EASY
SERVES 4
H S

INGREDIENTS

- 500g beef mince
- 1 chopped onion
- 1 grated carrot
- 1 egg (optional)
- 1 tin of tomatoes
- 1 packet of vegetable cup-of-soup
- 2 cups of spaghetti

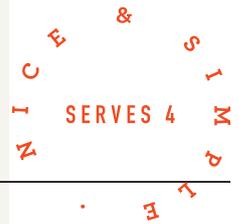
METHOD

- 1.** Boil the spaghetti on the stove or as directed on the packet. Drain away water.
 - 2.** Combine mince, onion and carrot until all ingredients are mixed together (you may also wish to add 1 egg to help the mixture stick together).
 - 3.** Divide the mixture into 12 portions and roll into balls.
 - 4.** Pan fry the meatballs until cooked all the way through.
 - 5.** Add the cup-of-soup mixture and can of tomatoes to the pan, reduce heat and cook for 5 minutes.
 - 6.** Mix in pasta and serve.
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Pasta Bolognese



INGREDIENTS

- 500g of beef mince
- 1 diced onion
- 1 grated carrot
- 1 tin of tomatoes
- 3 cups of pasta

METHOD

- 1.** Fry onion over medium heat on the stovetop.
 - 2.** Add mince and cook over high heat until cooked through.
 - 3.** Stir through tin of tomatoes and grated carrot with the meat and onions.
 - 4.** Boil 3 cups of pasta on the stove or as directed on the pack.
 - 5.** Serve bolognese sauce over pasta.
- Simmer for 15 minutes.



Chicken & Vegetable Stirfry

S O M E T H I N G
SERVES 4
S P E C I A L

INGREDIENTS

- 500g chicken breast
- 2 cups of rice
- 2 cups of chopped vegetables (frozen or fresh)
- 2 tablespoons of soy sauce

METHOD

1. Chop chicken into bite sized pieces. Pan fry chicken until cooked all the way through.
2. Add the vegetables to the pan and cook until soft.
3. Stir through the soy sauce.
4. Boil 2 cups of rice or cook as directed on the packet. Drain away water.
5. Serve stir-fried chicken mixture on top of cooked rice.

A close-up photograph of a hand using a white peeler to peel a green zucchini on a wooden cutting board. The peeler is positioned diagonally across the frame, with the zucchini being peeled from right to left. A thin, curled strip of zucchini skin is being removed. The background is blurred, showing a white garment, likely a chef's coat.

Food Safety

Tips

Keeping food safe can
be quick and easy.

Food safety is vitally
important to maintaining
good health.

KEEP IT COLD

Keep the fridge below 5°C.

Put any food that needs to be kept cold in the fridge straight away.

Don't eat food that's meant to be in the fridge if it's been left out for 2 hours or more.

Defrost and marinate foods in the fridge, especially meats.

Shop with a cooler bag, picnic with an esky.

KEEP IT CLEAN

Wash and dry hands thoroughly before starting to prepare or eat any food, even a snack.

Keep benches, kitchen equipment and tableware clean and dry. Don't let raw meat juices drip onto other foods.

Separate raw and cooked food and use different cutting boards and knives for both. Avoid making food for others if sick with something like diarrhoea.

KEEP IT HOT

Cook foods to at least 60°C, until they're steaming hot.

Reheat foods to at least 60°C, until they're steaming hot.

Make sure there's no pink left in cooked meats such as mince or sausages.

Look for clear juices before serving chicken. Heat to boiling all marinades containing raw meat juices before serving.

CHECK THE LABEL

Don't eat food past a 'use-by' date and check quality of food with a 'best before' date before eating.

Follow storage and cooking instructions.

Be allergy aware, ask for more information about unpackaged foods.

A close-up, over-the-shoulder shot of a person in a grocery store. The person is wearing a blue and white plaid shirt and is holding two bright green apples, one in each hand. The background is filled with various grocery items, including bags of produce and other fruits, all of which are out of focus, creating a bokeh effect. The lighting is bright, typical of a grocery store.

How to Save Money on Your Grocery Bill

1. DO A LITTLE HOMEWORK

Take time to prepare your shopping list and plan your meals. Gather any coupons you may want to use. Read the newspapers and brochures to find the best deals.

2. THE LIST

Write a list of the items you need including any ingredients you will need for your meals. Write the items in order of most expensive first, followed by the cheaper items.

Example

- Meat
- Fruit & Vegetables
- Rice, Pasta, Bread
- Snacks

3. CHOOSING THE RIGHT STORE

You may want to try warehouses or superstores and buy in bulk. Non-perishable items are often available at unbeatable prices at such stores. Also see page 32 for other food programs in Brisbane.

4. EAT FIRST

Grocery stores know the power of the sweet smell of freshly baked bread - make sure you have a full stomach before you go shopping.

5. COUPONS, REBATES, AND FREQUENT SHOPPERS

You can save hundreds of dollars a year by taking advantage of product incentives. If your store offers

a frequent shopper program, why not sign up? You will receive advanced notice of specials, coupon days and other money saving information.

6. STORE BRANDS

There are huge savings to be had by choosing a generic, store brand and it doesn't always mean a compromise on quality.

7. SETTING LIMITS ON IMPULSE BUYING

Stick to the shopping list.

Give yourself enough time so you aren't rushing and buying things without thinking.

Set a dollar limit for impulse buying - this will help soothe cravings without busting the budget.



CONTACT US

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OFFICE HOURS

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