

Helping our mob get the right food and nutrition

Artwork by Chern'ee Sutton—proud Kalkadoon woman.

Please know there may be images of, or images that look like people who have passed into the Dreaming.

The strengthened Quality Standards protect older Australians and help providers and aged care workers understand what they need to do. They come into effect with the new Aged Care Act from 1 November 2025.

Standard 6: Food and nutrition

Standard 6 is about working with our older mob to find out what they like to eat and drink, helping them stay healthy and enjoy what they're eating.

Food can help our people feel connected to family, community and Country.

Enjoying damper, billy tea, fresh fish and kangaroo tail are some of the food and drink we have been preparing and eating for thousands of years.



Making the places where older mob eat and drink feel welcoming and friendly is important.

A small piece of home can make a big difference.

What can you do?



Check with our older mob regularly about what they like to eat and drink.



Ask if older mob like their meals.



Have a yarn with their family about their favourite food and drink.



Make and review menus together.



Check how you can make meal times more welcoming and friendly.



More information:

agedcarequality.gov.au/FirstNations
or call **1800 951 822**.

