

Foodies News #5 August 2017

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Foodies News #5



CAROLYN DENT

Welcome to the 5th issue of Foodies News - your biannual news and updates in the world of Community Foodies. Foodies News aims to connect you to the great work that is happening by Foodies in their communities and regions, as well as updates, new resources, the latest training, and general program information.

There has been many changes in the SA Community Foodies program over the past 6 months. The Statewide focus finished at the end of March due to changes in funding. The program is currently active across the metro region of Adelaide and in a variety of country SA locations such as Roxby Downs, Murray Bridge and more recently Oodnadatta.

We are excited to share with you the evaluation report from our partnership with Flinders University. A big thank you to all Foodies who have been involved in this evaluation from being interviewed to filling out training questionnaires to giving out questionnaires to participants of Foodie programs.

Thank you for your continued passion to get alongside others to teach them the skills to make healthy eating choices to improve their overall health and wellbeing.

With thanks, ***Carolyn Dent***, Statewide Leader

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Update on Foodie Program

At the end of March, 2017 the program in its statewide format came to an end. Currently Foodies are active across metropolitan Adelaide, and in the country regions of Roxby Downs and Murray Bridge with Foodies currently being trained in Oodnadatta.

A review was done for the past 3 years of the program. This captures the time of management by UnitingCare Wesley Bowden in partnership with ac.care and UnitingCare Wesley Country SA*. Here are some recent statistics for the program:

| | |
|---|--------|
| Number of Foodie Training programs | 14 |
| Number of Foodies trained | 122 |
| Total Foodie sessions** | 853 |
| Number of participants attending activities | 10,366 |
| Number of community members at events or promotions | 8015 |

More detail on the sessions provided appears further down in:

[Updates from across the State](#)

*captures April 2014 to April 2017

**a session refers to either a one off education session or one week of a program or an event.

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Foodies Evaluation

As you may remember, Flinders University Nutrition and Dietetics Department worked with us to evaluate the Community Foodies program. We now have an evaluation report that presents some of the findings.

"The evaluation found significant improvements for Foodies and participants across all objectives of

- improving knowledge of healthy eating;
- improving attitudes to healthy eating;
- improving healthy eating behaviours.

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Foodies and participants felt respected and supported by program leaders and described overall satisfaction with the program."

A selection of results to share with you:

- Before training 46% of Foodies reported feeling not confident or somewhat confident to deliver healthy eating programs whereas 82% reported feeling confident or very confident at post-training
- Twelve per cent of Foodies infrequently read nutrition labels pre-training, whereas 84% reported reading labels 'most of the time' or 'always' post-training
- There was a significant improvement in reported consumption of vegetables per day in participants of Foodie programs. This increased from 56% of participants eating 3 or more serves of vegetables before the program to 80% at the end of the program.
- Participants enjoyment of eating a healthy diet improved significantly from 60% of participants before a foodie program to 94% of participants at the end of their program

Please read: Mehta K, Booth S, Dent C, Arbon C, Moores C, (2017), [Selected highlights of evaluation of SA Community Foodies program 2015-2016](#) . Flinders University of South Australia for more information.

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Foodie Training

So far, in 2017 Foodie training occurred in Roxby Downs with 6 volunteers graduating, Port Adelaide with 4 volunteers graduating and Enfield with 8 graduates. In addition, Playford Council delivered Foodie training to 5 staff members of Council who will use the skills they gained to deliver nutrition messages in the groups they are involved in in the Playford community.

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Foodies graduating from Roxby Foodie Training with Foodie Coordinator, Sasha.
From L to R: Deb, Sasha, Michelle, Claire, Sandy, Karena, Elicia



Foodies graduating from Port Adelaide training with Vanessa from Port Adelaide
Enfield Council and Sophie from UnitingCare Wesley Bowden.
From L to R: Vanessa, Ria, Alison, Libuse, Donna, Sophie

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Foodies graduating from Enfield training with Foodie Coordinator, Sophie.
From L to R: Sophie, Alex, Savitri, Grace, Paul, Barbara, Narelle, Luis, Deepak

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Updates from across the State

Murraylands

Desi and Jen are two foodies from the Murraylands group who are so passionate about the need for the Foodies program in their community that despite the program having to withdraw from many of our country regions they have continued to provide some Foodie programs in Murray Bridge. Jen writes below.

Desi and I have been busy this year running three groups in our town. In term 1 we ran a six week program at the Murray Bridge Community Centre covering topics such as food groups, serving sizes, whole foods, label reading, sugar, fat, fibre, budgeting, recipe modification and a supermarket tour. The skill for that session was then followed by cooking with themes of healthy snacks, breakfast options, and healthy take-aways along with some easy, basic family meals.

Looking to do something a bit different in Term 2 we decided to run a 'Bean Cuisine' group drawing on the knowledge we learnt last year during the International Year of the Pulse. We ran two sessions with the main focus being on the cooking of a number of dishes using green peas, chickpeas, lentils, soya beans (as tofu) and various other beans. The group enjoyed trying various pulses that they had not eaten before and learning how to cook with them. We hope to run another group on this topic next year.

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Salvo's provided the main ingredients used in the day's cooking for the participants to take home and cook the recipe during the week- this is proving to be a very beneficial relationship.

Country North

Roxby Downs

Foodies have been active in Roxby Downs so far this year with some new Foodies joining the group.

Here is a summary of the work the Foodies have been doing:

March

- Toddler Storytime session – reading book and owl toast activity – kids participated with parents

April

- OHSC (Out of School care) activity – kids with cooking/chatting/sugar demo
- National Youth Week – Making cold rolls for healthy lunchboxes
- Minyama Talk session – local aboriginal ladies group doing a 12 week challenge – cooking, demo, supermarket tour with label reading
- Happy Healthy Expo – Foodies stall with info and Healthy plate activity
- PD session for Foodies only with Callum Hann and Themis Chryssidis

June

- Wellbeing Week (in Roxby schools)
 - Session 1 – with older students – packing a healthy lunchbox
 - Session 2 – with special needs class – sugar in drinks demo + testing fruit infused water
 - Session 3 – with younger kids – 3 groups. Sugar in drinks demo/healthy plate activity
- Healthy Kids Menu Launch (Dunes Café) – stall talking to community members about key messages
- Market day stall – promotion in the community about the foodies program and tasty healthy



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Oodnadatta

We are excited to have the opportunity to deliver a tailored Community Foodie training to the Aboriginal community in Oodnadatta. This is currently happening with part of the training completed and two visits to go. Andrea, our Foodie Coordinator from UnitingCare Wesley Country SA has partnered with an Exercise Physiologist to provide both nutrition and exercise training. Staff at the local aged care centre and staff at the local health clinic have participated. They are planning on incorporating nutrition messages and activities and exercises with the residents of the aged care centre. The Aboriginal Health Workers who attended training are planning on running an exercise/boot camp for the community incorporating nutrition label reading and a fruit and vegetable challenge.

Special thanks to RDWA for funding this work in Oodnadatta.



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Metro

Foodies Cook Up a Storm

So far 2017 has been a busy year for Foodies in the metro region. There have been some changes to the way Metro Foodies connect, and now Foodie Catch Up meetings happen once every school term in each of the five metro Foodie areas: Onkaparinga, Marion, Western, Central Eastern and Northern. However Catch Ups now double as 'cook ups', including time for cooking together and sharing a meal, as well as a 'learning' topic and general program updates. So far this year we have covered the following:

Term 1: The benefits of lentils and legumes

Chickpea and pumpkin braise

Term 2: Label reading

Potato and spinach curry

Term 3: Food fads and facts

Vegetable and lentil cottage pie

Foodies also connect with each other via the Foodies closed Facebook page and other means.



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Foodies Retraining & other Learning Opportunities

During April, existing Foodies were invited to two days of Foodies retraining, which covered key topics from the traditional six-week Foodie training. Volunteer Dietitians Tania and Cecilia who ran the retraining covered the Australian Guide to Healthy Eating, the Community Foodies 'Four Key Messages', and tips for planning engaging Foodie programs. As usual cooking and enjoying food together were included on both days and were a highlight of the training for many.

So far this year a number of Foodies have also participated in other learning opportunities, including an insightful trip to family-run mushroom farm SA Mushrooms, Red Cross FoodREDi training and learning about halal cooking by Sophia Katari from Junction Community Centre, just to name a few.



Programs In the Spotlight

Anglicare Mental Health Respite program

As part of Anglicare's respite program for carers, a number of Foodies have facilitated fun and educational cooking sessions with Anglicare clients with a mental health condition.

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understanding of healthy meals in their local area. Thank you Ros and Mandy for being fantastic facilitators of these sessions at Elizabeth, and to Bec, Rebecca, Rose and Savitri for your invaluable involvement at Prospect.

Feedback from the requesting organisation:

“The facilitators were excellent in presenting to a group with varying mental health, physical, intellectual challenges and behaviours. They supported all individuals in the cooking activity as well as during nutrition discussions”

Family By Family program

Family By Family is an organisation that supports families in hardship to ‘survive and thrive’ in the challenges they face. Similarly to the Foodies program, volunteer families support families in need by sharing their own knowledge and experiences with them. Christine and Lawrence facilitated a four-week healthy eating program to the volunteer families for their own benefit but also so they could pass on this information to the families they support. The Foodies had a key focus on healthy eating on a budget, and also covered The Australia Guide to Healthy Eating and serving sizes, sugar in drinks, healthy lunchboxes and more. Well done to Christine and Lawrence for passing on your knowledge so it can be shared with many others!

From the evaluation we can see that across all areas of attitude, knowledge and healthy eating behaviour there was an improvement as a result of the program. The greatest shift was seen in confidence to eat a healthy diet most days. This was a shift from 50% of participants before the program to 100% of participants at the end of the program

Cottage Kitchen & Enfield Community Centre programs

Port Adelaide Enfield Foodies have facilitated numerous programs of 4-6 weeks in length to local residents on low incomes out of Cottage Kitchen, Port Adelaide and from Enfield Community Centre. Each of these sessions has included nutrition education based on the Foodies standard programs or Red Cross FoodREDI program, follow by cooking delicious, healthy and budget-friendly meals. Previous participants from the Cottage Kitchen program during Term 1 have returned to attend the subsequent Foodies program during Term 3, also bringing along peers who could benefit from the program. This shows their keenness to reinforce and build on their healthy eating knowledge and repertoire of healthy meals. Thank you all Port Adelaide Enfield Foodies, we love your enthusiasm and so appreciate your involvement.



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Partnerships

Thanks to the many organisations we partner with to provide the Foodie program to the community.

In particular our key partners -



UCWB



SA Community Foodies is funded by SA Health

Foodies News is brought to you by the Foodies Team at UCWB.

For more information or to give us your feedback
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