

MEDIA RELEASE



Falling in Love with Food to celebrate National Nutrition Week 2006

Thursday 12th October 2006

Northeast Health Wangaratta (NHW) are bringing the Aussie BBQ to encourage the local community to celebrate National Nutrition Week with this year's theme "Falling in love with food – Value yourself and your health".

Dietitians from NHW will be demonstrating just how easy it is to include a range of fantastic and nutritious taste sensations into a traditional Aussie BBQ by holding a **FREE BBQ lunch on the Corner of Reid & Murphy Streets on Wednesday 18th October between 11:30am and 2.30pm.**

NHW Dietitian Erin Farnbach says "we are trying to steer people away from thinking of a BBQ as a couple of snags, some burnt onion, wrapped in a slice of white bread. Nutrition Australia recommends Australians eat 20-30 foods every day, it is really easy to achieve this through choosing a variety of foods from the healthy eating pyramid, jazzing up your meals with herbs and spices and experimenting with different fruits, vegetables, cereals and meats that are available all year round".

A display will also be set up from 10am with free nutrition information packs available, and fully trained and qualified NHW Dietitians will be on hand to answer any questions that you may have. There will also be the chance to win exciting prizes through testing your knowledge about the foods you eat in a nutrition quiz.

Ms Farnbach says "with current health statistics predicting a bleak future for Australians due to substantial increases in the rates of obesity, cardiovascular disease and diabetes, it is vital that we accept the importance of food in influencing our health outcomes and take advantage of the abundance and variety of nutritious foods that are available to us all year round".