

PROVIDING CULTURALLY RELEVANT FOOD RELIEF

This fact sheet aims to provide a basic understanding of cultural food differences, and how we can work to create inclusive food relief for all members of our community.

1

SIMPLE SUBSTITUTES

Pasta and cereals are commonly provided in food parcels, but are not always staple foods in many cultures.

Simple substitutes;

- Rice
- Flour
- Noodles

2

DAIRY

Dairy is generally an appropriate option to suit most cultural food preferences, including Halal.

3

PROTEIN

A good rule to follow is to choose canned fish instead of canned meats. Try substituting items such as baked beans or canned spaghetti for basics including;

- Lentils (canned or dry)
- Legumes (canned or dry)

When providing Halal items, avoid canned meats including;

- Chicken, beef or pork.

Canned seafood is Halal and often an easy option to include in place of meat. Canned seafood may include;

- Fish (any)
- Salmon
- Sardines

4

FRUIT & VEGETABLES

Fresh fruit and vegetables are great options to include in food parcels where possible.

Canned fruits and vegetables are generally appropriate, however Golden Circle products should be avoided where possible as some products may contain beef and alcohol-based flavours.



5

OTHER

If including snack items such as sweet biscuits, it is best to avoid those with jam and/or cream filling as they can contain forms of gelatine.

Good additional items may include;

- Sugar
- Oil
- Tea

Avoid items with pre-made cooking sauces such as;

- Pasta sauce
- Baked beans
- Canned spaghetti

More information can be found through the resources below:
[Culturally relevant and Halal food relief](#)
[Halal Foodbank](#)



Latrobe Health Assembly

Shaping The Valley