



# Community Foodies Newsletter



Local people supporting local communities to make healthy food choices

Edition 4 June 2011

## Premiers Awards 2011

On Monday the 4th of April, sixteen of us representing the SA Community Foodies program attended the Premier's Awards Ceremony. It was an exciting night as we were nominated in Category 5 - Building Community. There were two other nominees in this category, 'Expect Respect' - a drama based legal education for safe and respectful relationships. Sadly we didn't win in our category but the SA Drought Support Program did.

Getting to the nomination stage was a huge effort by the State Team and a credit to Program Workers and Foodies. Our promotional film piece on the night was excellent and will be made available on the SA Community Foodies website. Now Mr. Rann knows about Community Foodies!

Thanks to our four Foodies who were voted by their sites to attend the night. They are very active and passionate members of their local communities; Sam Evins (Central Eastern Foodies), Cheryl Skinner (Whyalla Foodies), Stacey Wright (Western Foodies) and Marlene Wiechmann (Onkaparinga Foodies).

Thanks to our State Team, our Strategic Management group members Raven North and Molly Wakely, our Alliance Chairpersons - Sarah Bradley and Janet



*Foodies Marlene, Pam, Cheryl and Sam celebrating at the Premier's Awards night.*

Thompson, Elizabeth Becker (Onkaparinga Program Worker), Liz Sanders (Project Manager on leave) and Manager of Health Promotion Branch, Penny Thyer.

Thanks to the Alliance (Program Workers network) who, along with their Foodies wanted to raise the profile of SA Community Foodies and Raven North for encouraging us to put in an expression of interest before Christmas last year.

Congratulations goes to our Southern Primary Health colleague Sue Elliot who was a nominee for the Individual category with her project - Neighbourhood Houses Healthy Eating Initiative where two Onkaparinga Foodies, Pam Jones and Marlene Wiechmann were involved. Foodies are every where!

**Kim Voss - SA Community Foodies Acting Manager - State Team**

### In this edition

2010 Foodies Recognition Event	2	Longest serving Foodie receives International Women's Day Award	7
Introducing Inner Southern Foodies	3	New Community Foodies - Lower North	8
Kate's Couscous Salad Recipe	4	Mid North Parents Activity Group	9
Building connections through cooking	5	Introducing Northern Foodies Jan, Fil & Kathy	10
New Community Foodies at Onkaparinga	6		



Government of South Australia  
SA Health



*The first Foodie graduation back in 2001.*

## Happy 10th Birthday SA Community Foodies!

It is ten years since Community Foodies began. In response to the introduction of the GST in 2000, local residents and health workers in the Noarlunga area were concerned about how the GST might impact on the cost of food, and eight local residents participated in an advertised forum. They decided to facilitate interactive awareness sessions (quizzes) about the foods included or excluded in the GST to their local networks, such as schools and kindergartens, over a 5 month period.

A peer education model was used to build capacity of community members to take action on food related issues and from that Community Foodies was born in May 2001.

It started in 5 sites and is now established in 21 sites around South Australia! The program continues to inspire and motivate volunteer Foodies and Program Workers to take action and deliver healthy eating programs which improve the health of our communities.

What great foresight and innovation shown by our founders and what creative work by many along the way which has consolidated the current program.

Congratulations to every one and we look forward to the birthday celebrations in November as part of the Recognition event.

**Kim Voss and the State Team**

# 2010 Foodies Recognition event - Fo



*Graham from the Food Forest showing a group of Foodies and Program Workers through a leafy part of the forest!*

Each year Foodies from across South Australia are recognised and thanked for the work that they do within their community. On November 30th 2010, the Recognition event was held at the Food Forest at Gawler. There was a great turn out of Foodies and Program Workers to celebrate the fantastic work they do. The day started off with morning tea and Food Forest produce tastings, followed by a game of 'People Bingo' which got everyone mingling & having a laugh! Foodies and Program Workers were then divided into three groups (appropriately named after Food Forest produce!) - 'Pistachios', 'Figs' and 'Pomegranates' and taken on an informative tour around the Food Forest. This featured: organic

food production, biodiversity, integrating animals into garden/farming systems, sustainable buildings, water efficiency, sustainable food (seasonality & food miles) and personal behaviour changes. Anne-Marie from the Food Forest talked about the origins of the food that was presented at lunch and sustainable ways to source food. A buffet style lunch was served featuring Food Forest and locally sourced produce. Foodies work was recognised by the State Team giving each Foodie a kitchen compost caddy. Overall - everyone had a fantastic day, gained lots of inspiration and gardening tips, enjoyed the opportunity to tour the Food Forest and talk to other Foodies and Program Workers from other sites across the state.

# Food Forest

Some of the comments from the day:

“ Beautiful food, people and ideas ”

“ Realising that when groups get together, it can inspire you that good can be achieved ”

“ Inspiration to act in more sustainable ways and the enjoyment of being a part of a great program ”



Back row (left to right): Nuwanthi Hewa Dewage; Marlies Riem (Cross-Cultural Worker); Rosita Kartono. Front row: Karina Jimenez Arzamendi; Romana Butt; Sarah Thomas (Dietitian); Eshrat Valipour; Bronwyn Pinkster.

## Introducing Inner Southern Foodies

Shortly before Easter, the first group of Foodies in Marion finished their training. The sessions were held at the recently opened Forbes Children’s Centre in South Plympton. This was not only a lovely venue but also a good place to start exploring future activities.

The enthusiasm and commitment of our Foodies were truly remarkable and their cultural diversity blended beautifully. The Foodies’ countries of origin include: Iran, Indonesia, Sri Lanka, Pakistan via Kenya and Mexico. Profiles, stories, quotes and recipes will no doubt find their way to future newsletters. Throughout the course the Foodies shared many examples about positive food-related changes

in their own families, including ones resulting from knowledge gained during the training.

We would like to thank the State team for their guidance and support, which was much appreciated in what was for us a brand-new venture. We are working in a formal partnership with OPAL and are developing many local connections via the City of Marion and a range of other service-providers. With requests for presentations already received, these Foodies are keen to start implementing their knowledge and skills, supporting local communities to make healthy food choices.

**Marlies Riem - Inner Southern Foodies**



Foodies and Program Workers touring the Food Forest together.



Foodies and Program Workers learning about how lettuces grow.



# Introducing Community Foodie Kate



*Main Picture: Western Foodie Kate. Inset: Kate with Lyn demonstrating carrot and walnut muffins as a part of one of the cooking workshops.*

My name is Kate and I am a Community Foodie with the Western Foodies program (volunteer of the City of Charles Sturt Council). I trained with Janet and Paula at Seaton Central in 2008. As a mum with young, fussy eaters and as a type 1 diabetic, healthy & interesting food has always been a priority for me. The Foodies program has really opened the door for me to learn more and also to teach others about making healthier choices.

The activities I have been involved with include working with my daughter's kindy; we did a range of sessions including healthy mini pizzas, funny fruit & veggie faces & growing broad beans to make a broad bean dip. I had a great time working with all the

children & teachers, it was great experience.

Since then I have been involved in the Cheap, Easy Eats program doing cooking demonstrations and helping the participants do cooking themselves. This gave me confidence to run the cooking workshops at Port Adelaide Primary Health Care Service with Foodie Lyn. The community members who attend learn about cooking healthy meals on a budget, and we have had very positive comments; tasting new healthy recipes that are easy to make at home. We have run 4 workshops on topics including; pantry basics and drying, storing and using herbs and healthy barbeque cooking. They are great fun for getting involved with cooking & sharing ideas!

I also love our catch-ups, it is such a great opportunity to share ideas & get inspired by others! Most recently I have started a TAFE course to broaden my knowledge and for my first presentation I chose to talk about Community Foodies. This was such a highlight for me; it was fantastic to share my passion with others. The feedback was so positive, with everyone asking lots of questions and wanting more information. I have learnt that food is universal & Community Foodies has something for everyone. By sharing our knowledge as Foodies we are getting the healthy messages out there!

**Kate - Western Foodies**

## Kate's Couscous Salad (serves 6-8)

### Ingredients:

Inspired by Jamie Oliver with a Foodie flavour!

- > 1 ½ cups uncooked couscous
- > 2 cloves garlic, crushed
- > 1 red onion, diced
- > 1 tomato, diced
- > 3-4 mushrooms, diced
- > 1 ½ cups spinach, chopped

- > ½ cup parsley, finely chopped
- > 1 small zucchini, grated
- > 1 teaspoon olive oil
- > Black pepper (to taste)

### How to make it:

1. Prepare the couscous with water as per packet directions.
2. Next crush the garlic; dice the onion,

mushrooms and tomato; chop the spinach and parsley; grate the zucchini.

3. Mix all the veggies with the couscous and olive oil. Add pepper to taste.

*Tips: This is delicious warm or cold. You can make a variation by adding 3-4 slices (about 100g) of ham and mix in any veggies you like! A great salad for barbecues!*

**Kate - Western Foodies**

Rehanna modelling an activity with Nunga Yakarti kids.



Two local mums Lauren Stringer (left) and Jasmin Brown (right) cooking at Nunga Yakarti playgroup.



# Port Augusta Foodies in the early years: Building connections through cooking

When it comes to Closing the Gap we all know nutrition has a big part to play; the challenge lies in supporting families to make changes in the context of complex social and economic barriers. Rehanna Coulthard is doing an incredible job of breaking down these barriers in Port Augusta, through her work as a Foodie and Aboriginal Family Support Worker at the Early Years Parenting Centre.

Rehanna trained as a Foodie in 2010, which was made possible through a partnership between OPAL and the Port Augusta Hospital and Regional Health Services. Since then she's been integrating nutrition education into her role at the Early Years Parenting Centre. The centre continues to be supported by the local Health Service Dietitians; however having an Aboriginal person running nutrition programs makes all the difference when it comes to building a consistent and familiar welcoming environment.

Rehanna has been working intensively with a playgroup for parents and their Aboriginal children. One of the great outcomes from the group is that participants get to know parents and carers from other family groups, and service providers, so it builds a network of trust between professionals and the community.

"I work hard to model fun, interactive play ideas at each session", says Rehanna. At one playgroup we were invited to sit in on an activity using a story book Rehanna had made about cooking modern and traditional bush foods; it was all about what goes on the camp fire, in the oven and in the fridge.

The food pictures were laminated and were attached to the pages using velcro backing. The kids had a great time picking up each food and talking about how it is eaten and where we store it. She explains, "the story also helped us get a message

across about healthy food choices as well as food safety and fire safety."

Rehanna feels that one of the best things about being a Foodie is hearing the participants report back on what they've tried at home, and new ways they've adapted the recipes. "We often use the Deadly Tucker cook book because it has a user-friendly format and lots of practical recipes" One of the most popular recipes was the simplest: the tropical pizza fingers.

"It sparked a lot of discussion about how home made food can be great fun for kids, and much cheaper than pre-packaged alternatives."

We have also learned a lot from working with Rehanna, which is the real benefit of the Foodies model in building understanding across cultures. We look forward to more stories, food and fun over the coming years!

Camilla Leaver  
Opal / Port Augusta Foodies

# New Foodies for Onkaparinga

A new group of Foodies have recently graduated at Onkaparinga. We had a great deal of interest in the program, and seventeen people graduated in early May. We have had a focus on working with agencies in the local area to 'embed' new Foodies into programs straight away. New partners to work with us include The Smith Family, and Learning Together, a school based program operating here at Christie Downs Primary School and O'Sullivan's Beach Children's Centre. The City of Onkaparinga is an ongoing and wonderful partner for the program in this area also, and most of our sessions were held in the Civic area at Council.

One highlight was the graduation of two more male Foodies for this region. We have never had many male Foodies here - in fact only one previously - so it is great to have a couple more! One, David, is a very active dad, and is keen to work with children, and the other, Jonathan, is our first graduate who has previously participated in programs run by Foodies in this community.

In one of the sessions we all went to the Community Garden at Hackham West and looked at the produce and then shared healthy pizzas made in the pizza oven there. It was a beautiful day, and with the contributions of current Foodies involved in the garden was a really special session.

In the final session of the Foodies training, we had an amazing variety of presentations from the participants on topics as wide-ranging as:

- > Pantry staples
- > Healthy lunch box ideas for kids



*Newly graduated Onkaparinga Foodies.*

- > Carob, what it is and what to do with it
- > Recipe modification (including a taste test of the most amazing 'modified' cheesecake)
- > Cooking with children (including a fantastic role play from pretend 5 year old and pretend mum!)
- > End of the fortnight cooking (including a demonstration of 'Pancake Soup', a family favourite of one of the participants)
- > Vegetarian cooking (including great tastings)
- > Cost comparisons for healthy and unhealthy foods for kids
- > Safety and hygiene in the kitchen
- > The 'Swap it don't stop it' campaign

The training sessions were made available to all current Foodies to come along and get a refresher if they wanted to. We also had current Foodies participating in presenting different topics in each of the sessions, which was a great way to connect the new group with the more experienced Foodies, and to capitalise on the expertise of those who have been doing Foodies for a while now.

We are really thrilled to have a new group to work with - they are a fantastic enthusiastic bunch, and a great addition to our southern Foodie 'family'.

**Elizabeth Becker**  
Onkaparinga Foodies

## Pancake Soup (serves 2-4)

### Ingredients:

- > ¾ cup wholemeal flour
- > ¼ cup corn flour (makes the pancakes light and fluffy but can be omitted)
- > 1 egg
- > 2 ½ cups skim or no fat milk
- > Low salt chicken, beef or vegetable stock
- > Chopped chives (for garnish)

### How to make it:

1. Sift dry ingredients into a bowl. Add egg and milk and mix well so that there are no lumps. Chives or other herbs can be added to the pancake mixture if using.
2. Lightly grease fry pan. Pour in mixture, just enough to cover pan. Fry both sides until golden brown.

3. Roll up pancakes & cut into 1cm slices.
4. Place slices in soup bowls. Heat up stock and pour over pancake slices and garnish. Cooked vegetables could also be added to the soup.

*This is a traditional German recipe but I have adapted it to make it healthier.*

**Sonya Kling** - Onkaparinga Foodies



## Spiced Pumpkin Cake (serves 10-12)

### Ingredients:

- > ½ cup low fat margarine
- > ½ cup brown sugar
- > 2 eggs
- > 1 cup mashed pumpkin
- > 1 cup self-raising flour
- > 1 cup wholemeal self-raising flour
- > ½ teaspoon of each: cinnamon, nutmeg, mixed spice and ginger (leave out any spices you don't have - it's still good with less spice)

- > ½ cup buttermilk or low fat natural yogurt (if you don't have buttermilk - it can be made by stirring ½ a tablespoon of vinegar or lemon juice into ½ a cup of regular milk, then leave for 5 minutes)
- > ½ cup chopped macadamias, pecans, hazelnuts, walnuts or almonds (for scattering on top of cake - optional)

### How to make it:

1. Cream margarine, sugar, spices; add eggs one by one; fold in flour, pumpkin, milk or yogurt gently.

2. Pour into a greased pan (loaf tin or 20cm round tin) lined with baking paper.
3. Scatter on chopped nuts (optional)
4. Bake in a preheated oven at 200° celcius until the cake springs back when you press it gently in the centre - about 45 to 55 minutes depending on your oven!

*This recipe came about when my veggie patch was over flowing with pumpkins.*

**Rachel - Onkaparinga Foodies**

# Longest serving Foodie receives International Women's Day Award

One of our local Foodies was recently awarded an International Women's Day Award from one of our local Members of Parliament. Gay Thompson, the state member for Reynell, holds a dinner each year for International Women's Day, and acknowledges local women who have made significant contributions to our community, with an award for their service.

This year is the 10th anniversary of the founding of Community Foodies, here in Onkaparinga. Since that time we have had approximately 7 Foodies training programs, with many people contributing to the program over the years. Only one Foodie however, Angela Beauchamp, has continued to contribute throughout the whole 10 years as an active Foodie. She was nominated by another Foodie, Sharon Russell, and they both attended

the dinner held at the Southern Districts Workingmen's Club in early April. Angela received a framed certificate and a beautiful Cyclamen.

Angela has worked on a number of programs over the years, including the 'Cooking Utensils' program. This is a budget cooking program run especially for people with little cooking experience, where we provide basic cooking equipment each week along with the cooking session.

One of the most valuable contributions Angela has made locally is with catering for events and activities. Angela is a great cook, and has a wide range of delicious dishes that she makes for groups, and for meetings and activities. This enables us to put 'healthy eating' on the agenda of programs which are often run for other



*Sharon Russell and Angela Beauchamp at the International Women's Day Awards dinner.*

purposes. Angela's light lunches provided for women's groups have been really appreciated by participants, some of whom have said that they are the best meals that they eat all week.

Angela who has had her own health concerns contributes to other local organisations as well as being a parent. We have really appreciated her contributions to Foodies over the years, and congratulate her on being the longest serving Foodie in SA and on receiving this award!

**Elizabeth Becker  
Onkaparinga Foodies**



*Back row (left to right): Julie Bowen, Roz Rowett, Tracy Palmer, Anne Sommerville, Lynette John, Tracy Weatherley, Philip Scarles, Laura Hadley, Karen Seneca, Cheryl Koglin. Front row (left to right) Annie Nicholls, Christine Cheer, Elaine Ashton, Meg Smyth.*

## New Foodies for the Lower North

Fifteen local community volunteers graduated as Community Foodies from a recent seven week Community Foodie training course. The program was run in Clare and coordinated by Yorke and Lower North Health. Carolyn Dent (Healthy Weight Coordinator) and Kate Jenkins (Community Development Officer), the co-facilitators, were very proud to welcome these new graduates from Riverton, Saddleworth, Tarlee, Clare, Balaklava, Watervale and Auburn into this

exciting new program for the region. This group of Foodies have a wonderful range of skills and abilities that they bring to the program and will be an asset to our health service and the broader community. They will be working with schools and the community to provide activities across all ages to promote and advocate for healthy eating.

The passion demonstrated throughout the training was infectious and we are excited to be able to work alongside

these valuable Foodies who are well connected with the community. Organisations that they are linked with provide opportunities for positive partnerships. These include five primary schools, two kindergartens, high school canteen, local farmers market, local Clare Show, Riverton Community Garden, craft group, leisure group and churches.

**Carolyn Dent**  
Lower North Foodies



# Parents Activity Group

Each week Foodies and parents participate in the Parents Activity Group (PAG) with the preparation of a delicious healthy lunch for their children and themselves, consisting of platters of fresh fruit, vegetables and fresh bread rolls.

Every week the kids and parents enjoy delicious watermelon, rockmelon, strawberries, kiwi fruit, bananas, oranges, apples, avocado, lettuce, carrots, tomato, cucumber capsicum, cheese and tuna.

One of the Foodies volunteers her time to come in early every week to make fresh healthy wholegrain rolls for the PAG members and children.

During winter the parents were encouraged by Foodies to take turns in preparing a healthy dish on a budget to share with the rest of the group. Delicious pasta dishes, soups and casseroles were made. This turned out to be very successful with parents swapping their healthy recipes.

Parents are eager for information on healthy eating for themselves and their children. Foodie members are always willing to share and healthy eating information is always available as part of the Parent Activity Group.

There are ongoing sessions within PAG with other guest Foodie speakers. There was a very entertaining session with a Foodie member bringing in a fridge door and showing the Foodies how to plan a shopping list and healthy meals on a budget. Every member took home a brown paper bag full of recipes, white board marker and wipe off shopping list.

Foodies have presented many different sessions within the group such as label reading, food faces on rice cakes and healthy pizza making. There will be more sessions throughout the year on how to hide vegetables in food, how to cook healthy meals using a microwave and cooking healthy meals just using and electric frypan.

**Peta Jayne Crowhurst**  
Mid North Foodies



*Some of the delicious & healthy food prepared by Foodies for the 'PAG'.*



*New Foodie - Megan Bower carrying fresh rolls she prepares for the 'PAG' sessions.*



*Children of the 'PAG' program - Ardielle, Matthew, Birdie and Alkira enjoying a healthy snack.*

# Introducing Community Foodies



Name: Jan Martin

## Programs involved in:

- > Supermarket tours - Jan has been the staple of the Playford supermarket tours for the past few years, and is known to most workers in the area for the great opportunity she supplies to the community. She has led countless tours through our local supermarket and always receives glowing feedback from the community. Her enthusiasm for the tours is contagious, and there are many 'new Foodies' keen to follow in her footsteps.
- > Healthy Eating presentations at community centres
- > Cooking sessions with community groups

## Other:

- > Completing a Bachelor of Human Nutrition
- > Trained as Moving Towards Wellness Peer Educator

## Most recently:

Seeing the potential of the Elizabeth Anglicare Food Barn as an ideal location for healthy eating promotion, workers and Foodies set about meeting with Anglicare staff to discuss options. Among other things, this resulted in Foodies having the opportunity to use numerous healthy eating and 'Go for 2&5®' resources to set up a healthy eating display. It started out as being a 'Healthy Eating Wall', but soon spread to the whole room! As a volunteer run kitchen providing discounted meals to at least 50 community members per day, through this work at Anglicare, Jan and other Foodies and workers have passed on the message of healthy eating to countless numbers of people!

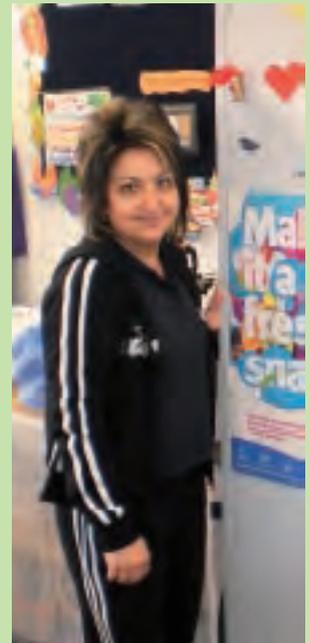
Lucilla Taggart - Northern Foodies

## Names: Fil Lloyd and Kathy Rositano

Since training as Foodies in 2010, Fil and Kathy have worked tirelessly to improve the health and nutrition of their school community. As workers in the Out of School Hours care (OSHC) and kindergarten at Trinity College, Angle Vale. They come in to contact with many young people everyday, and have managed to make some fabulous changes!



Fil Lloyd.



Kathy Rositano.

## Some of their achievements so far include:

- > Providing healthy snacks and meals daily at morning OSHC, afternoon OSHC and Vacation care (10 - 40 kids per session)
- > Providing a healthy BBQ at school sports day - over 300 kids and parents
- > Distributing information about healthy eating to parents
- > Achieving acceptance of water as the only drink provided at OSHC

Fil and Kathy have noticed that the kids are now eating healthy foods which previously they wouldn't, and kids who used to refuse water are now asking for it! They are also regular attendees at catch ups, and are always enthusiastic with ideas for professional development sessions.

All this was achieved in less than a year! We can't wait to see what happens next!

Lucilla Taggart - Northern Foodies



*Some of the participants at the Food Safety and Hygiene presentation.*

## Food Safety and Hygiene session with Mission Australia

Community Foodies, Evonne and Cheryl presented a two hour session on Food Safety and Hygiene as well as the Australian Guide to Healthy Eating (AGHE) to a group of young adults on the 9th September 2010 at Mission Australia, Whyalla.

The session consisted of a viewing of a twenty minute DVD on food safety and hygiene, followed by a question and answer activity where participants were

quizzed about what they had learnt on the DVD. There was also a talk about the AGHE and recommended serving sizes for teenagers and young adults. There was lots of discussion and input from the group on both segments which was a good outcome and the Foodies themselves were pleased with the overall response to their presentation.

**Cheryl Skinner**  
Whyalla Foodies



*Community Foodies with Program Workers. Back row: Cheryl, Rebecca (Dietitian), May (Key Worker), Carmela, Katrina and Evonne. Front row: Yvie, Olivia (Program Worker).*

## Whyalla Foodies first catch up for 2011

The Whyalla Community Foodies held their first catch up for 2011 on the 9th February 2011 at the Whyalla Hospital.

All five of the current Foodies were present along with four Program Workers. The meeting consisted of catching up on what everyone had been doing since the December. There was a discussion on future

activities for the Foodies including the proposed 'embedded' Foodie model.

Rebecca presented a professional development session on one of the four key messages: Eat a healthy breakfast every day.

It was good to meet up with everyone again and to hear what they have been doing.

**Cheryl Skinner - Whyalla Foodies**

Whyalla Foodie Evonne - promoting healthy eating, heart health, physical activity and much more...



*Whyalla Foodie & Heart Foundation Walk Organiser Evonne as featured in the Whyalla News.*

Evonne Cassar not only volunteers her time to being a Whyalla Community Foodie she is also a Heart Foundation volunteer Walk Organiser. A 'champion' of the program, she has been promoting the National Heart Foundation Walking Program for the past four years. Evonne along with Olivia Larcombe, Whyalla Hospital's Health Promotion Officer, talked to people at last years Whyalla Naidoc Fun Day about the importance of regular physical activity for the young and old and how walking can improve and protect heart health. Evonne has made headlines in the local Whyalla News with an article outlining the many programs she volunteers for such as: Friends of the Whyalla Conservation Park, Safety Assist and the Whyalla Gardening Society to name a few! She truly is a credit to the Whyalla community - thanks and well done Evonne.

# 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 & 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' - 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:

### 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 (Marion)

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

### Kangaroo Island

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

### Lower Eyre (Port Lincoln & Tumby Bay)

Port Lincoln Health Service  
Phone: (08) 8683 2077

### 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

### Northern Cluster

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

### Lower North

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

### Riverland

Riverland Community Health Service  
Phone: (08) 8580 2532

### South East

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

### Southern Fleurieu

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

### Western Cluster

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

### Whyalla/Eastern Eyre

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](http://www.communityfoodies.com)