

SA COMMUNITY FOODIES

Local people supporting local communities to make healthy food choices

SA Community Foodies June 2015 Newsletter

A big warm welcome to our many new Foodies this year and a huge thank you to all of you who have been busily working as a Foodie in your community.

It's been a great start to 2015 for Community Foodies. This newsletter contains news on Foodie training, general program information as well as an update from regions around the state. The plan is to have two newsletters a year – June and December.

Carolyn Dent, Statewide Leader

New Foodies Training

There has been a lot of activity over the last few months with new Foodie training happening across the state.

In February Sophie delivered training in the metro region based at Cowandilla Children's Centre. 13 Foodies were trained. 3 are from Southern Fleurieu, while the other Foodies have joined the Marion and Western groups.

Also in February, Sally delivered training in the south of our state, based in Mt Gambier. 11 new Foodies were trained.

In March, Marie delivered training in the north, based at Pt Lincoln. 6 new Foodies were trained.

Currently, Annie is delivering training at Pt Augusta and Sally is delivering training at Mannum.

We welcome all of our new Foodies and look forward to working with you over the coming months.



Marie with the new Foodies from Pt Lincoln
Pictured from L to R (back) - Marlene, Marie, Andrea
L to R (front) - Sarah, Juanita, Sharon (Absent: Debbie)



Graduates from Cowandilla
Pictured from L to R (back) – Jan, Ron, Melissa, Lee, Linda, David, Maddy, Suzy, Jill, Bec
L to R (front) – Prue, Carla, Nancy



Graduates from Mt Gambier
Pictured from L to R: Helen, Bronnie, Jen, Lah Yu, Amanda, Jurina, Vonnie, Eh Mui, Sree Dar

Program Update

As at the 31st March 2015, there were 101 registered Foodie volunteers with one of our 3 organisations (UCWB, ac.care, UCWCSA). This breaks down to 53 Metro (UCWB), 28 Country South (ac.care), 20 Country North (UCWCSA).

There were 134 sessions provided over 11 locations across the state. The locations (or sites) where Foodies are active are:

- *Metro* : Western, Onkaparinga, Central Eastern, Marion, Northern, Gawler
- *Country South*: Murraylands, Riverland, Mt Gambier, Adelaide Hills, Southern Fleurieu
- *Country North*: Pt Lincoln, Pt Augusta, Whyalla, Pt Pirie, Lower North

There have been over 2000 participants to these Foodie led nutrition activities/programs. In addition there have been some community events such as Mental Health Expo (50 participants), Anti-Poverty Event (300), Activate Ramsey Place event (500), putting together Easy Feast Meal Packs for Community Food SA and the writing of regular articles for Mannum Magazine (readership of 2000).

Well done and thank you to all of you who have been involved in various Foodie activities and programs.

Updates from across the region

News from the South

Sally Fischer

We have completed training with 11 new Foodies coming on board in Mt Gambier in March and another 14 being trained currently in Mannum, from Mannum and Murray Bridge!

There are Foodies activities happening all around the Southern region. In the Fleurieu region there is a focus on supporting healthy eating amongst families with children. Sandy, Colleen, Sandra, Maddy and Suzy have been working with Kindergartens, Parent groups and Children's Centres to support healthy eating in these groups. Linda has been working with a Men's cooking group at Yankalilla and we hope to do more work with men across other Fleurieu towns later this year.

In the Murraylands, Cherie has been working with Carers to support their nutrition and their relative and we are very pleased to see that Angie has just started a paid role with the Murray Bridge Community Centre which has a strong focus on community gardening – watch that space!

In Mt. Gambier, Vickie continues on with her very popular Cooking on a Budget group at the Mt. Gambier Community Centre and is being supported by new Foodie Helen. Barb and Vonnie have started up a cooking group for people living on low incomes at the Jubilee Community Centre and Jen plans to work with the Mt Gambier North School Hub when she has recovered from the birth of her baby!



Foodie Training – Mannum

L to R: Alex Day (OPAL MM Council), Alice, Patricia, Hiang and me preparing Razzle Dazzle Beans and a Rainbow Slaw for lunch

News from the North

Annie Adams and Marie Klender

We are pleased to welcome a new Coordinator Hayley Blazseka to Community Foodies. Hayley comes across to us from County Health SA as a dietitian and has a passion for community development. A perfect mix for a Foodie.

Hayley will be working across Port Augusta, Whyalla and the Port Pirie regions.

We wish to thank Kylie Crouch for her effort in establishing the Port Pirie site and wish her all the best in her volunteer coordinator role for UCWCSA.

Whyalla

Whyalla Foodies group currently consists of 4 very dedicated volunteers who are very excited to be delivering their first group session early next month to a group of young mums.

The Whyalla team all previously were Foodies under the SA Health program and bring with them a wealth of prior knowledge to the Foodies program.

The team in Whyalla have proved to be a proactive team securing themselves places in a local government funded training session, all successfully completed the training and now hold current Food Safe Handling Certificates.

Port Augusta

Port Augusta Foodies have commenced its first Foodie training course with 8 participants consisting of a young mum who aspires to deliver to other parents in school setting to support volunteering in schools and healthy canteens. 3 Aboriginal males' community volunteers who wish to work with other Aboriginal men around healthy lifestyle choices and cooking skills session.

We also have on board 2 Red Cross embedded Foodies, one Country Health SA and one UnitingCare Wesley Country SA. All participants will graduate at the beginning of next month once they have completed their food safe handling certificates. This group have volunteered to support the Port Augusta NaiDOC closing ceremony and are working with the local NaiDOC committee to offer a healthy BBQ, a cooking demonstration with displays showcasing information around healthy low cost food choices be the event. The group have future plans to work with school parent group, playgroups, Men's shed and local football clubs.

A long term strategy is being explored around a weekly community cooking class with key messages being incorporated into the sessions to be co facilitated by Red Cross and Foodies with excess food being provided to the local Emergency relief provided to support food security.

Bec's Mini Potato Frittatas

Ingredients

- 500g sweet potato, cubed
- 500g potato, cubed
- 1 tbsp olive oil, for frying
- 2 onions, chopped
- 2 bunch baby spinach, washed and drained
- 6 eggs, beaten
- 4 tbsp parmesan cheese, grated
- ½ tsp nutmeg
- Pepper to taste

Method

1. Preheat oven to 180°C.
2. Boil potato for 4-5mins until tender. Drain well.
3. Heat oil in a non-stick frypan, add onion and cook for two minutes until golden. Stir in spinach and stir-fry until wilted and moisture has evaporated.
4. Mix eggs, cheese, nutmeg and pepper in a separate bowl
5. Mix the onion and spinach in with the cubed potatoes
6. Pour the egg mixture in with the remaining vegetables
7. Scoop into muffin tins or a quiche dish
8. Place in oven for 15-20 minutes until cooked
9. Serve warm or cold with salad



News from Metro

Sophie Palygo

Our Metro Foodies have had a busy start to the year with activities and programs happening in all areas of the region. Here is just a snapshot of the good work that is happening:

Foodies at Gawler & District College B-12 gave new intake parents loads of healthy meal and snack ideas for the school year at their lunchbox workshop. Parents and their children chopped up a treat including tasty veggie muffins and healthy homemade fruit rollups. Yum!

Western green thumbs Chris and Nina are in the final weeks of a Magic Harvest program at Bower Cottages Community Centre, Semaphore Park. They have been working with people on low incomes to plant, nurture and harvest fruit and vegetables, and use them in healthy and hearty recipes. The Foodies have sustainability in mind and encouraged participants to join the ongoing 'Garden, Pot to Plate' group at Seaton North Neighbourhood Centre to learn more.

After graduating in March, Marion Foodies Bec and Prue delivered their first Foodie program in May. Over four weeks, they worked alongside mental health consumers and Carers to increase knowledge and skills around healthy eating on a budget. Participants enjoyed the program so much that they each gave it seven out of seven when surveyed and asked for details of other Foodies programs to attend.

Congratulations to our new Foodies who completed their training at Cowandilla Children's Centre in March. This group was extremely engaged and enthusiastic throughout the training. I look forward to working with them as they use their passion for healthy eating in the community.



Western Foodies Nina and Chris delivering a Magic Harvest program at Bower Cottage.

Community Survey

Thank you to those of you who filled out the recent communication survey. Your feedback has been very helpful. We received 41 responses. You said the best way for you to receive information from us is by email, then telephone and equally third is a letter/SMS. 87% of responses were interested in hearing about dates of catch up sessions and professional development opportunities while a close second at 61% was hearing about dates of current and future training dates and locations. In regards to how often you would like to receive information from us 44% would like to hear only when there is something important or useful to report on. This was the highest response.

Congratulations to Barbara Talbot and Jeremy Gallagher who were the winners of the \$50 Coles gift vouchers.

UCWB

breaking barriers, building lives
UnitingCare
Wesley Bowden

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

caaring for country people
UnitingCare
Wesley Country SA

SA Community Foodies is funded by SA Health.

National Volunteer Week



May 11-17 2015 was National Volunteer Week. We recognise that without you, our Foodie Volunteers, this program would not be able to happen. UCWB hosted a Volunteer BBQ for their volunteers including our Metro Foodies. We had about 13 Foodies who made the trek to our offices at Bowden to participate in the day.

In Pt Lincoln, UCWCSA put on a Volunteer Morning Tea. A couple of our Pt Lincoln Foodies were able to come along.

We look forward to celebrating with you again in the future as we continue to provide many wonderful nutrition programs and activities to our communities.



New Name Tags and Aprons!

We have been fortunate to have some funds available to purchase new name tags for all Foodies across the state. These are gorgeous red tomato name tags with your first name on them. They will be given out by your Foodie Coordinator as you meet together for catch ups. We hope you enjoy wearing them as you run groups in the community.

We have also purchased a number of bright and beautiful 'pea green' aprons. We are able to make 5 available for each site to be used in cooking groups for you and some participants to wear.



SA Community Foodies is funded
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www.communityfoodies.com

METRO
UCWB
8245 7100

COUNTRY SOUTH
ac.care
8532 6303

COUNTRY NORTH
UCWSA
Port Pirie: 8633 8647
Port Augusta: 7628 3100
Port Lincoln: 8682 7903

UCWB



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