

The logo for Tharawal Aboriginal Corporation (AMS) features a stylized bird, possibly a cockatoo, with its wings spread. The bird is superimposed over a circular background that is divided into three horizontal bands of color: black at the top, yellow in the middle, and red at the bottom, mimicking the Australian flag. The text "THARAWAL ABORIGINAL CORPORATION" is written in a semi-circle above the bird. At the bottom of the logo, the letters "A.M.S." are visible.

# Tharawal Fruit & Veg Program in Partnership with the Airs Bradbury fruit and veg co-op

Tharawal Aboriginal Corporation (AMS)

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A.M.S.

Dylan loading the ute with fruit and veggie bag's for the chronic care team





healthy food is a

AVANT  
FITNESS

40lbs = 18kg  
20lbs = 9kg  
10lbs = 4.5kg  
5lbs = 2.25kg  
14" x 14" x 14" dumbbell bars

Fruit and Veg Co. no...  
... be swapped when...  
...





18

1-8  
BLOCK A  
UNITS  
1-8

EAT GOOD TUCKER  
LIVE LONGER!

SEE A DOCTOR  
LIVE LONGER!

GET ACTIVE  
LIVE LONGER!

healthy food is a  
human right  
making it easier for families to prepare good food for all

Djurali  
LIVE WELL · LIVE HEALTHY

group

A Smile



In Every Bag

Always Recycle! Put your bag in the bag that has the recycling symbol on it.



healthy food is a  
human right

making in north-west Sydney to promote good food for all

an initiative of North West Sydney Local Health Service



WIPCI

At the Australia Fruit and Veggie Co-ops  
You may want to volunteer when you get some  
free advice

healthy food is a  
human right

working in south-west Sydney to promote great food for all

A member of Sydney Food Co-ops

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**Tharawal's Fruit and Vegetable program**

Dear .....

You are invited to participate in Tharawal's Fruit and Vegetable program.

This program is only for selected patients with Diabetes Mellitus on either Insulin or tablets or both. It involves the following conditions which we would like you to comply with as a condition of remaining in the program. They are:

1. That you consent to participate in a comprehensive approach of Exercise, Balanced Nutrition and Intensive Sugar monitoring with the assistance of your GP, your own personal Exercise program or the one run by Tharawal.
2. That you need to see Dr Pauline or your regular GP **once a fortnight** to adjust your medication or your insulin to achieve target or to improve.
3. That you also need to see the **Nurse or the Health Worker** to carry out a health assessment, care plan, or to complete the items specified on the check list below.
4. That a reduction of your HbA1c at **the 6<sup>th</sup> week mark** must happen for continuing on, in the project.
5. Participants will have fruit boxes delivered to your homes on Fridays of every week for 12 weeks.
6. This will be discontinued at the end of 6 weeks if no reduction in your HbA1c is seen. (HbA1c is the 3 monthly test and is different to the daily sugar test you do on your sugar glucometer).
7. If you do not have a glucometer, please see Nobuntu for one.
8. Please bring this form along when you come for your first appointment and give to either Vickie, Dylan, Kerri Anne or Cheryl Sato to check off what has been completed.

	<b>Measures and Indicators</b>	<b>Check if completed by Health worker or RN or GP</b>	<b>Comments</b>
1	Initial HbA1c on <b>sign up</b> or from Records		
2	HbA1c after <b>6 weeks</b> of program – If no improvement, delivery <b>will be on hold</b> until otherwise.		
3	HbA1c after <b>12 weeks</b> in program		
4	Health Assessment		
5	Care plan		
6	Podiatrist		
7	Diabetic Educator		
8	Dietitian		
9	Tobacco Action worker if smoker		
10	Weight before and after program		
11	Physical Activity of more than 30mins duration at least 5 days a week -personal		

Name : .....

Signature : .....

Date: .....

*"Your health,  
 Our commitment"*

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# Questions

