

# **MEDIA RELEASE**



## **Wangaratta's First Community Kitchens Group**

**Monday 31<sup>st</sup> July 2006**

Wangaratta's first Community Kitchens Group based at Yarrunga Primary School is underway. The development of the Community Kitchens Group has been the result of a partnership between Northeast Health Wangaratta, Anglicare, Ovens and King Community Health Service, and The Centre. The goal of the Community Kitchens program is to improve people's awareness of nutritious and affordable food as well as provide opportunities for social interaction.

Northeast Health Wangaratta (NHW) Dietitian, Emma Greer who has been attending the sessions to offer support and guidance says "Mothers' of students at the school are participating in the group, with currently five Mothers involved. On a fortnightly basis these Mother's gather at the start of the school day in the kitchen at the Yarrunga Primary School to prepare a nutritious meal".

Ms Greer explains "Prior to commencing the Community Kitchen at Yarrunga Primary School, interested mothers met to discuss how they wanted the group to function and how often they would cook. The group has now started meeting from 9.15am – 12.00pm on Tuesdays and spend their time preparing and cooking two nutritious meals for themselves and their families. Meals cooked so far have included chicken and corn soup, lasagne, muffins and risotto. Other tasks completed include dividing up the meals for each group member, cleaning up and planning for the next session. The group have also developed their own group rules and the food safety guidelines have been provided by NHW".

Planning for each session involves bringing along cookbooks and deciding what is to be cooked in the next session; planning how many portions each group member wishes to take home; and compiling a shopping list of ingredients that will need to be purchased. Emma Greer is currently responsible for the grocery shopping and then each member pays for their meal portions. Food items left over after cooking are added to a staple item tub for future use. NHW has been able to support the group through provision of free cookbooks and some kitchen equipment.

Due to the success of the group, more Community Kitchens groups will be established in the coming months. People interesting in joining the program or for further information, please contact Emma Greer, NHW Dietitian on (03) 5722 0447 or Danielle Mills, NHW Health Promotion Officer on (03) 5722 0212.