

## FACT SHEET

# The South Australian 'African Cultural Mentors Community Foodies Project'

**The African Cultural Mentors Project is a collaboration between the African Communities Council, SA Community Foodies and CNAHS Primary Health Services.** The project aims to develop nutrition resources and education strategies for delivery to the African Community in a relevant, timely and sustainable manner.

The project stems from a request from the African Community to expand their nutrition knowledge and to take an opportunity to be involved in its dissemination. Some of the preliminary areas of interest highlight the need for information on nutrition basics such as food safety and hygiene, adjustments to food availability, understanding food packaging and preparation of convenience foods to more complex concepts such as the diet-disease link and curbing weight gain.

The project revolves around a Community Foodies model such as that currently used throughout South Australian Primary Health Care sites. This is primarily a peer education model to distribute nutrition information to the community, where a volunteer Foodie educates the community in a range of basic nutrition concepts. This project will also use the Community Foodie model but is, however, unique in the addition of the expertise and resources of a 'cultural mentor' from the African community to mould the nutrition concepts to a style suitable to a range of African community members.

The African Cultural Mentors project aims additionally, to develop a suite of activities and resources that will be used within African Communities into the future and evaluate the methods of tailoring the current Community Foodie model to encompass culturally diverse groups. This would be beneficial in establishing best-practice guidelines for future variations of the SA Community Foodies concept.

The African Cultural Mentors Project is funded through the African Community Council 'Healthy Living' Project. This project is funded to run from January 2009 until December 2009.

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*For further information about this Project please contact:*

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