



Community Foodies Newsletter



Local people supporting local communities to make healthy food choices Edition 3 December 2010

Fleurieu children are eating rainbows!



Emma from Port Elliot Kindergarten discovers that she likes beetroot after all!

Everyone loves to look at a rainbow, but do you know that you can also eat a rainbow? Earlier this year, local Fleurieu Foodie volunteers took the 'Eat a Rainbow' with fruit and vegetables program to children across the Southern Fleurieu. 'Eat a Rainbow' is a program that encourages children to eat a broader range of Fruit and Vegetables. It gives our little ones an opportunity to try new foods in a fun and encouraging environment.

In May and June, nearly 1300 mini-serves of fruit and vegetables were served up to children aged between 2-5 years of age, in seven participating childcare centres and kindergartens. Each centre had four sessions, so the children who were involved were exposed to the concept over a four week period. Each week the focus was on trying out a variety of fruits and vegetables of a particular colour. Some well-known foods were offered as well as some unusual ones. For example, in the 'orange' week children could try persimmon, tangelo and sweet potato as well as more common foods like orange, dried apricot, mandarin, pumpkin and carrot.

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Government of South Australia
SA Health

Fleurieu children are eating rainbows! cont



Foodies talked about the benefits of eating a variety of fruits and vegetables, from all of the 'rainbow' colours e.g. orange for eyesight; green for strong and healthy bones; red for the heart; white and brown for energy and vitamin B; blue, purple and black to keep us healthy and young. All of these help us fight heart disease, boost our immune system and may protect against cancer.

During the sessions, Foodies also read a story about a variety of fruits and vegetables or about being brave and having a go at trying new things (for example Dr Seuss 'Green Eggs and Ham' and from the Charlie and Lola series 'I will never not ever eat a tomato').

Children were helped to identify the fruits and vegetables of the week by using food models, pictures or whole piece of fruit or vegetable.

Children were given little cups and forks holding bite size samples of seven to eight different fruits and vegetables. Foodies, teachers and children tasted them together, talking about flavour, texture and preference of the individual sample.

Children were gently encouraged to sample the food offered to them, without any pressure. Peer pressure, of course, is always present and helps children overcome initial fear of trying new things. We talked about how our taste buds are constantly changing. Foods that we don't like today, we may like tomorrow, or by next week, or by our next birthday. It was OK if they didn't like a certain food; the main thing was to have a go. Raising awareness is just as important as the actual tasting. We are extremely lucky to live in Australia and have access to a huge variety of beautiful, fresh and healthy fruits and vegetables.

"It's very fulfilling to see a change in some children's relationship with fruits and vegetables" - said Csilla, one of the Foodies presenting the program. It is uplifting to watch children's anxiety related to food and eating diminish, session by session, as they become more adventurous and try new things. "At Port Elliot Kindy two little girls were in tears at the beginning of the first session, just looking at the new foods and anticipating eating them. When we started tasting, Deidre, one of the teachers, sat with them and shared her experience of tasting.

To my greatest surprise and satisfaction, by the end of the second session both of them came up to us, proudly showing off their empty cup. They even ate the peppery radish and the sweet-sour-bitter blood grapefruit!"

Over the four week period children could colour in fruits and vegetables on a specially designed 'rainbow' placemat, which was laminated to take home. This could be used to discuss fruit and vegetables with their parents or caregivers after the program had finished.

The centres involved were the Goolwa Children's Centre, Port Elliot Kindergarten, Victor Harbor Childcare Centre, Mount Compass Preschool Centre, Victor Harbor Community Kindergarten, Yankalilla Community Childcare Centre and the Local Kids Childcare Centre.

Foodie volunteers, who are trained in nutrition, worked together and were strongly supported by staff members of each centre. Dietitian Melanie Reid provided a sound training and support system, to ensure the program ran smoothly.

Melanie Reid, Southern Fleurieu Foodies



Children from Goolwa Children's Centre proudly showing off their rainbow placemats.



Foodies Anna and Csilla at Yankalilla for the "green foods" session.



Foodies Anna and Csilla with children at Yankalilla Children's centre.



Fleurieu Foodie Anna reading a story about fruit at Victor Harbor Kindergarten.



Fleurieu Foodies Dee and Heather serving up orange foods at Goolwa Children's centre.

A new Foodies program starting soon in Adelaide's Inner South

The participants in this program will come from a range of culturally and linguistically diverse (CALD) communities, primarily from the Marion area. Recruitment is underway, training will start early in term 1, 2011.

For more details, contact Sarah Thomas or Marlies Riem at Southern Primary Health - Inner Southern, on 8277 2488.

Farewell

The state team would like to take this opportunity to farewell SA Community Foodies Manager, Liz Sanders as she heads off on maternity leave. We wish her all the very best as she embarks on her next phase in life, becoming a mum for the second time! (although some might say this will be her third baby as Foodies was her first!) We will be excited to announce the baby news once he or she has arrived!

Welcome



A big warm welcome to Kim Voss who is the new acting Manager for SA Community Foodies! Kim joins us from Dale Street Women's Health Centre in Pt Adelaide and has a background in social work, community development and domestic violence. Kim enjoys and has a variety of interests including cooking, walking, environmental issues, gardening and has been previously involved in permaculture.



7 Ways DVD launch

The Community Foodies state team was delighted to launch the '7 Ways' DVD on the 11th October, 2010. The '7 Ways' DVD is the result of a partnership between Community Foodies state team and two screen and media students from Flinders University, Glenn Dunn and Mike Williamson. The DVD captures 7 ways Foodies work in the community in 7 individual documentaries, and includes garden to table groups, working in schools, working in food co-ops, cooking groups, shared meals, working in canteens and working in preschools. The '7 Ways' DVD launch was held at the Marion Cultural Centre, where Zannie Flanagan, the manager of the Adelaide Showground Farmer's Market, officially launched the DVD before the DVD was viewed on a movie-sized screen in the Domain Theatre. Afterwards, the key Foodies, workers and partners featured in the DVD were presented with a certificate of appreciation, followed by an afternoon tea. Overall, there was a fantastic turn out not only by Foodies and program workers, but also partners and stakeholders of the program both on a local and state level.

The '7 Ways' DVD is featured on the new Community Foodies website, www.communityfoodies.com, where all 7 of the documentaries can be viewed online. Copies of the DVD for workers, partners and stakeholders can be obtained from the state team, via Rachel McFarlane on phone: 83849336.

Sophie Sleep - State Team

Workshops and tours on the menu in the West

In term 2, Foodies from the Port Adelaide/ Parks site started running a number of quarterly cooking and gardening workshops and supermarket tours at various supermarkets in the Western area. Here is a snap shot of what the workshops and tours have included:

Cooking Workshops

The cooking workshops are led by the Foodies and aim to provide a fun and hands-on way to learn about cooking healthy meals on a budget... and enjoy eating them together too! The workshops give local people an opportunity to have a go at cooking and tasting recipes, to develop their cooking skills and to learn more about cooking seasonal fruit and vegetables. The feedback from participants so far has been very positive; the Foodies were described as "very friendly and easy to understand" and "very organised, enthusiastic, knowledgeable and with a keen passion to pass on information." Well done Foodies! There will be one workshop held per school term and we look forward to the next workshop in November!

Gardening Workshops

In the West we are lucky to have a number of Foodies who are very keen and extremely knowledgeable gardeners!



At the quarterly workshops, participants are asked to write their thoughts of the session on either a leaf (gardening workshop) or a piece of fruit (cooking workshop) Comments are then placed on the 'Commentree' and form part of the workshop evaluation.

While the idea for the cooking workshops was simmering away; the idea of commencing gardening workshops for community members was also sown and has flourished into a very successful initiative. The workshops are led by two

Foodies (Lisbeth and Teresa) and aim to provide community members with an opportunity to learn more about not only how to grow your own fruit and veggies but also; manage pests in environmentally friendly ways, establish worm farms and compost, recycling household items (containers, cans) in the garden, soil testing and much more! Feedback from participants has been very positive with a number of community members reporting they have been inspired to start their own edible gardens! We all wait eagerly in anticipation for the term 4 workshop and the wealth of knowledge the Foodies will impart!

Supermarket Tours

As part of the 'eat more whole foods' message, a number of Foodies in the West have been trained to run supermarket tours. The aim of the supermarket tours is to help community members make healthier food choices, learn how to be a reading food label 'detective' and for participants to take home tips on how to save money in the supermarket. Tours are currently being run by two Foodies; Cathy (Novar Gardens IGA) and Dianne (Port Adelaide Foodland). A number of additional Foodies will be trained in 2011 to help their local communities to make healthier food choices!

Janet Thompson - Western Foodies

Sitting together for lunch, enjoying the lovely recipes that everyone cooked!



Foodie Teresa showing community members how to make their own worm farm.



Foodies Sam and Nina during one of the supermarket tours.





Lisbeth and Teresa's Container Gardening Tips

- > Spray Seasol mixed with water on seeds once every two weeks
- > Have a worm farm - remember to keep it in the shade
- > Fertilize, Fertilize, Fertilize!
- > Compost, Compost, Compost!
- > Mix garlic, chilli, detergent and salt and mix with water to use as an organic pest spray. If this doesn't work use pesticide (look out for the eco friendly choices such as eco oil)
- > Use companion planting to prevent pests - marigolds, garlic, chives, dill, rosemary and lavender
- > To prevent lettuce seedlings from touching soil and dying use newspaper to make a collar for the plants
- > Name and date seeds (it's a great kid's activity)
- > When making paper pots - spray the newspaper with a little bit of water to make it easier to roll
- > When using Styrofoam boxes fill with soil within 2.5 - 3 inches of the top
- > Use good quality potting soil
- > After planting seeds in a container keep the soil moist in the beginning and continue to do so
- > If you are going to re-use soil make sure to replace nutrients with compost
- > Position containers in part shade/part sun - the morning sun is ideal
- > Use Australian garlic if you want to buy it from the fruit and veg shop and grow it
- > A good cheap brand of seeds is "Grower's Pride". You can buy these from Bunnings and North Haven Foodland
- > Bunnings Seed Raising Mix Coir Block was recommended. It costs around \$4 and makes up approximately 15 litres. Strike rate for seeds is better than other seed raising mixes
- > Plant seeds close together
- > Use household items for containers such as egg and milk cartons, milk bottles, and small boxes

Western Foodies Class of 2010 Graduate

Another year is quickly drawing to an end and what an exciting year it has been for the Foodies in the West! 2010 saw our fourth round of Foodies training held, the location for 2010, the Port Adelaide Primary Health Care Services. In September we were fortunate to have 12 Foodies graduate from the training with flying colours! The Foodies have a range of interest areas which they are planning to pursue in their role as Foodies including; working with children in the school, kindergarten and child care setting, cooking for one and cooking on a budget, resource development, supermarket tours, promotion of healthy eating in the workplace and edible gardens.

Although only a few weeks out of training, a number of Foodies have already commenced activities in local schools and as part of Anti-Poverty Week. From all the program workers in the West, well done to the class of 2010! We look forward to working with you all as you continue on your Foodies journey and spread the healthy eating message in your community!



*Foodies and program workers Left-Right:
Back: Siobhan, Cheryl, Greg, Lisa
(City Charles Sturt), Agravaine, Jenny,
Sarah (Dietitian).*

*Front: Danyse, Janet (Dietitian), Irena,
Mardi, Paula (Primary Health Care
Worker), Dianne.*

Absent: Lauren, Janet, Michelle.

Sustainable Community Development Conference - Malaysia

In July this year I had the incredible opportunity as a volunteer to attend an international conference in Malaysia on 'Sustainable Community Development'. This was due to my work with CDWG (Cultural Diversity Working Group) on a project called the 'Appreciative Inquiry'. Professor Frank Tesoriero from Flinders University, Fiona Boyle and Linda Enright from the City of Onkaparinga and I went as a group who gave a presentation on this project which was titled 'Using Strength Based Ways to Build Community and Contribute to Social Inclusion'.

With the amazing support and help of the City of Onkaparinga, the Noarlunga Health Village and fund-raising activities, I was able to go.

Kuala Lumpa was a delightful welcoming city. I was determined to experience as much of the culture and try as many new things as I could in the short time I was there. The people were warm and very friendly.

The pre-conference workshop was on qualitative data and research. I really enjoyed this and realised that the collection of people's stories adds a greater dimension and personalises the data, making it real.

It was said that a balance of qualitative and quantitative data gives a better picture when researching things or applying for funding. The workshop was a wonderful opportunity to interact with some of the other delegates.

The actual conference was held at the Marriot Hotel. We had a number of very interesting key note speakers over the two days and many presentations on a wonderful variety of subjects.



Fiona, Sandy, Frank & Linda at the conference

Our presentation was given during session one, which meant we could relax and enjoy the rest of the conference. It was well received, one comment being that the four of us doing the presentation was community in action. We have received some interest from other countries regarding the presentation.

It was hard to pick which presentations to go to as there were so many. I chose those relating to Food and Cultural Diversity. It seems that all over the world we have many of the same problems.

I had taken some Foodie literature, which I shared with those whom I spoke to. People were very interested in the fact that I was a volunteer and the different areas I worked in.

In a couple of the countries they are beginning to realise the value of volunteers.

The key message I received from all the presentations was echoed numerous times:

"With education comes the responsibility for everyone to contribute to solutions and answers to problems in order to make the world a more even playing field and help those in poverty and need."

My grateful thanks to Onkaparinga Foodies for their support and encouragement in this endeavour. I look forward to putting what I have learnt into practice and sharing it with others.

Sandy Kavanagh
Onkaparinga Foodie

Lentil and Chickpea Pasties

Ingredients:

- > Frozen Puff Pastry
- > 1 tin chickpeas
- > 1 tin lentils
- > 1-2 grated potatoes
- > 2 grated carrots
- > 2 pieces of grated pumpkin
- > 1 teaspoon garlic
- > 1 onion finely chopped

- > Salt & pepper to taste
- > ½ teaspoon curry powder
- > 1 egg
- > Method:
 1. Sauté onion & garlic, add vegetables.
 2. Mash chickpeas and lentils. Add to vegetables.
 3. Add pepper & salt and curry powder and turn off heat.

4. Cut sheet of pastry in quarters, add filling, fold into triangles.
5. Brush with egg.
6. Place on a greased tray and cook in a moderate oven until brown.

Note: Mince meat may be added or used instead of chickpeas and lentils. Also you can make a large pasty plate.



Participants & Foodies looking very pleased after their cooking session together!



Cooking group with people with disabilities

Foodies from Onkaparinga have been running a cooking program with a group of mainly young people from our area with intellectual disabilities. The program was initiated by a worker from an employment agency, which works primarily with people with disabilities and assists them in gaining work. One of the issues that had come up was the need for the clients to be able to take their lunch to work, or otherwise feed themselves well enough to be able to sustain themselves though a working day. We had a trial session at the end of 2009, making salads, and focussing on grating as a skill. This went really well, and for most of this year, we have been holding monthly cooking sessions with between 6 and 8 people.

The sessions are about three hours long, and we have covered themes such as pasta dishes, breakfasts, soups, how to cook chicken, lunchbox ideas, and adding more vegetables to meals. Participants really enjoyed the different sessions and became much more confident with kitchen equipment and food. At the end of each day's program, we also gave participants basic cooking tools to equip their own kitchens. Some participants cooked dishes at home after the sessions. Foodie Sharon also worked individually with one participant in her home kitchen,

so that she would feel more confident in cooking for herself outside of the class. She has become a real convert to having breakfast every day, which we are really thrilled about. We have also done a supermarket tour, and had a great time choosing the food that we then made into our lunch. While at the supermarket, we looked at labels, used the scales, went to the deli section, compared prices of various things, and took photos of healthy choices for those whose reading skills aren't strong.

The group were really great to work with - very supportive of each other, and willing to give everything a go. We had a few different Foodies running the sessions - Ali and Rosie did the first session last year, and this year, Ronwyn, Sharon and Rachel have conducted the sessions. It was a really rewarding experience, partly because the group members were so enjoyable to work with, and partly because we felt that we were really providing an opportunity that many of those attending would not have had otherwise. Hopefully we will continue our connection with this target population next year.

Elizabeth Becker
Onkaparinga Foodie

Magic Harvest

This year I have been involved with a program called the Magic Harvest at the Hackham South School. The idea was based on the book, *One Magic Square*, by Lolo Houbein, which is such a great reference book, so inspiring and a great idea to grow a garden in such a small space. One magic square is a vegetable patch which takes up only one square metre and produces enough to feed your family through out the season.

I was given a choice from a Stir Fry pack, Soup pack, Salad pack or Moroccan Couscous pack. I chose the Soup pack, to keep me warm and nourished over our very cold winter. It consisted of broccoli, kale, swiss chard, spinach, spring onion, parsley, sugar snap peas, beetroot, carrots, celery and turnip and I was given a bag of compost to dig into my garden to give it a good start.

I was very happy with the progress of my Magic Square and determined that nothing was going to eat any of the produce, except me and other fellow gardeners that were also growing lovely vegetables in the Magic Harvest program with me. To achieve this, I made up a solution of water and garlic and sprayed the plants immediately after the rains. I also put coffee grindings all round the plants, to stop snails and slugs attacking my gorgeous specimens.

I have loved the program and sharing garden ideas, field trips, sharing and swapping produce, then cooking demonstrations, to make the most of our healthy vegetables. We meet fortnightly to compare notes of our progress and try to work out solutions for the set backs from nature.

We now are all looking forward to becoming Mentors for new groups, passing on the knowledge once again. I have purchased a Pizza pack and will be planting out the next Magic Square with onions, eggplant, capsicum, 3 different Tomato varieties, zucchini and chilli.

Marlene Wiechmann
Onkaparinga Foodies



Nat Giles (Foodie and ACEO, left) with Aunty Lindy Bawden (right) enjoying kangaroo stir fry cooked on the barbecue.

Port Augusta Foodies growing through partnerships

Port Augusta initiated Foodies in 2008, and began with a focus on developing Foodies in remote towns. Because of limited staff time very few Foodies could be supported in Port Augusta. This year an increase in capacity via OPAL and health promotion officers enabled us to expand the number of Foodies based in Port Augusta.

At the same time, another project called Healthy Active Port Augusta was seeking training opportunities for school staff. The Foodies model was presented to the regional DECS staff, who immediately saw its potential application within Aboriginal education teams. In particular the school staff in Aboriginal community education officer (ACEO) roles sought new ways of engaging Aboriginal parents, and saw the potential of nutrition related activities in building rapport with families in a non-threatening setting.

The partnership between DECS staff, Health Service and OPAL staff and the community has flourished in

Port Augusta, supporting us to generate a strong base of local Foodies.

Eleven Foodies have graduated so far, and by the end of the year Port Augusta will have twenty six new Foodies, ten of whom are Aboriginal and eight of whom are ACEO's within schools. The other new Foodies are drawn from areas of high need in the community, including; schools, canteens, the children's centre, early years parenting centre, the child care centre, Men's Shed, TAFE SA and Settlement Services.

One of the most positive spin-offs has been a better understanding between health and DECS around shared challenges, and opportunities for sustainable collaboration. For OPAL and the health service it also means that we have a vibrant group of Foodies who can serve as reference points and provide feedback about the direction of our work. For a community that is weary of being consulted, the Foodies model provides a mechanism for genuine dialogue while offering a valued service back to the community.

Our initial investment is already paying off. During Culture Week at Willsden Primary School two of our new Foodies Trisha Waye-Hill and Nat Giles worked with local Aunty Lindy Bawden to run cooking activities with a cultural emphasis. We came along on the day when they made kangaroo stir fry on the barbecue. "We really enjoy including the children in the preparation and cooking of food" said Nat. Trisha added "the meal stretched to feed almost 40 people". It was also a great demonstration of a healthy catering that could be used in place of sausage sizzles.

Nat and Trish told us that the students are now requesting cooking sessions instead of other activities as an end of term celebration!

We are all so excited about the potential for Community Foodies in our town, and look forward to providing more updates in 2011!

Camilla Leaver - Port Augusta Foodies

Mid North - Aboriginal Health Team Foodies

In 2009, the Mid North Foodies team worked with Becky Hirst around engaging the Aboriginal community in Foodies. As a result of the work with Becky, a three stage plan was developed with the Aboriginal health team in Port Pirie.

The initial stage of the plan was to train Aboriginal health workers within Port Pirie Regional Health Service as Community Foodies. After many months of planning, this training took place in early 2010, and 6 members from the Aboriginal health team graduated as Community Foodies. A launch was held at the Port Pirie TAFE, and included attendance from many Aboriginal community members, many of whom expressed an interest in the Community Foodies program. The Foodies are now eagerly working on the second stage of the plan which involves building relationships and increasing the skills and confidence of the Aboriginal community, in order for an Aboriginal community member training to happen into the future.

Sarah Bradley - Mid North Foodies

L - R Jacqui Atze, Sarah Bradley, Tony Ratzmann, June Dunstan, Lynore Lawrie, Lynn Walsh, Duane Woods, Hannah Reichstein (Absent Carol Warren).



Nat and Trisha's Kangaroo Stir Fry

Utensils:

- > 1x Barbecue with flat hot plate (not grill)
- > 2-3 egg flips or spatulas
- > Tongs
- > A cup of water
- > 2 bowls
- > Alfoil
- > Knives and chopping boards

Ingredients

- > 1kg kangaroo fillets
- > Oil for cooking (canola or olive)
- > 4 cloves garlic, chopped finely
- > 2 cm knob of ginger, peeled and chopped finely
- > 6 teaspoons lemon juice
- > 8 teaspoons soy sauce
- > 5-6 onions, sliced in to rings or wedges
- > 5 carrots, sliced in to small match sticks
- > 2 heads of broccoli sliced in to small florets

- > 1.5 kg other vegetables finely sliced (use whatever's available, for instance cabbage, capsicum, zucchini, snow peas, tinned baby corn, tinned water chestnut),
- > 3 x 800g packets of hokkien noodles

Method:

1. At least 2 hours before cooking: Slice kangaroo fillets in to 2cm thick slices and place in a large bowl.
2. Add soy sauce, lemon juice, garlic and ginger to the kangaroo and stir well to coat the meat. Place covered bowl in fridge for 2 hours or overnight.
3. When ready to cook: prepare all vegetables.
4. In a separate bowl pour boiling water over hokkien noodles and soak for 1-2 minutes, then drain noodles and set aside.
5. Heat barbecue and add few teaspoons of oil to begin cooking. Keep a cup of water handy as you may need to sprinkle the vegetables with a little extra water during cooking to prevent the food from sticking.
6. On one side place the kangaroo and cook until just done. Then set aside kangaroo on a foil-covered plate until the vegetables are cooked.
7. Meanwhile, on the other side of the barbecue cook the vegetables, starting with the onions. Cook until onions begin to turn brown.
7. Add carrots and broccoli and toss for 3 minutes.
8. Add all of the other vegetables and toss until nearly cooked (it may take 2-5 minutes depending on heat).
9. Add noodles and toss.
10. Finely slice the meat and add it back in to the stir fry. Toss all together until meat is heated through. Sprinkle with a little extra soy sauce if needed, then serve.



African Foodies Graduation - October 2010

Over September and October 2010, program workers from Adelaide Health Service (Salisbury and regional) teamed up with the Migrant Resource Centre at Salisbury to provide Community Foodie training to nine members of the local African community.

The training was stretched out to run over eight weeks and included a tour of the Anglicare Community Garden in Elizabeth, under the care of fellow Community Foodie, Laurel Walker. The training was also a great way to share traditional cooking recipes from Africa and Australia and cook together to highlight the key Community Foodie messages.

Some of the graduating Foodies have described what they enjoyed about training and their future plans below:

What did you enjoy most about Community Foodies training?

'I can now talk to people with confidence, and to talk about food with knowledge'.

'Learning how to bake the different types of breads'.

'Learning about food for good health'

What was the most important message from training, which you will share with your community (friends and family)?

'It is very important to start every day with breakfast, to break the fast. I now eat breakfast each day before starting the chores of the day.'

'Not to just take coffee and tea during the day, it is also important to take water, up to two litres or 8 glasses a day.'

'To tell our children and friends 'no' to soft drink and juice. Water is the best to drink'.

'How to get the right balance of foods'.

Now that this training has finished, how would you like to use this information next?

'It is very good to be able to walk into a supermarket and know what is good for

my children and family. I would like to show others from the community what I have learnt.'

'Planning how to show all that we have learnt, when cooking the foods, which we sell in the African market'.

'A garden with traditional vegetables that can show healthy foods'.

As the Foodies go on to complete their Food Safety and Childsafe training, we hope to support the local and increasing African families in the area and are already exploring discussions on school lunch boxes, planning our own small community garden and supporting local ones and supporting Community Foodies at the African Twilight Market and African Communities Council Community Centre in Prospect.

Congratulations Salisbury Foodies!

**Danielle Proud, Kirsten Hooper,
Mary Ireland - Northern Foodies**

Molokhia (Traditional Sudanese Dish) Serves 6-8

Ingredients:

- > 1tsp olive oil
- > 3 brown onions - finely dice
- > 4 cloves of garlic - finely sliced
- > Approx 1kg of meat (usually Lamb, traditionally goat) - chop roughly into large chunks
- > 1-2 pieces of galangal *(root herb, similar to ginger)
- > 1-2 pieces of cinnamon bark
- > 1 TBsp stock powder (salt reduced

chicken or vegetable) add water to stock instructions.

- > 1x 500g bag frozen Molokhia *(otherwise called Jews Mallow)
- > 2 TBsp tomato paste

Method:

1. Heat oil, add onion and garlic and fry for a few minutes.
2. Add lamb, stock, cinnamon, galangal and stir. Simmer for 25-35 minutes, stirring occasionally.

3. Add tomato paste and molokhia.

4. Simmer for 10 minutes, stirring occasionally.

Tip: add chilli paste at the table if you like it hot. Served with Kisra, some crusty bread will suffice.

**Purchase from Chinese supermarkets. If Molokhia is not available, fresh or frozen spinach, chopped very finely will also work but won't have the exact sticky/soup consistency.*

Shopfront Youth Community Foodies

April 2010 saw the development of the first Youth Community Foodies training in the northern area of metro Adelaide at Salisbury. Shopfront Youth Health & Information Service had recently created a peer education model and thought it would be a great opportunity for the Community Foodie training to be incorporated under this as a 'specialist' training area.

The training was held over 8 weeks (which included the peer education training) at Salisbury High School. For those 'Foodies in training' who were students of the school, they were able to utilise the Foodie training for their Year 11 SACE community studies subject.

Being a youth specific training, we re-energised the program to keep the young people engaged with some fun activities and games. This included apple peeling competitions (thanks for the idea 2009 Recognition event!), a unique version of celebrity heads to educate them on influences on eating and a 'nutritious...delicious' food related snacks and ladders board game in week 2 to reinforce the Foodie key messages.



Now trained, youth Foodies have been involved in activities such as a 4 week youth specific cheap easy eats cooking program and one offs (to build some confidence) educating youth in label reading and kilocents.

Watch this space to see more youth training in the northern area in early 2011!

Susan Stancl - Northern Foodies

Whyalla Community Foodies at Naidoc Fun Day July 2010

Eat a rainbow of fruit

Whyalla Community Foodies Evonne Cassar, Cheryl Skinner, and Carmela Hoffmann encouraged children to make and eat a "rainbow of fruit" from a range of fresh red, orange, yellow, green, blue and purple fruits. The message was simple - eat fresh fruit every day to help improve your health. Up to 100 children from all age groups had fun making rainbows or a fruit face



Evonne, Cheryl and Carmela.

Importance of Hand-washing

Community Foodies also provided hand washing instructions to the children including plenty of soap and hand towels for people to use. Done properly, hand washing is a simple way to stop the spread of germs and avoid getting sick. Everyone should wash their hands before eating or handling food.

Cheryl Skinner, Whyalla Foodies



Young Trisha Taylor enthusiastically helped out the Foodies on the day by preparing fruit for the activity.

Kids R Us presentation



The children enjoying their Spaghetti Bolognese.

Community Foodies, Evonne and Cheryl presented a 2 hour session on budget cooking and the Australian Guide to Healthy Eating (AGHE) to the Kids R Us Plaza Youth Group on 22nd June 2010 at Child, Youth and Women's Health Centre.

The session consisted of a cooking demonstration which participants were encouraged to take part in and talking about the AGHE and serving sizes for young children age 4-7 years.

A modified spaghetti bolognese recipe was used, which was simple, inexpensive and quick to prepare. Everyone including the children enjoyed the meal. The talk on the AGHE was well received by the mothers and the children who were fascinated with the AGHE food segment cut-outs were taking pointing to the foods that they knew.

The Foodies themselves were pleased with the overall response to their presentation.

Cheryl Skinner - Whyalla Foodies

Would you like to be a Foodie?

Becoming a Foodie means that you are supported by health professionals (called 'program workers') and sometimes 'buddies (mentor/helpers) to implement healthy eating activities with your community. They assist Foodies to:

- > Develop skills and knowledge around healthy eating
- > Set goals and plan programs with community
- > Access nutrition resources and information
- > Link with other programs and key people

Foodie training

Foodies attend 24 hours of training, typically over six weekly sessions. Foodie training covers an overview of health and nutrition, orientation to the program's key messages, an introduction to planning and implementing programs and activities, working with groups, food safety, and community leadership. Foodies are then 'graduated' into the program with a Statement of Attainment.

The Foodie Job Description

1. To lead the community through example, by modelling healthy eating and a willingness to learn and develop your skills and understandings
2. To work with the community and the program workers to develop quality programs that meet the needs of the community
3. To deliver simple, easy to understand and practical skills and understandings about healthy eating at a community level

Program planning and delivery

Foodies work with program workers and their organisations to develop and implement programs and activities in their communities. This is done in consultation with stakeholder agencies and groups so that programs are relevant and accessible. Foodies have access to program resources which may help in implementing activities, for instance activity 'kits' and other learning tools.

Foodies report their program activity, and undertake a basic level of program evaluation with participants, to identify improvement opportunities.

Foodie support & Professional Development (PD)

Foodies are paired with 'buddies' - usually workers from various agencies or experienced Foodies who mentor them and provide support and advice as required. Additionally, Foodies come together regularly for 'catch-ups' with their site to discuss program priorities and opportunities as a group, and to engage in further learning across nutrition, group work and program delivery aspects. Foodies are also supported to undergo relevant accredited training such as Child Safe Environments (if working with children).

Find out more...

If you would like to find out more about becoming a Foodie, contact your nearest Foodie site below.

If you would like to find out more about becoming a Foodie, contact your nearest Foodie site:

Adelaide Hills

Adelaide Hills Community Health Service (based at Mt Barker)
Phone: (08) 8393 1833

Central Eastern

(Enfield & Gilles Plains)
Gilles Plains Primary Health Care Service
Phone: (08) 8334 8400

Gawler

Gawler Children's Centre for Early Childhood Development & Parenting
Phone: (08) 8521 2080

Inner Southern

Inner Southern Community Health Service
Phone: (08) 8277 2488

Kangaroo Island

Kangaroo Island Community Health Service
Phone: (08) 8553 4231

Lower Eyre

Lower Eyre Health Service (based at Tumby Bay)
Phone: (08) 8676 2287

Yorke & Lower North Health Services

Yorke & Lower North
Phone: (08) 8842 6500

Mid North

Port Pirie Regional Health Service
Phone: (08) 8638 4693

Murraylands

Murray Mallee Community Health Service (based at Murray Bridge)
Phone: (08) 8535 6800

Onkaparinga

Southern Primary Health Noarlunga
Phone: (08) 8384 9266

Port Augusta

Port Augusta Hospital & Regional Health Services
Phone: (08) 8648 5800

Port Lincoln

Port Lincoln Health Service
Phone (08) 8683 2077

Northern

(Salisbury, Playford & Shopfront)
Salisbury Primary Health Care Services
Phone: (08) 8281 7644

South East

South East Regional Community Health Service (based at Mt. Gambier)
Phone: (08) 8724 5222

Southern Fleurieu

Southern Fleurieu Health Service (base at Victor Harbor)
Phone (08) 8552 0600

Western

(Port Adelaide & Parks)
Port Adelaide & Parks Primary Health Care Services
Phone: (08) 8240 9611

Whyalla

Whyalla Hospital & Health Services
Phone: (08) 8648 8327

For general enquiries contact the State Team at Noarlunga Health Services on (08) 8384 9266 or visit www.communityfoodies.com