



Mental health and wellbeing

Nutrition Support Action Plan (NSAP) for case managers/key workers – healthy shopping on a budget

When helping your consumer shop for nutritious foods on a budget, aim to spend money on food in the same proportion recommended in their diet. This means following the food pyramid on “**NSAP: Assessing your consumer’s diet**”. To work out how their diet compares, follow the steps below.

Step 1. Write down how much your consumer can spend on food each week.
\$

Step 2. Divide this amount by 10 to give you a ‘part’. **Ten parts** make up the day’s eating:

- **1 part** of the diet to come from ‘eat least’
- **3 parts** from ‘eat moderately’
- **6 parts** from ‘eat most’

*For example, if your consumer can spend \$50 a week, when this is divided by ten, they have \$5 to go towards each **part**.*

Step 3. In the box below, write the amount your client should spend on each part.

Step 4. Get your consumer to collect food receipts or write down how much they spend on various **food** items, over a week, fortnight or month.

List food items and the **amount spent** on them **in one of three sections** below (defined by where foods are in the pyramid):

1. ‘Eat most’ foods
.....
.....
.....
2. ‘Eat moderately’ foods
.....
.....
3. ‘Eat least’ foods
.....

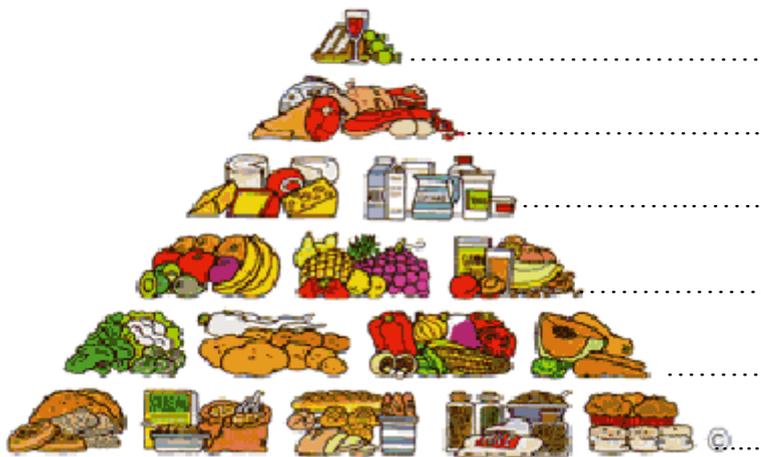
Add the totals from:

1	2	3	Grand total.
\$	\$.....	\$.....	\$

Step 5. Compare the grand total with the amount in step 1.

Compare 1,2,3 with the **parts** in the box below. **Advise** your consumer on ways to eat more or less of certain food groups for a more balanced diet.





Eat Least	1 part \$..... x 1	= \$..... to spend on margarine, oils, 'extras'
Eat Moderately	3 parts \$..... x 3	= \$..... to spend on lean meat, poultry, fish eggs, nuts, legumes, milk and dairy foods or alternatives.
Eat Most	6 parts \$..... x 6	= \$..... to spend on vegetables, fruit, grain (cereal) foods.

Actions for case managers/key workers

Need more information or do you need to refer your consumer for more individualised advice?

Find an Accredited Practising Dietitian
www.daa.asn.au (click on 'Find an APD')

For more food shopping tips refer to:

www.eatforhealth.gov.au/eating-well/tips-eating-well/food-shopping-tips

Or find more specific food group information at:

www.eatforhealth.gov.au/food-essentials/five-food-groups