



19 Mar 2015  
Border Watch, Mt Gambier SA

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# Foodies get recipe to health

## Volunteers get ready to spread nutritional message



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**VOLUNTEERS** who trained to deliver key messages on healthy eating options in the community have graduated from an SA Health funded program.

South Australian Community Foodies is a state-wide program that supports and promotes healthy eating in the community through activities, cooking classes, menu planning and edible gardens.

The program is coordinated by ac.care in partnership with Uniting Care Wesley Bowden.

About 13 foodies graduated from Mount Gambier's ac.care Community Centre on Tuesday following their seven session program.

During the sessions, participants learnt a social view of health, basic nutrition with a focus on the Australian Guide to Healthy Eating, food safety and planning and evaluation skills.

At the end of the program, foodies had the opportunity to practice a presentation they would like to give in the community.

Participant Jen Errock enjoyed the foodie program.

"I thought it was fun and inter-

esting to learn different things," she said.

The four key messages that foodies promote form the foundation for a healthy and balanced diet.

The messages include a focus on eating more fruit and vegetables, eating breakfast every day, drinking more water and eating more whole foods.

Vonnie Douglas said the program gave her skills she can share in the community.

Country South Australia foodie coordinator Sally Fisher said the program works well in a connected community like Mount Gambier.

"I think it is really beneficial for the area," she said.

"Everybody needs an education and understanding of nutrition."

Visit [www.communityfoodies.com](http://www.communityfoodies.com) for more information on the foodies program.



**HEALTH IN FOCUS:** Amanda Waye and Vonnie Douglas are ready to educate the community.



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**HEALTHY EATING:** Country South Australia foodie coordinator Sally Fisher indulges in homemade fruit kebabs and dips made by graduating community foodies.

Pictures: CAITLIN KENNEDY





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**STUDENTS LEARNING:** Lah Yu, Eh Mui and Jurina complete the foodies program, with their new-found healthy eating knowledge to be shared with the community.

## Fitzgerald's FISH SALES

Market Direct Retail & Factory Outlet

<p><b>Fish Specials</b></p> <ul style="list-style-type: none"> <li>Sole Fillets .....\$28.00Kg</li> <li>Spanish Mackerel .....\$31.50Kg</li> <li>Flathead .....\$29.50Kg</li> <li>Blue Grenadier .....\$15.00Kg</li> <li>Blue Eye .....\$31.50Kg</li> <li>Butterfish.....\$19.90Kg</li> <li>Monk Fish.....\$25.90Kg</li> <li>Fresh Squid .....\$15.00Kg</li> <li>Fresh Cooked Lakes Prawns .....\$24.00Kg</li> </ul> <p><b>Meat Specials</b></p> <ul style="list-style-type: none"> <li>T Bone Steaks .....\$22.00Kg</li> <li>Rib Eye Steak .....\$25.90Kg</li> <li>Scotch Fillet Steak .....\$24.50Kg</li> <li>Rump Steak .....\$12.90Kg</li> <li>Porterhouse Steak .....\$18.50Kg</li> <li>Boned Leg Of Lamb....\$14.50Kg</li> <li>Corned Beef .....\$8.50Kg</li> </ul>	<p><b>Heat And Eat Meals</b></p> <ul style="list-style-type: none"> <li>Garlic, Curry Or Sweet</li> <li>Chilli Prawns With Rice</li> <li>Porcupine Meatballs With Veg</li> <li>Beef And Mushroom Casserole</li> <li>Roast Lamb Dinner</li> <li>Tuna Mornay</li> <li>Special Fried Rice</li> <li>Lambs Fry And Bacon Lasagne</li> <li>Crayfish And Prawn Pies</li> <li>Homemade Sausage Rolls</li> <li>Pea And Ham Soup</li> <li>Chicken And Veg Soup</li> </ul>
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Weekdays 10am - 5.30pm, Sat 10.30am-2.30pm  
 11 Allan Drive, Mount Gambier | Phone 8725 0087

The Border Watch, Thursday, March 19, 2015 - 11



**FOODIE SUCCESS:** Helen Beveridge, Jen Errock and Bronnie Leibhardt graduate from the community foodies program at ac.care's community centre.