

SA COMMUNITY FOODIES

Local people supporting local communities to make healthy food choices

SA Community Foodies December 2014 Newsletter

It has now been 7 months since the SA Community Foodie program has been up and running again and under the management of UnitingCare Wesley Bowden, ac.care and UnitingCare Wesley Country South Australia. Thank you for your patience and for remaining in the program during the time of transition and especially to those waiting on police checks to come back. There are some processes that may be able to be put in place in each area to enable foodies to be active during this sometimes long wait. An update will be given at each site's first catch up next year. We are excited about SA Community Foodies and what the future has in store with this program. This newsletter is a quick update to keep you informed of some foodie news across the state.

Get to know the team

We have a great team on board across the state to support the SA Community Foodies Program and you as Foodies. The team consists of:-



Carolyn Dent
Statewide Leader SA
Community Foodies
Program
UCWB
(3 days/week)



Sophie Palyga
Metro Foodie
Coordinator
UCWB
(3 days/week)



Sally Fisher
Country South Foodie
Coordinator
ac.care
(3 days/week)

UCWB



ac.care
opportunities for life... for rural people



SA Community Foodies is funded by SA Health.



Kylie Crouch
Mid North/Yorke
Foodie Coordinator,
UCWCSA
(1 day/week)



Annie Adams
Far North Foodie
Coordinator,
UCWCSA
(1 day/week)



Marie Klander
Eyre and West Foodie
Coordinator
UCWCSA
(1 day/week)

What's Been Happening???

Community Foodies have been re engaged and re-established in various locations. As of end of September 2014 there were 58 Foodie Volunteers who have re-registered as volunteers with the program. There are still a number of foodies intending on registering so we hope to have this finalised over the next few weeks.

Foodies have been attending catch ups in 6 locations across the metro region. They are Central Eastern, Gawler, Marion, Northern, Onkaparinga and Western.

Foodies have reconnected in the Country South Region namely Riverland, Southern Fleurieu, Murraylands and Adelaide Hills.

In the North there are foodies in Pt Lincoln, Whyalla, Pt Augusta and Clare with plans for expansion into other towns.

There are plans for new foodie training to be run across the state in the New Year. Watch this space for further information.

A number of organisations have enjoyed Foodie Activities and Programs over the last six months. These have included Community Centres, Seniors Groups, Councils, Children's Centres, Men's Sheds and other Non-Government Organisations. A number of sites also participated in Anti-Poverty Week activities in October.

We would like to say a big thankyou to the foodies who have already been out and active in the community. Your work is much appreciated.

UCWB



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The SA Community Foodie Website



The website is active. Please take some time to check it out. If you have any suggestions for ways to improve the website please discuss with your Foodie Coordinator. The exchange section remains a location for nutrition resources, recipes and program outlines. If you would like to access the exchange but do not have a login or cannot remember your password and login details please contact your Foodie Coordinator to arrange for you to have a new one.

New Brochures and New Banner

Hopefully you have all seen the new brochures. The brochure is a great help if you are promoting the program within your community to organisations or community groups. Ask your Foodie Coordinator for a few so that you can have them handy to give out. We have also had a couple of banners designed. These can be taken to expos and events.

What does 2015 have in store?

New training and new foodies on board

Evaluation of Foodies Program will be conducted with the support of Flinders University
Ongoing learning opportunities provided to foodies in catch up sessions (professional development)

New Programs and Organisations to work with – eg Red Cross, Royal Society for the Blind and many more

And most importantly:

Opportunities to make a difference in the lives of the community in which you live



Participant Roghayeh and Foodie Sandy at the Emmanuel Centre's Pantry Club cooking program in Strathalbyn



Foodie Amanda peddling to make her own smoothie at the Onkaparinga & Marion Christmas Break up

A few photos from the launch back in June. To see more visit the Community Foodie website www.communityfoodie.com and click on the Promotions, Events and Media button



The plan is to develop a Foodie newsletter on a quarterly basis. So expect to see the next Newsletter at the end of March 2015. We would like to include more information from you as foodies and what are some of the exciting nutrition activities and programs you have been involved in across the state.

**Have a very Merry Christmas and Happy New Year,
Carolyn Dent**



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