How to support First Nations Peoples with disability to eat well

This fact sheet is about healthy eating and inclusive care. It explains that eating well is not always easy. This can be true for many people, including First Nations people. Some barriers include the high cost of fresh food in remote areas and not trusting health systems.

The fact sheet also explains what helps people eat well. This can include personal strengths, family support, culture, and community. Healthy eating is not just about one person. It is also about family and community.

This resource was written for dietitians, but the advice is useful for all health and disability professionals. It helps professionals support healthy eating in ways that are culturally safe, respectful, and practical.

This resource has art by Uncle Paul Constable-Calcott.

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.

This resource was made by

First Peoples Disability Network

First Peoples Disability Network is a national human rights organisation of First Nations people with disability, their families and communities.

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