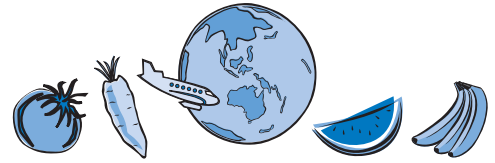




**ASeTTS**  
Assisting Torture  
and Trauma Survivors

# Good Food for New Arrivals

*Good Food for New Arrivals aims to improve access to nutrition information available to newly arrived humanitarian and refugee families with young children, as well as enhance the cultural competencies and skills of service providers in understanding and supporting individuals and their families.*



good food for  
**new arrivals**

## Workshop Outline

This workshop will enhance your understanding of the impact of the refugee experience on food and nutrition issues. It will describe some of the more common issues that may impact on refugee children and their families, including poor appetite, iron deficiency anaemia, Vitamin D deficiency, and the preparation of school lunches. Changes in food habits and a lack of access to familiar foods can also have significant impact. Using a range of resources, practical ways to address these issues in a culturally appropriate manner will be discussed.

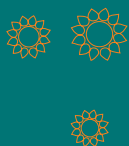
## Performance Criteria

On completion of this workshop, participants will be able to:

- Understand the impact and influence of the refugee experience on food choices
- Identify some of the more common food and nutrition issues that may impact on newly arrived refugees
- Describe practical ways to address these issues in a culturally appropriate manner

***Suitable for service providers (including health, education and welfare agencies)  
and community members***

**Register at [www.asetts.org.au/training](http://www.asetts.org.au/training)**



**Date: 24 August 2010**  
**Time: 9:30am - 12:30pm**  
**Cost: NGO/Members, \$150. Government/Private \$200**  
**Students \$100 (GST Inc)**

