

*Jamie's*  
**MINISTRY OF FOOD**  
AUSTRALIA

**Jamie's Ministry of Food, Mossman Gorge**

Delivered in collaboration with:

**Apunipima Cape York Health Council & Bamanga Bubu Ngadimunku Inc.**



### About Jamie's Ministry of Food

Jamie's Ministry of Food (JMOF) is a community cooking program that improves the health of participants by educating, empowering and inspiring them to love and enjoy good food. Delivered in Australia by The Good Foundation (TGF), the 5 week course teaches individuals the basics on preparing simple, healthy and affordable meals. All classes include Jamie's cooking hints and tips, nutrition advice and information on seasonal produce and budgeting. Participants experience hands on lessons with a dedicated Food Trainer and take home the meal they prepare to share with family and friends.

The program is delivered through our Mobile Kitchen, which is a purpose built kitchen on wheels, equipped with domestic grade appliances and offering a welcoming and comfortable environment. Class size is capped at 12 participants, to foster an engaging learning environment and TGF works with local community organisations to ensure we reach out to those most at risk of chronic disease for participation in the program.



## Why is this program important?

Over the past 20 years, Australian consumption choices have changed dramatically. We're now eating the wrong things and too much of them. We're not getting a balanced diet and our lifestyle has created an unhealthy reliance on processed foods which don't provide the right kind of nutrition for good health. As a result, we're now more likely to develop obesity-related illnesses like heart disease, cancer and diabetes.

Nationally, 63% of adults are now overweight or obese and only 7% of adults are eating the recommended daily serves of vegetables.

Jamie's Ministry of Food is designed to address the gap that exists between information being provided to individuals on nutrition and healthy eating and their practical experience and abilities. With dietary behaviour changes as the primary objective, Jamie's Ministry of Food has been proven effective at:

- Increasing consumption of fruit and vegetables;
- Decreasing consumption of processed foods;
- Increasing cooking skills and confidence to cook;
- Increasing knowledge, attitudes and beliefs towards cooking and healthy eating; and
- Shifted behaviour change towards healthier cooking and eating in the home.



## The program in Mossman Gorge

TGF is committed to working together with the Queensland Government to assist Aboriginal & Torres Strait Islander populations to help to close the gap to achieve better health and life expectation outcomes. TGF was proud to partner with Apunipima Cape York Health Council & Bamanga Bubu Ngadimunku Inc. (BBN), to deliver the Jamie's Ministry of Food program to the Mossman Gorge community from 13th June - 16th July 2016.

Community consultation was a key focus over a six months in the lead up to program delivery in Mossman Gorge to ensure we were able to reach as many people as possible across the community and that the program was tailored to local needs. The key goal for TGF was that the community felt empowered by the process and that the program delivered was one that truly met the needs, interests and circumstances of Mossman Gorge residents.

The Apunipima nutrition team and BBN worked closely with TGF to support planning and implementation of the program. Apunipima employed a Community based liaison officer in the lead up to the Mobile Kitchen's arrival to support the community and generate interest in the program and secure participant bookings.

TGF also worked closely with other organisations, including the Royal Flying Doctor Service and Cape York Partnerships O-hub, who provided access to facilities and engagement in the program.



#### After consulting with key community stakeholders, it was agreed to deliver:

- the 5 week JMOF program, offering a total of 16 courses, across 4 days each week;
- for a reduced fee of \$2 per class or \$10 for 5 weeks, to ensure it was accessible to all;
- using recipes relevant to community needs with a focus on easy, nutritious and budget friendly meals; and
- while places were made available through online booking, a number of places we also set aside for “walk-ins” during the first week of classes.



#### Who attended the program?

TGF is pleased to report that during the Mossman Gorge program a total of 173 participants commenced the JMOF program, representing over 80% of capacity, an excellent result for a small community. Of our participants:

- 64% of participants identified as Aboriginal and Torres Strait Islander;
- 48% of participants were aged 12-29, in line with our youth targets for the program; and
- 31% of participants were males and 69% were females.

## Program feedback

TGF developed an evaluation of the program in consultation with Apunipima, BBN and local health workers. The evaluation was completed by 66 participants and results were extremely positive. Key highlights include:

- 100% of respondents said they would recommend the program to family & friends;
- 43% of respondents did the program with a family member and 43% participated in the program as part of a community group;
- 100% of respondents strongly agreed or agreed they learnt useful information about healthy eating and cooking;
- 95% of respondents strongly agreed or agreed that healthy eating had become more important to them as a result of the program; 50% of participants said they had cooked some of the recipes at home; and
- 57% of participants' favourite class was cooking Roast Chicken and Berry Ice cream.

To see the program in action we encourage to view a video of the visit to Mossman Gorge available here: <https://www.youtube.com/watch?v=ogMuZXVks4&t=14s>

## Testimonials

*"This is the best thing that could happen to our community right now. It's just magic to see our people involved in a project to this scale. Our people are able to understand more about the importance of eating healthy food and that cooking good food gives kids a better start to their day. This is something that the kids can pass on for generations."*

- Roy Gibson, Vice Chair, Bamanga Bubu Ngadimunku Aboriginal Corporation (BBNAC)

*"This is an opportunity to learn about good food and transform it to another level. It's about our people being open to adopt new ideas and learn about food in the kitchen that will ultimately contribute positively to our people's health."*

- Karen Gibson, Chair, Bamanga Bubu Ngadimunku Aboriginal Corporation (BBNAC)

*"Thank you beautiful gorgeous ladies! Your presence in our community has not only given us more skills and tips in our kitchen but a more humbling experience that will stay with us forever"* - Jamie's Ministry of Food Participant



*"Nice and easy instructions to follow. Great meals to take home and enjoy with family. Great experience over all. Come Back! 😊"*  
- Jamie's Ministry of Food Participant

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