



Community Foodies Newsletter



Local people supporting local communities to make healthy food choices

Edition 5 June 2012

Community Foodies Recognition Event and 10 Year Anniversary Celebrations

Community Foodies from across the state came together late last year in celebration at the Living Kurna Cultural Centre and Warriparinga wetlands in Bedford Park. We were there to celebrate the 10th anniversary of the Community Foodies Program and to celebrate all Foodies great work over the last 12 months. Community Foodies are volunteers from the local community who are trained in group work, leadership and key nutrition messages. With the support of Program Workers, Foodies work with people and organisations in their local community to promote and support healthy eating. Seventy-six Foodies and twenty-seven Program Workers attended on the day, with some Foodies travelling from as far as Port Augusta and Whyalla.

The theme of the day was "celebrating cultural diversity" so Warriparinga and the Living Kurna Cultural Centre was a fitting location. To begin the day of celebrations, OPAL provided us with a delicious array of "make it a fresh snack" tastings on arrival. We were then welcomed to country by Jamie Goldsmith, a member of the local Kurna community. Staff of the Cultural Centre then shared their cultural



Foodie pioneers – Elizabeth Becker, Angela Beauchamp, Maxine Smith & program founder Liz Sanders cutting the anniversary cake in celebration of 10 years.

practices in workshops. Some Foodies went on a native plant, bush tucker and heritage tour where they learnt about the Tjibruke Kurna Dreaming Story, the importance of Warriparinga to the Kurna people and the plants and animals of the local area. Others went into an art workshop, where they learnt

the meaning behind Aboriginal art and symbols, as well as having the opportunity to create their own painting to take home.

Following our picnic style lunch we joined together to drum and dance to the beats of African Soul in a West African interactive drumming and

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African Drumming session

dance performance. The afternoon celebrations included the graduation of ten Multicultural Foodies from the north of Adelaide who recently

completed Foodies training. Before the day wound down, the Acting Manager Kim Voss made a speech. Kim talked about how the Community Foodies program has grown from a single site program established in 2001 in Noarlunga (south of Adelaide) in response to an expressed community need. The program today is a priority program within SA Health, with 267 Active Foodies, 62 program workers, 107 local program partnerships at 21 sites around metro and rural South Australia.

Foodies were presented with a gift in recognition of their work. This year

Foodies at the event were presented with a "Healthy Food Fast" cookbook, showcasing healthy recipes that help increase fruit and vegetable intake and kindly donated by the Swap It campaign. Additionally, Foodies received a very special, celebratory calendar containing a collection of recipes, comments and quotes. This calendar was developed in appreciation of the work Foodies across the state have done over the past ten years. The day ended on a sweet note, with the celebratory cutting of the anniversary cake.

Central Eastern Foodies

Easyfeast Update



Easyfeast packs developed by Central Eastern Foodies on the shelves at Community Food SA

Time has flown so quickly since writing the last Easyfeast article for the Foodies newsletter back in October 2010. During this time the Central Eastern Foodies have experienced many highlights and changes.

To recap, in May 2010 our Foodies hosted a successful launch of our photographic cookbook that featured five of the original meals in the easyfeast range available from Community Food SA. The launch invited guests to gather for a morning of cooking, demonstrations and tastings. It was a great morning and was enjoyed by all. We followed the launch by putting our humble little cookbook on the Community Foodies website in

October 2010. Since its launch there has been an average of 50 hits per month.

2011 brought a new direction to the easyfeast project, as the supplier of our meal packs, Community Food SA relocated from their premises at Kilburn to a new larger premises at Main North Road, Gepps Cross. Community Food SA is staffed by volunteers who pack the easyfeast meal packs for sale. The new premises includes a meat packing room which will mean that we can now provide more variety in our meal packs.

Mid-year of 2011 our partnership with Lutheran Community Care in Kilburn unfortunately ended and

we were fortunate enough to have been welcomed and supported by the volunteer services at Lyell McEwin Hospital.

In 2011, we were joined by a new intake of Foodies who are based in two of the local schools and two of our Foodies, Bronni Mart and Sarah Murray began the creation of our newest meal packs and started weekly food tasting at Community Food SA. The latest range of meal packs available now include:

- > Chicken Fried Rice
- > Chilli Con Carne
- > Apricot Chicken
- > Chicken Cacciatore
- > Vegetable Slice

This work and the inclusion of a brightly coloured banner which was funded by our partners from OPAL, the past twelve months has seen increased sales and interest in our project.

So what does 2012 have in store for Central Eastern Foodies, the easyfeast project and our partnership with Community Food SA? With luck and good management we plan to expand this range and spread further the message of healthy meal options for families.

Sarah Murray – Central Eastern Community Foodie

Eat a Rainbow – Nunga Style

Port Elliot Primary and Mount Compass Area School

Last year, Nunga students along with a non-Nunga friend of their choice participated in an 'Eat a Rainbow – Nunga style' food and nutrition session held by Nina Oughton (ACEO and Foodie) with the support of Foodies, Lyndall Mather and Csilla Bereczki. The students had fun with a blindfold quiz where they had to guess the fruits and vegetables through feel, smell and taste only. The students also got to make fruit skewers using the colour scheme of the Aboriginal and Torres Strait Island flags. Our aim was to introduce new fruits and vegetables, educate the students on the benefits of eating a rainbow of fruits and vegetables, why it is important to drink plenty of water daily and give each student the opportunity to try everything at least once. Every student put on their brave faces and tried every type of fruit and vegetable we had set out. A huge effort by all involved. Students left with a certificate of participation and a goodie bag to take home.

Nina Oughton – ACEO and Fleurieu Community Foodie



Nunga Fleurieu Foodie – Nina and Foodie Program Worker – Mel, displaying a Nunga-style Eat a Rainbow 'yayun kainggi' tasting experience; featuring different coloured fruit and veg such as quandongs, lychees, sweet potato, capsicum, beetroot and beans



Fleurieu Foodie Csilla & Port Elliott Primary School students taste tasting the 'orange' part of the rainbow



Fleurieu Foodie Lyndall & Mount Compass Area School students about to try green, red, orange & yellow fruit & veg

Fleurieu Food-N-Fun

Gabrielle Carter and Liz Boggiano are two Foodies who trained in 2011 with the Southern Fleurieu Health Service. Gabrielle and Liz facilitated a six session cooking program 'Food-n-Fun' at the Encounter Centre, Victor Harbor.

The Encounter Centre offers opportunities for people to engage in activities related to providing therapeutic activity and occupation, giving purposeful motivation to people with physical, intellectual and or psychiatric disabilities.

Gabrielle and Liz, who both have experience working and supporting

clients with disabilities, shared the Foodie Four Key Messages with twenty two participants.

The participants really engaged in the sessions, making shopping lists for each session followed by going to the shops to buy ingredients for: healthy breakfasts, lunches, dinners, desserts and healthy drinks ideas.

The participants enjoyed eating what they all made and some felt this was the best part!

Recipes, cooking tips and messages about the balance of a good diet and healthy eating were distributed and added into their recipe folders.

The last two sessions were spent preparing for the centre's Christmas lunch—a great way to finish off the very enjoyable cooking sessions.



Gabrielle Carter and Liz Boggiano – Fleurieu Community Foodies

Introducing African Foodie – Martha Kango



Martha – African Multicultural/ Northern Community Foodies.

Working with Foodies from diverse communities can be challenging as it is rewarding for both program workers and participants. Participants juggle many things in their lives, large families, learning English, study, meeting Centre Link obligations, and searching for work. Many of the culturally diverse Foodies are with us for a short time as they use the program to help them go onto further education and get a job. Martha is one such Foodie.

Martha was born in the Sudan and has been in Australia for 5 years. Martha participated in Community Foodies training at Salisbury Migrant Resource Centre in 2011.

Martha says “food is very different here, there is such a lot to choose from and

when I first came here I was overwhelmed by the variety and did not organise my food properly. Foodies has taught me to buy a lot more fruit and vegetables and that it is healthy for myself and my children.”

“I use the *shopping card* when I go shopping as I can now read the nutrition labels and buy food with less than 10 grams of fat and sugar and with less salt. I use the knowledge I have to tell others that ‘fruit and vegetables are better for the body’ and they should have less sugar, salt and fat. At home everything is organic and it is not here. We are concerned that our children here are now becoming ‘too big’ and we hope that if they have some nutrition knowledge they will not be in the future.”

“The best thing is to ‘cook for my family’ and not buy take away or processed foods. I am studying to become a Family Day Care Worker and am looking forward to being able to put the things I have learnt at Community Foodies in action, especially the Eat a Rainbow program for the children I am looking after.”

“I encourage my children to eat more fruit and vegetables everyday. One of their favourite recipes is ‘Martha’s

Salad’. My children love it!”

Martha Kango – African Foodie, Mary Ireland & Kirsten Hooper – Program Workers - Northern Cluster Multicultural Foodies

Martha’s Salad

Ingredients

- > ½ a lettuce
- > 3 tomatoes
- > ½ a cucumber
- > 3–4 spring onions
- > 1 clove garlic
- > 1 tablespoon peanut paste
- > 1 tablespoon lemon juice
- > 1 teaspoon olive oil

Method

1. Chop the lettuce tomatoes, cucumbers and spring onions finely and place in a bowl.
2. Add grated carrots and garlic.
3. Add peanut paste, olive oil and lemon juice and mix well.

Introducing Youth Community Foodie – Katie



Katie – Northern Youth Community Foodie

I remember hearing about Community Foodies in early 2011 and had an urge to participate straight away. As I study nutrition and food sciences at UniSA and always had a keen interest in becoming a volunteer, I knew that becoming a Youth Community Foodie would be perfect. It combines what I am passionate about whilst also helping and changing the community for the better. I completed my training and graduated as a Youth Community Foodie on the 16th of June 2011 with the Northern Cluster at Shop front Youth Health & Information Service in Salsbury.

I am 22 years old and as mentioned currently studying Nutrition and Food

Sciences at UniSA and I'm almost finished, yay! I am also a qualified personal trainer and in between this I work in a surf retail store part time. A healthy lifestyle is very important to me but educating and helping people out in the community about how to have a healthy lifestyle is most important. I hope to continue to teach people that making healthy food choices – together with adequate and fun exercise and a positive attitude, can help them get the most out of life.

There are a couple of projects I am currently involved in that have proved very successful in the past and new plans are coming together to keep these projects ongoing for the future. The first project was the 'Food Parcel Project' which involved planning, developing and packaging easy, affordable and healthy food parcels.

Two meals were brainstormed and included Stir fry and Spaghetti Bolognese. These packs included nonperishable food items, a recipe and methods card and a five dollar voucher for the local fruit and veggie shop. The packs were named 'Quik-n-Easy' and were packaged and delivered by Youth Foodie volunteers for distribution to the organisation Twelve25 over Christmas. As these were a HUGE success, two new meals have been decided on and the packaging process will start again. The second is the 'Healthy Breakfast Choices' project. This was previously set up at Salisbury Tafe and included cooking demonstrations throughout the mornings to show that breakfast meals can be easy, delicious and nutritious. These Breakfast mornings will be running at different TafeSA venues throughout the year. I am also involved

in writing a 'Community Foodies' article in the Lyell McEwin hospital newsletter providing them with recent Foodie activities including photographs, healthy eating tips and healthy recipes.

It's a great feeling when I hear about how well a program or activity has run, especially when I have been a part of it as you know then that all the planning has paid off and it makes it all worth while. The fun we have as a group when out in the community volunteering is irreplaceable and knowing that we are having fun whilst helping others and the community is extremely satisfying. I am glad I took the step in becoming a Youth Community Foodie and am privileged to have met everyone along the way, especially my mentors Susan and Ginetta who trained and supported us throughout the past year.

Youth Community Foodie's Healthy Breakfast Activity

Recently as part of a Youth Community Foodie program, Foodies from Shopfront Youth Health & Information Service and other organisations such as Twelve25 (Salisbury Youth Enterprise Centre) and OPAL (Obesity Prevention & Lifestyle) set up some demonstrations at Salisbury Tafe to promote healthy

breakfasts in the morning for one week of the last semester of 2011. Foodie volunteers cooked three different breakfast meals each morning to promote healthy breakfast choices and to show that it can be easy to make something nutritious and delicious. Some of the healthy breakfast choices

included:

- > crunchy fruit bars
- > breakfast smoothies
- > avocado, spinach, egg and tomato wrap
- > banana and apple toasties



Youth Community Foodies demonstrating how to make a healthy breakfast at the local Tafe

- > quick apple oats
- > banana weet-bix pancakes
- > carrot and parsnip muffins
- > muesli, semolina or sago
- > toasted tortilla sandwiches
- > raisin bread French toast
- > stuffed mushrooms.

Cooking demonstrations, taste testing and healthy food tips were all key factors during the Breakfast sessions. Salisbury Tafe has a multicultural atmosphere and it was very fulfilling to see many of the Tafe students getting involved in the demonstrations. Students were stepping up and trying different foods, taking recipes and other healthy eating brochures, watching the cooking demonstrations and taking a keen interest in our Foodie

healthy breakfast messages. "Overall the breakfast program was a success, with many positive comments coming in from both staff and students," expressed Simon Wright, Student Liaison Officer at the Tafe (who ensured he was the quality control officer for the week trying all the different foods!). Foodies, along with organisations such as Twelve25 and OPAL hope to complete more breakfast demonstrations in the future at different TafeSA venues.

So why is eating breakfast important?

- > After sleeping all night, therefore fasting, eating breakfast breaks the fast and gives the brain and body energy for the day.
- > A good breakfast leaves you satisfied and can stop over eating later in the

day. Good for weight loss!

- > Adults at work and children at school tend to function better, have more energy, are less tired and are more productive.
- > Breakfast is a great opportunity to choose very nutritious foods such as whole grains, fruits and dairy products which give you required vitamins and minerals.
- > For those of you who don't feel hungry in the morning, start small. Grab a piece of fruit or tub of yoghurt and increase what you consume as the days go on.
- > Pack foods and take them with you if lack of time is a factor.
- > Plan ahead. Try waking up slightly earlier so you can enjoy a healthy breakfast!

Healthy Breakfast Recipe



Raisin Bread French Toast

This recipe was used as part of the Breakfast mornings at Salisbury Tafe – they were super yummy and extremely easy to make (we ate a 'few' ourselves!) Time: 5 mins preparation and 15 minutes cooking. Serves: 6

Ingredients

- > 2 bananas, peeled and roughly chopped
- > 1/3 cup milk or soymilk
- > 1 egg white
- > 6 slices of raisin bread
- > 1 tablespoon margarine

Method

1. Place the bananas, milk and egg white into food processor and blend until smooth. If a food processor is unavailable, mash banana well, then whisk in milk and egg white until smooth. Transfer mixture into a shallow bowl.

2. Dip bread one piece at a time into mixture and turn to coat both sides.
3. Heat one teaspoon of the margarine in a non-stick frypan over a moderate heat. Add bread and cook for 2 minutes each side until golden. Repeat with remaining slices of bread, adding more of the margarine for each slice of bread.

Adapted from:

<http://www.sanitarium.com.au/recipes/banana-french-toast>

Katie Kiosses – Northern Cluster Youth Community Foodie



Welcome to new Whyalla Community Foodies!



Pictured: Foodies Lindsay Mann, Damien Knott, Adam Setford, Janette Ridge, Kate O'Brien (Dietitian), Brenda Groffen, Rosemary Levering, Jewella Walls, Margaret Davies and Cheryl Skinner.

The second half of 2011 brought the Whyalla Foodies program exciting times with eight new community members being trained as Community Foodies. This takes the number of trained Foodies in Whyalla to twelve, including four original Foodies.

The training was conducted at Whyalla Hospital and Whyalla City Council.

Some highlights of the training were a supermarket tour and a label reading exercise. Each week the new Foodies were encouraged to prepare a healthy lunch from food provided at the training. The Foodies really enjoyed making rice paper wraps which was a real learning curve for all present! The Foodies and Program Workers

celebrated their graduation at a Christmas lunch last December at the New Whyalla Hotel.

Well done and welcome to a great new group of Foodies!

Cheryl Skinner – Whyalla Community Foodie

Whyalla NAIDOC Fun Day



Whyalla Program Workers & Foodies at the NAIDOC event

Whyalla Community Foodies, Evonne Cassar, Carmela Hoffmann and Cheryl Skinner were invited by the Nunyara Wellbeing Centre to participate in the NAIDOC Fun Day again this year which was run in collaboration with Whyalla Council's OPAL program and was held at the Whyalla Central Football Club.

Community Foodies and OPAL presented 'Make it a Fresh Snack' and 'Eat a Rainbow' activities. Children

were encouraged to try different coloured fruit including fruits they hadn't tried before. The children enjoyed all the fruit that was available with many coming back for more which was great to see!

Overall we served roughly 200 children and adults during the day.

Cheryl Skinner – Whyalla Community Foodie

Introducing Western Community Foodie – Janet

My name is Janet and I am a Community Foodie with the Western cluster Foodies program (volunteer of the City of Charles Sturt Council). I trained with workers Janet, Sarah and Paula at Port Adelaide Primary Health Care Services in 2010. I grew up in a family of women where food and cooking was a dominant culture and the kitchen was always the centre of activity. I became a Foodie because of my love of food and cooking and because Sarah thought I had excellent potential!

The Foodies program has allowed me to expand my knowledge and diversify my experiences with food and cooking. It has challenged me to try new foods

and recipes (lentils is one of them!), and introduce these to other people. I've learnt to be creative and inventive when it comes to cooking and have tried things that I never would have tried before my training.

The main activity I've been involved in since 2011 is a Low Cost Living program at Uniting Care Wesley Bowden. It's run together with a financial counsellor for four weeks, several times a year and certainly keeps me busy! The program covers healthy eating on a budget, label reading, general money saving ideas and includes a cooking component followed by a shared lunch. It is attended by community members of various cultures

and backgrounds, which is great as it has opened my eyes to different traditions, and also the interesting experience of working with an interpreter!

What I really enjoy from running this program is being able to help people with health issues and limited cooking skills. Hearing their wonderful feedback and that they've tried and learnt is very rewarding for me. My future plans are to continue in this role at Uniting Care Wesley and to keep helping people!

Janet – Western Cluster Community Foodie

Janet's Microwave Salmon & Asparagus Frittata



I love this recipe and use it regularly in the activities I run as it is quick and easy to prepare. It is cooked in the microwave, making it an excellent fail proof recipe for someone who's new to cooking.

Ingredients

- > 4-6 eggs, lightly beaten
- > 210 grams can red salmon, drained
- > 310 grams can asparagus, drained
- > 1 medium onion, chopped
- > 1 cup grated low fat cheese
- > ½ cup fresh parsley, chopped
- > 1 teaspoon curry powder
- > 1 tablespoon fresh dill, chopped (optional)

Method

1. Combine all the ingredients in a large bowl.
2. Mix well.
3. Pour into a greased 23 centimetre pie dish, cover.
4. Cook in the microwave on MEDIUM for about 12 minutes or until almost set.

Stand for 5 minutes before serving.
Note: Alternatively cook on stove top until set, and finish off under the grill.

Janet – Western Cluster Community Foodie



Onkaparinga Foodies Promoting Healthy Eating on the Airwaves!



Onkaparinga Foodie, Linda

In February 2012 Coast FM Radio station were having a month of promoting Community Programs. I was asked if I would like to talk on radio about the Community Foodies Program. I had never been on radio before but thought it would be a great experience. I equipped myself with the facts about how many registered Foodies there are and the diverse programs that Foodies are involved in, for example: disability

programs, community gardens, Eat a Rainbow programs, working with pre-schools, senior's groups, and men's cooking programs, label reading, supermarket tours, and the many more Foodies programs that are happening throughout the state of South Australia promoting the Foodie four Key Messages for healthy eating: Eat More Fruit and Vegetables, Eat Breakfast Everyday, Eat More Whole Foods, and Drink More Water. I talked about the Foodies website as a great place to go to for information and great recipes. I also gave the web address for the Go for 2&5 website.

I talked about how great it is to try a different vegetable or fruit that you would never have eaten before and how you can add it into a recipe for a great new food experience. I also talked about how you can download wonderful recipes and seasonal fruit

and vegetable charts from the Go for 2&5 website.

I spoke about how I trained as a Foodie in 2000 and now I have re-joined Foodies after an absence of 10 years, due to studying and working, but how I am passionate about the Foodies program and the work Foodies do for their communities. Since my return to Onkaparinga Foodies I have been involved in the Eat a Rainbow program for children and a senior's program.

I also informed listeners if anyone was interested in becoming a Foodie or required any information they contact Southern Primary Health and gave the phone number.

Linda Mann – Onkaparinga Community Foodie

Carrot Cake Cookies



This recipe is from Onkaparinga Foodie, Kelly Hendry and is used for Coorara Primary School Cooking sessions, teaching kids how to use the produce that comes from their school garden—in this case, carrots! The recipe makes approximately 28 cookies.

Ingredients

- > 2 cups of oats
- > 1 cup plain flour
- > ½ cup wholemeal plain flour
- > 2 teaspoon baking powder
- > 1 teaspoon cinnamon

- > ½ teaspoon nutmeg
- > ½ teaspoon ginger
- > ½ cup (125 grams) low fat margarine, softened
- > ¾ cup brown sugar
- > 2 eggs, at room temperature
- > ½ cup vanilla yoghurt
- > 1 teaspoon vanilla extract
- > 1 cup sultanas
- > 1 ½ cups grated carrot

Method

1. Preheat the oven to 180 degrees and line 2 baking trays with spray oil or baking paper.
2. Combine oats, flours, baking powder, cinnamon, nutmeg, and ginger and lightly stir.
3. Beat the butter and sugar in a bowl until creamy (approximately 2 minutes). Beat in the eggs, yoghurt and vanilla. Gradually beat this into the flour mixture then lightly

stir in sultanas and carrots.

4. Chill dough for 30 minutes (this step can be skipped—it makes the handling of the dough easier but is not essential in the cooking method).
5. Drop tablespoons full of mixture onto the prepared tins leaving a slight gap (they don't spread much).
6. Bake for 10 minutes or until golden and cooked through. Leave to cool on a rack and enjoy!

Notes:

- > You can substitute the sugar for pureed apple or apple sauce for a healthier version.
- > Greek or plain yoghurt can be used instead of flavoured.
- > Instead of all the spices (cinnamon, nutmeg and ginger) you could use mixed spice.

Kelly Hendry – Onkaparinga Community Foodie



Newly graduated Marion Foodies with Program Workers at the Glandore Community Centre

Welcome to new Marion Community Foodies!

On the 28th of March, twelve new Foodies graduated at beautiful Glandore Community Centre. This is going to be a strong and enthusiastic team as they join the small group of culturally and linguistically diverse Foodies who graduated last year. The combination of diverse backgrounds, life experience and work histories ensure that they will make a significant contribution to our community's awareness of healthy food choices.

A formal partnership between Southern Primary Health, OPAL and the City of Marion's Healthy Communities Initiative will create many opportunities for Foodie programs and activities in the Marion area.

Four part-time workers are responsible for the day-to-day running of the program, with guidance provided by each partner's management and the Community Foodies State Team. We

would like to thank them for their encouragement and support. We look forward to working together and celebrating our Foodies as they are going to make a real difference in the community.

**Marlies Riem – Program Worker,
Marion Community Foodies**



Introducing Outback Community Foodie – Colleen



Pt Augusta Foodie Colleen – Right

Eight hundred kilometres north of Adelaide, in the small outback town of Marree, Foodie Colleen Roberts is committed to improving the health of her community. Inspired by her family of four children, eighteen grandchildren, two great grandchildren and another three kin on the way, Colleen believes she has a lot to gain by being a Foodie.

Colleen wanted to explore ways to prevent health and obesity related issues without using medication. She decided to try balancing a variety of nutritious foods with regular exercise and as a result has seen huge improvements to her health. She wanted to share what she had learned with others. Colleen enrolled in a four year Lifestyle Health Promotion course,

focusing on good nutrition and exercise at Mamarapha College. She is currently in her second year of study. The Community Foodies program also appealed to Colleen, as the training encouraged her to explore new healthy, low cost recipes, whilst providing her with the knowledge which could benefit her family and others in her home town.

Some of Colleen's achievements in her local community are:

- > Working with the local store to supply more vegetables.
- > Teaching children at the local school about nutrition (especially to eat more fruit and vegetables).
- > Teaching others how to shop for food and cook with readily available ingredients (such as tinned and frozen vegetables).
- > Discussing healthy food choices with her community and motivating others to be physically active.

Currently Colleen is collecting recipes to create a community cookbook and exploring ways to grow herb and vegetable gardens.

Colleen receives ongoing support once a month during outreach visits from the Royal Flying Doctor Service Healthy Living Program Lifestyle Trainer, and the Dietitian from the Port Augusta Hospital and Regional Health Service. Colleen believes that the good relationship she has built with the outreach workers is invaluable. She learns from the health workers and they learn from her. "It's a true bonding in a sense, and a key to success when working with remote isolated communities".

**Lisa Lawton – Program Worker,
Port Augusta & Outback
Community 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 28 hours of training, typically over seven 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 & 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 and Professional Development (PD)

Foodies are paired with 'buddies'—professionals or experienced Foodies who mentor them and provide support and advice as required. Additionally, Foodies come together regularly for 'catch-ups' with all Foodies at that site. They discuss as a group program priorities, opportunities 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).

Workforce development

Foodies may undertake a packaged Skills Recognition process after six months as active Foodies. This opportunity is supported under a special arrangement with TafeSA Regional. Foodies that gain Skills Recognition and/or credit transfer for the four competencies will have a Tertiary Entrance Ranking (TER) score that will enable their competitive entry into TafeSA courses.

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

Onkaparinga

GP Plus Super Clinic Noarlunga
Phone: (08) 8164 9111

Central Eastern Cluster

GP Plus Super Clinic Gilles Plains
Phone: (08) 7425 8990

Western Cluster

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

Northern Cluster

Playford & Salisbury Primary Health Care Services
Phone: (08) 8252 9900

Lower North

Lower North Health (based at Clare)
Phone: (08) 8842 6522

Mid North

Port Pirie Regional Health Service
Phone: (08) 8638 4571

Port Augusta

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

Whyalla/Eastern Eyre

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

Marion

GP Plus Health Care Centre Marion
Phone: (08) 7425 8200

Gawler

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

Adelaide Hills

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

Murraylands

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

Southern Fleurieu

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

South East

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

Lower Eyre

Port Lincoln Health Service
Phone (08) 8683 2077

Riverland

Riverland Community Health Service
Phone: (08) 8553 4231

Kangaroo Island

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

For general enquiries contact the SA Community Foodies State Team at GP Plus Super Clinic Noarlunga on (08) 8164 9111 or visit www.communityfoodies.com