

# Healthy eating in supported accommodation

We all deserve to eat well and enjoy healthy food. In supported accommodation, staff and managers can support healthy eating.

This guide explains:

- how much of each food group people should eat
- food safety
- how to plan healthy menus
- ideas for healthy snacks and meals
- food for people with special needs, like trouble chewing or swallowing
- ways to help people choose healthy foods
- when to ask a dietitian for help.

The guide supports fair access to healthy food for everyone.

## We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

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The Supported Accommodation Providers Association (SAPA) is a not-for-profit, member-funded peak industry organisation advocating for the future of the residents of accredited Residential Services in Queensland.