



PROVIDING
**SUSTAINABLE,
NUTRITIOUS, HEALTHY
COMPLETE FOOD
HAMPERS**

FOR HOMELESS, VETERANS,
ELDERLY, DISABLED &
INDIGENOUS PEOPLES



About Us



Our Goal is to reduce hunger and provide a healthy food source for veterans, homeless, indigenous, elderly & disabled persons through the delivery of our weekly food hampers.



Our distribution model will seek to employ those who will best foster relationships with homebound or isolated recipients.



Our dietitian ensures we provide hassle-free balanced meals with a focus on sustainable food sources to promote healthy living.

Reducing hunger and fostering relationships with our most vulnerable Australians, through the regular delivery of dietitian approved meals.



Why Choose Us

Every Australian deserves the right to access
Healthy nourishing food and essential
hygiene products.

Homelessness in Brisbane

Over 100,000

Australians will be homeless tonight

42% of people experiencing
homelessness are **under 24** years old

Over 17,845
are children **under 12** years old

There are over **9,700** homeless people
in Brisbane on any given night. An alarming
1.97% of the population.

Aged Care Sector

Up to **50%** of Aged Care residents
suffer with Malnutrition, and nearly every
adult over the age of 71 years old gets 20%
less protein per day, than is required to
maintain a healthy lifestyle! That equates
to approximately 15,000 Queenslanders.
Annually in Australia additional care for
these vulnerable people exceed \$240M, or
\$42M per annum in Queensland. These are
additional, unnecessary expenses hidden in
the Health Budget that could be reduced by
more than \$26.3M per annum by ensuring
Aged Queenslanders get the correct Protein,
Vitamins and Minerals every day.

A 3 month pilot trial for **100** recipients
in the aged care setting would cost
\$162,000



Kate Di Prima

My name is Kate Di Prima, Dietitian with over 30 years' experience, running 2 private clinical practices and consulting to industry, both domestically and internationally.

I have recently joined Hassle Free Hampers (HFH's) providing consultation in menu planning and balancing the nutritional aspect of each hamper pack. I have aligned myself with HFH's as they believe that everyone deserves the right to good health which is made easier with their help in providing nourishing meals to these vulnerable members of our community.

I am passionate about the health of all Australians especially the elderly who need to look after their health especially during these challenging times of Covid and Flu and the rising cost of healthy core foods.

The meals that Jason Davidson our Executive Chef has designed are tasty, nourishing, tailored specifically to the tastes and nutrient needs of individual population groups, visually appealing, and very importantly, easy to reheat.

Each meal provides

- An excellent source of high quality protein – men over the age of 70 years require 81g of protein per day which is 17g more than a man aged 30-69 years! Women over 70 years require 57g protein which is 11g more than middle aged women! Without an adequate source of protein, muscle wastage, fatigue and frailty are a risk. Our vulnerable men and women are also more at risk of infections and slower wound healing, all requiring a higher level of quality protein.

- An excellent source of fibre to keep the gut strong and resilient to infections – very important during the COVID-19 pandemic
- Iron and zinc which is part of building a strong immune system, able to fight infection and heal when unwell

The meals and snacks for each day has been constructed to provide precise nourishment. All menus have been analysed to make sure they adhere to a high quality and are nutritionally superior to the average meal that our men and women sit down to each night. Our aim at Hassle Free Hampers is that our meals and snacks will supply the client with key important nutrients such as protein, carbohydrate and fibre, whilst also contributing rich sources of calcium for strong robust bones and teeth and iron to help transport oxygen around the body giving each client energy and vitality!

All meals are prepared in a Hazard Analysis and Critical Control Point (HACCP) approved cooking facility with the highest quality health and safety standards. Transport of food and supply to the client's home is also adhering to the highest quality safety standards so your members can feel at ease receiving a top quality, nutritionally superior meal that is going to look after their health and immune system especially during these concerning times.

My role with Hassle free Hampers is providing well balanced, nourishing menus constructed in conjunction with Jason Davidson, executive Chef. Each menu is fully analysed providing adequate nutrition, paying particular attention to 'at risk' nutrients in various population groups I am also available for 'face to face' nutrition presentations for Staff that can also be used for professional development points.

And finally I provide on- line content through the Hassle Free Hampers website including

- Nutritional fact sheets, covering conditions such a constipation, gut health, diabetes and Irritable bowel.
- Q and A sessions for staff and clients
- Training sessions, such as food safety and handling

How It Works

Order



Packing

We will pack your hamper, separating cold foods, ambient foods and personal items with household items

Delivery



Meal Plan

We will provide you a full breakdown of your items into your daily meal plan. Just pack the cold items in the Fridge/Freezer as required and remaining items away in their general position.

Best Practice



Enjoy!

All meals, Breakfast, Lunch, Dinner & Snacks are designed to be a perfect fit for your bodies dietary requirements and absolutely tasty!

Your hamper will be delivered directly to your door by one of our Drivers. Our Drivers will not only deliver your food each week with a smile, they will check in to have a chat and see how your week is going and organise if required, further in home services if you require.

You will receive the "best practice" for preparing each and every meal including the importance of letting your frozen meals naturally defrost in the Fridge 12 hours prior to heating.



7 Day Hamper

Delivered weekly on our 12 week program

Monday

Breakfast

Weet-Bix • Milk - Full Cream • Pears in Juice

Lunch

Tuna in Springwater • Tasty Cheese •
Wonder White High Fibre Bread

Dinner + Desert

Pasta Bolognese • Chocolate Milk

Daily Snacks

Real Foods Corn Thins Original • Tasty Cheese
• Apple • Carrot



Tuesday

Breakfast

Rolled Oats • Milk - Full Cream • Sultanas

Lunch

Heinz Big n Chunky Soup Beef • 1 x Hard
boiled Egg

Dinner + Desert

Roast Pork Roesti Veg • Chocolate Milk

Daily Snacks

Yoghurt Vanilla Flavoured • Apple • Pears in
Juice

Wednesday

Breakfast

Wonder White High Fibre Bread • Eggs • Banana • Baked Beans

Lunch

Ham • Tomato • Tasty Cheese • Wonder White High Fibre Bread

Dinner + Desert

Butter Chicken • Chocolate Milk

Daily Snacks

Orange • Custard Vanilla • Carrot • Coles
Houmous Dip



Thursday

Breakfast

Weet-Bix • Milk - Full Cream • Pears in Juice

Lunch

Tuna in Springwater • Tasty Cheese • Wonder White High Fibre Bread

Dinner + Desert

Lamb Goulash • Chocolate Milk

Daily Snacks

Real Foods Corn Thins Original • Tasty Cheese
• Apple • Carrot

Friday

Breakfast

Rolled Oats • Milk - Full Cream • Sultanas

Lunch

Heinz Big n Chunky Soup Beef • 1 x Hard Boiled Egg

Dinner + Desert

Apricot Chicken • Chocolate Milk

Daily Snacks

Yoghurt Vanilla Flavoured • Carrot • Coles
Houmous Dip





Saturday

Breakfast

Wonder White High Fibre Bread • Eggs • Banana • Baked Beans

Lunch

Ham • Tomato • Tasty Cheese • Wonder White High Fibre Bread

Dinner + Desert

Crumbed Fish & Mash • Chocolate Milk

Daily Snacks

Orange • Custard Vanilla • Carrot • Coles Houmous Dip

Sunday

Breakfast

Weet-Bix • Milk - Full Cream • Pears in Juice

Lunch

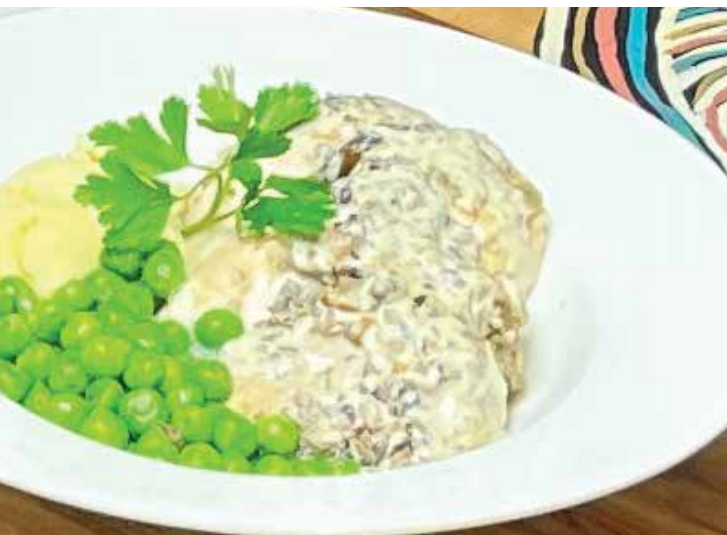
Tuna in Springwater • Tasty Cheese • Wonder White High Fibre Bread

Dinner + Desert

Sweet & Sour Pork • Chocolate Milk

Daily Snacks

Real Foods Corn Thins Original • Tasty Cheese • Apple • Carrot



Our menu has been extensively assessed by a qualified dietitian. Consisting of at least one hot meal daily, ready to heat and eat for ease

Essential Living



Non Weekly Food Items

Coffee
Black Tea
Salt
Pepper



Personal Items

Tooth Brush
Tooth paste
Toilet paper
Deoderant
Body Soap
Shampoo
Conditioner



Household Items

Laundry Powder
Dishwashing Liquid
Dish Sponges
Cling Wrap
Garbage Bags



We have identified a large hole where basic food needs are not even being met in the community, nor easily accessible by those who really need the assistance.



We also understand that an irregular diet brings large health issues which includes bad gut health and mental health. This puts a strain on our communities and hospital systems.





We Help You
Anytime
Anywhere!

Healthy.
Balanced.
Proven.



David Johnston (Operations)
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Jason Davidson (Head Chef)
0418 985 098

Kate DiPrima (Dietitian)
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