

NO MONEY
NO TIME

FIRST TIME HOME LEAVERS GUIDE

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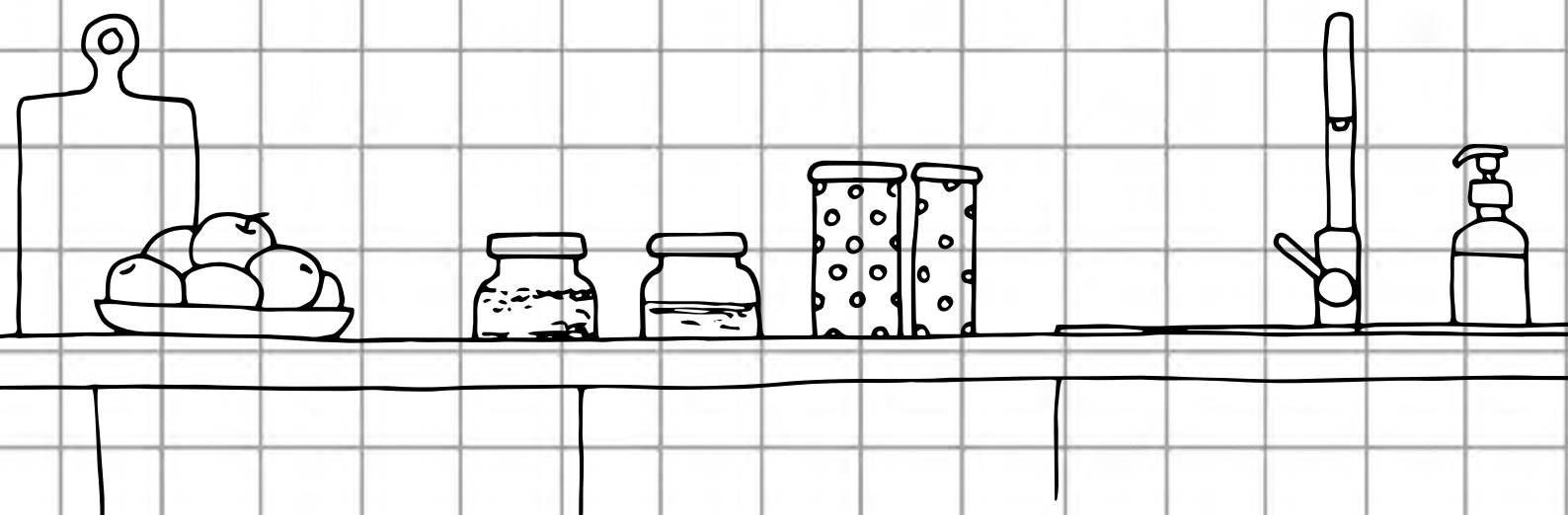
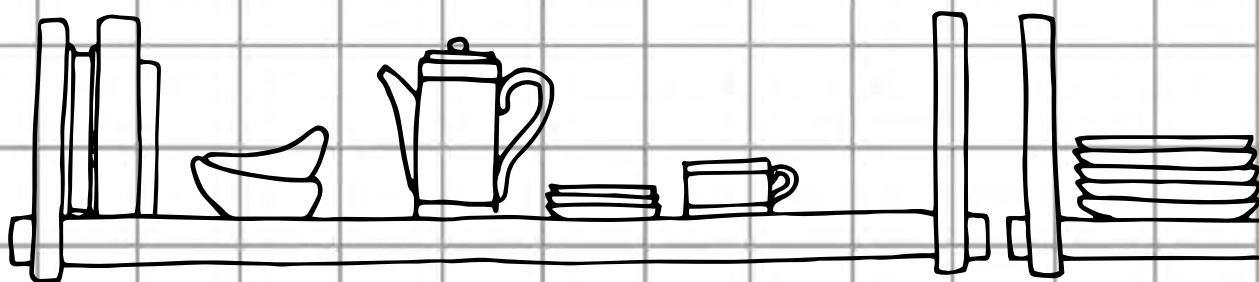
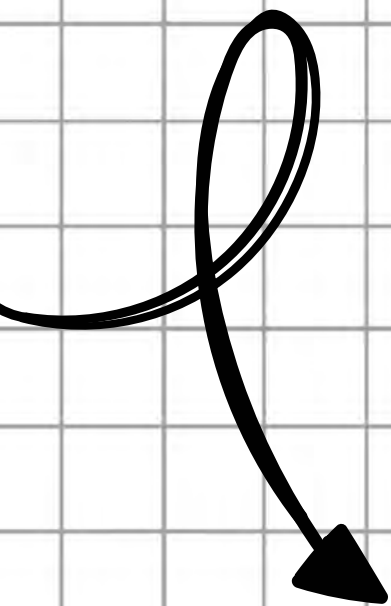


THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

Australian
Eating Sur✓vey

nib foundation

SETTING UP YOUR KITCHEN



PANTRY STAPLES

FOR FIRST TIME HOME LEAVERS

1 PROTEIN

- Canned tuna
- Canned salmon
- Sardines
- Anchovies
- Baked beans
- 4 bean mix
- Chickpeas
- Cannellini beans
- Canned lentils
- Dried lentils
- Split peas
- Jar tahini
- Peanut butter
- Canned soups

2 BREADS / CEREALS

- Bread
- Wraps
- Pizza bases
- Wholegrain crumpets
- Raisin bread (can be frozen)
- Flours
- Rolled oats
- Cous-cous
- Rice
- Pasta & noodles
- Quinoa
- Taco shells
- Corn chips
- Canned spaghetti
- Breakfast cereals
- Vita-wheats or other crackers
- Muesli bars

3 CONDIMENTS / SPICES / OILS

- Extra virgin olive oil
- Spray oil
- Balsamic vinegar
- Reduced salt stock (powder or liquid)
- Tomato sauce / paste
- Curry paste
- Curry / stir fry bases
- Honey
- Vegemite
- Mustard
- Reduced salt soy sauce
- Reduced salt oyster sauce
- Herbs - basil, thyme, oregano, coriander, chilli, cinnamon, salt, turmeric, dill, paprika, pepper, rosemary

4 VEGETABLES

- Canned tomatoes (no added salt / reduced salt)
- Beetroot
- Asparagus
- Corn
- Beans
- Potatoes
- Onion
- Garlic

5 FRUIT

- Canned fruit salad, pineapple, peaches, apricots
- Apples
- Oranges
- Dried fruit - dates, sultanas, apricots, prunes

6 DAIRY

- Evaporated milk
- UHT milk
- Soy / almond /rice / oat milk

FRIDGE STAPLES

- Eggs
- Tofu
- Hummus
- Apples
- Berries
- Banana
- Carrots
- Beans
- Celery
- Broccoli
- Capsicum
- Tomato
- Milk
- Natural yoghurt
- Plant based spreads
- Cheese - block, cheddar, feta, parmesan, sliced, ricotta, grated

FREEZER STAPLES

- Frozen fish fillets
- Frozen meat & chicken
- Frozen fruit & veg
- Milk & grated cheese
- Home cooked meal prep such as soups, curries, casseroles & pasta sauces

After a meal that's suited to your dietary requirements? Look no further, we've made it super easy for you to find the perfect recipe through our filters.

**CLICK HERE
TO TRY
OUR RECIPE
FILTERS!**

KITCHEN ESSENTIALS

We've assumed that in your kitchen you'll be equipped with a bowl(s), plate(s) and cutlery, a basic cooking element and a microwave.

START HERE...



Large non-stick fry pan or pot



Sharp kitchen knife or two



Tea towel(s) or kitchen glove



Peeler / grater



Food-safe storage containers



Chopping board(s)



Microwave safe bowl



Oven tray and oven proof dish (if you have an oven)

ADD THIS...



Whisk



Sandwich press



Stick blender

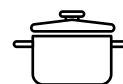


Vegetable masher

NICE TO HAVE...

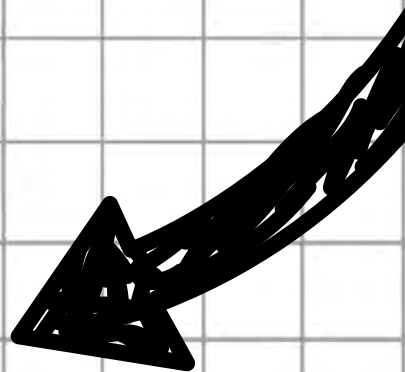
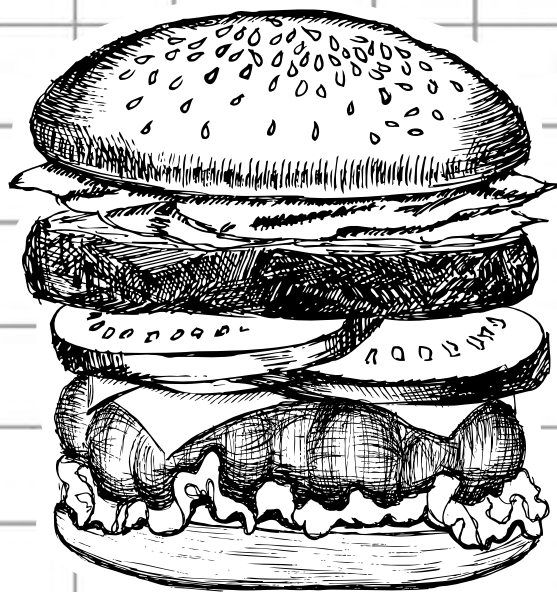


Food processor



Slow cooker

PLAN YOUR MEALS
PLAN YOUR MEALS
PLAN YOUR MEALS



HOW TO MEET YOUR NUTRIENT NEEDS

Your energy and nutrient needs will vary based on how physically active you are, your sex, age, and overall health status. Food provides us with energy, along with the macro and micronutrients that the body needs to support you in going about your day. Different foods provide us with different amounts of energy, and nutrients. Some foods contain higher amounts of energy, along with added sugars, saturated fats and salt, which should be limited.

Your energy needs, along with your macro and micro nutrient needs can be met by including foods from the five core food groups. *The Australian Dietary Guidelines* make recommendations on how many serves from each of the core food groups might be right for you. To find out how healthy your eating habits are and receive tailored advice to improve your diet, take the *Healthy Eating Quiz*.

In a typical day, to meet your energy and nutrient needs, eating the recommended number of serves from each of the core food groups can be achieved by eating 3 meals per day, and including 1-3 snacks. To build a balanced plate, follow the simple template on the next page, and stick it on the fridge as a healthy reminder.

You can use the 'snacks' filter on the 'No Money No Time' website to find some of our low cost, healthy snack ideas. Some other simple snack ideas include:

- Reduced fat yoghurt
- Reduced fat cheese with wholegrain crackers & veggie sticks
- Reduced fat milk drink, or a smoothie
- A handful of nuts
- A piece of fruit
- Canned fruit in juice (avoid syrups)
- Canned fish, such as salmon & tuna
- Boiled eggs
- Roasted chickpeas
- Protein muesli bar
- Dips such as hummus & tzatziki
- Homemade popcorn
- Toast with peanut butter or hummus
- Baked beans

**CLICK HERE
TO TAKE THE
HEALTHY EATING
QUIZ!**

Looking to improve your diet?
Use the Healthy Eating Quiz and get a personalised report on your eating habits! We'll then give you recipe suggestions and ideas based on the information you give us.

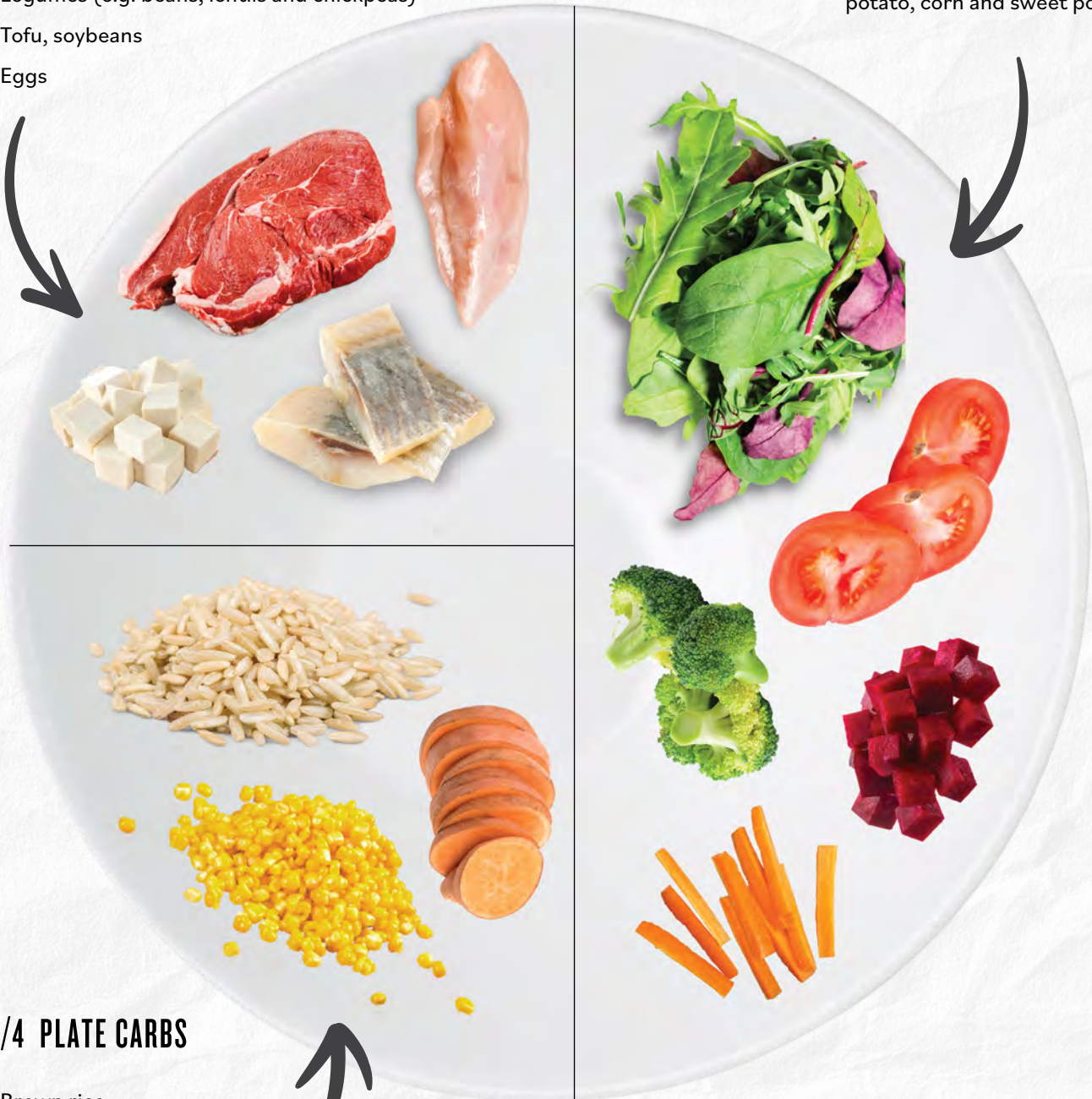
WHAT'S ON YOUR PLATE?

1/4 PLATE PROTEIN

- Lean animal proteins (e.g. chicken, fish, beef, pork)
- Reduced fat dairy (e.g. cheese, yoghurt, paneer)
- Legumes (e.g. beans, lentils and chickpeas)
- Tofu, soybeans
- Eggs

1/2 PLATE VEGETABLES

- All salad vegetables
- All cooked vegetables (except potato, corn and sweet potato)



1/4 PLATE CARBS

- Brown rice
- Noodles
- Vietnamese rice roll
- Grainy breads
- Flatbread - paratha, roti, papadum, lebanese
- Potato, corn, sweet potato

A woman with curly hair is cooking in a kitchen. She is wearing a light-colored sweater and is focused on her work. A white arrow points from the text below to a pot on the stove. The background is slightly blurred, showing kitchen shelves and a range hood.

EATING WELL FOR ONE

Around one in four Australians *live alone*. More women live by themselves than men. Even if you don't live alone, you probably still cook for yourself.

Cooking for one can be a challenge! It can mean you have to prepare and eat differently to what you would if you had to cook and share meals with others.

Living by yourself can mean more freedom to choose what you eat, when you eat and what to cook, but there can be extra challenges too.

Money, time, effort, motivation, less variety and food waste are all affected when cooking for one. We've put together some helpful tips to set you up for success when it comes to healthy eating for one.

Meal plan

- Plan your meals and snacks ahead of time. Make it easier for yourself by writing a meal plan and creating a shopping list to match. To get you started, we've created two types of meal planners - one for those eating with room mates, and one for cooking solo. Check them out below!
- Start by looking in your fridge, freezer, and pantry for the foods you already have on hand or need to use up. Include what you'll eat for breakfast, lunch, dinner, and snacks too. It may help to plan out two weeks rather than one.
- From this plan, create a shopping list and check No Money No Time for recipes that use up ingredients in your fridge and pantry, or leftovers from the other recipes.
- If you need some help getting started, we've put together a meal plan for one that will cost you less than \$55 per week. *You can find it here.*

Cook for a crowd

- If you have a freezer, use it to your advantage by packaging foods into single portions before freezing, like meat, chicken and fish.
- Cook recipes that would serve 4-6, such as our *Lentil Bolognese* or *Clare's Slow Cooked Beef Stroganoff* and portion these out to single serve containers. Put the extra portions in the fridge or freezer to eat later.

Buy bigger

- Some foods can be more economical when purchased in larger amounts, such as meats, fish, rice, pasta or frozen vegetables. It's not always realistic (or enjoyable) to try and eat only chicken for a week just so you can take advantage of a cheaper price per kilo.
- After you've done the grocery shopping, separate portions out straight away.

Keep healthy, single serve snacks and staples available for a quick 15-minute meal

- Stock up on healthy pantry, fridge and freezer *staples*. Frozen or canned fruits and vegetables can work just as well as fresh in some recipes. Other great pantry staples include microwavable rice packets, cans of tuna, legumes, wholegrain cereals, seeds and nuts. Fresh foods such as eggs and tofu have a reasonable shelf-life and can be turned into a meal without waste.
- Some healthy snacks come in single serves. Fruit such as an apple, banana, orange, or mandarins make a great snack. If you find that your fruit ripens too fast, aim to eat fruits like bananas closer to when you buy them (or peel and freeze), and keep apples and oranges in the fridge for later in the week.
- Canned or frozen fruit are also great options. Foods such as a tub of yoghurt, or block of cheese can be portioned into single serves for the week.

Share a meal

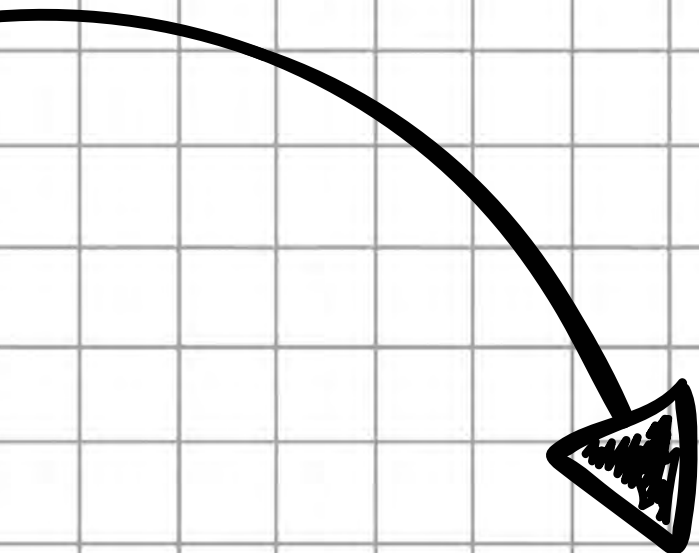
- Is there a family member, neighbour or friend you can swap meals with on a regular basis? Make them a meal, or have them share their favourite recipe with you.
- Learn to cook a new recipe from NMNT together with a loved one and share the leftovers. Now that we're in the Zoom age, consider sharing a meal with those a little further away.

	M	T	W	T	F	S	S
MEAL							
WHO'S COOKING?							
CLEAN UP							

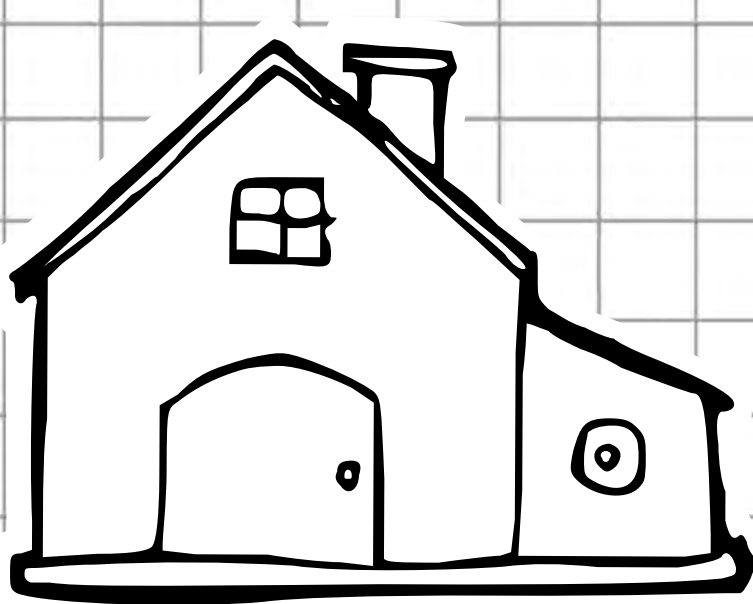
1. Choose your recipes and plan them out for the week, do the shopping and work out the best way to share the costs.
2. If you're in a share house, work out a balance for sharing meals ('family dinners') and night's where everyone fends for themselves (put these in to the meal plan too).
3. Share the cooking, and the clean-up. The chef gets the night off cleaning!



	M	T	W	T	F	S	S
BREAKFAST							
LUNCH							
DINNER							
SNACKS	AM:	AM:	AM:	AM:	AM:	AM:	AM:
	PM:	PM:	PM:	PM:	PM:	PM:	PM:



**DON'T BE A SH#%T
HOUSEMATE**



PAST STUDENT STORIES

One time I cooked butter chicken and rice together, and after getting half way through the meal realised that what was rice, was also maggots!

I visited a friend who lived on campus and there was a pile of sour cream on the kitchen floor from a drunken nacho night.
It had been there for about a week and it was a 'Mexican standoff' as to who would clean it up.
Who knows, it might still be there...



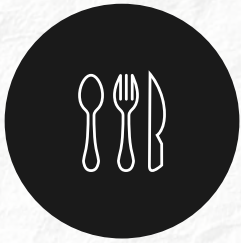
SAFE FOOD STORAGE

The kitchen is the perfect breeding ground for different microorganisms that can make you or others sick. Whether you are living alone, or you share your space with others, there are a few things that you can do to keep yourself and others safe from food poisoning.

Some foods have a higher risk of causing food poisoning. These include raw, and undercooked meats and eggs, dairy products, ready made meals, cut up fruits and vegetables, as well as mixed dishes. Food poisoning or illness can happen because of how you cooked, or stored your food, as well as how clean and hygienic your kitchen or cooking space is.

You can reduce the risk of food poisoning by taking the following steps.





Keeping your kitchen and utensils clean

Wash up after yourself using hot soapy water, wipe up spills and mess and don't leave foods lying around. You'll attract all manner of gross things including visible pests such as cockroaches, as well as those you can't see.



Wash up or use separate chopping boards, knives or mixing bowls

Use separate chopping boards, knives or mixing bowls for different ingredients (e.g. meat and vegetables) and / or make sure to wash them thoroughly in between uses.

Wash your hands when you're preparing food for your friends and family, and before you eat. Also keep hand sanitiser close by for everyone to use before they start serving themselves.



Give your fridge some space

Your fridge can only handle so much. To maintain the right temperature and keep your food safe, avoid packing your fridge too full. The bottom of the fridge is also the coolest part, so store foods such as meats and chicken, dairy and eggs there.



Use food safe, sealed containers to store food

This will protect your foods from being contaminated by others, and avoid them drying out or leaking.



Know the safe temperature zones

The food temperature danger zone (FTDZ), which exists between 5°C and 60°C, is the perfect breeding ground for microorganisms to multiply to the point that they may cause food poisoning. Certain foods (mentioned in the page above) are at higher risk if not stored properly. To reduce your risk of food poisoning, store at risk foods below 5°C, keep track of the use by dates, and when cooking ensure you heat foods above 60°C. If you've left food out, follow this simple guide to determine whether you should store it, use it, or bin it:

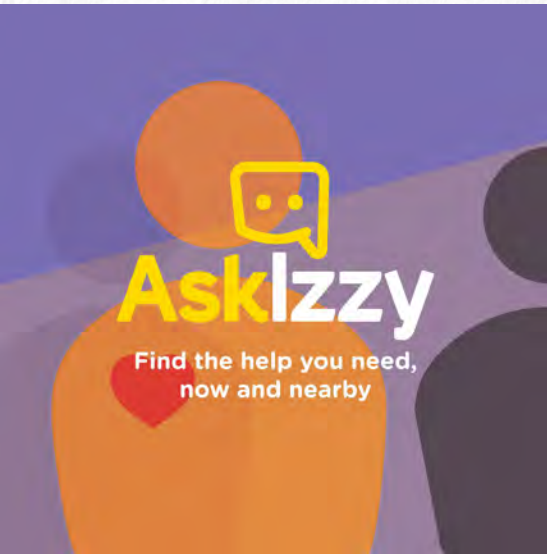
- 0 - 2 hours (within the FTDZ) - refrigerate it / use it
- 2 - 4 hours (within the FTDZ) - use it / bin it
- 4 + hours - bin it



Make it hot and steamy

Most food borne microorganisms can't survive at high temperatures. Reheat foods until the internal temperature is more than 70°C, or piping hot.

NEED ASSISTANCE?



ASK IZZY

Ask Izzy helps you find support, now and nearby.

It is a website that connects people in need with housing, a meal, money help, family violence support, counselling and much more.

It is free and anonymous, with thousands of services listed across Australia.

CONTACT YOUR STUDENT ASSOCIATION

Most uni's will have a student association, aimed at representing, supporting and advocating for students.

If you're in need of help, you may be able to access relevant services through your uni's student association.



NUTRITION AND DIETETICS TELEHEALTH CLINIC

The University of Newcastle offers free personalised dietary assessment and advice via a Nutrition and Dietetics student led telehealth clinic.

The service is provided remotely via Zoom, under the supervision of an Accredited Practising Dietitian.

moving out of home for the first time?

Planning, preparing and supporting ourselves for big changes, like moving out of home or starting TAFE, can help us cope with any stress or worries.

Take a look at our tips!



GET IN TOUCH

E: nmnt@newcastle.edu.au

W: nomoneynotime.com.au



Do you have a family favourite
recipe you'd like to share?

Tell us about it here!



Australian
Eating Survey

nib foundation