



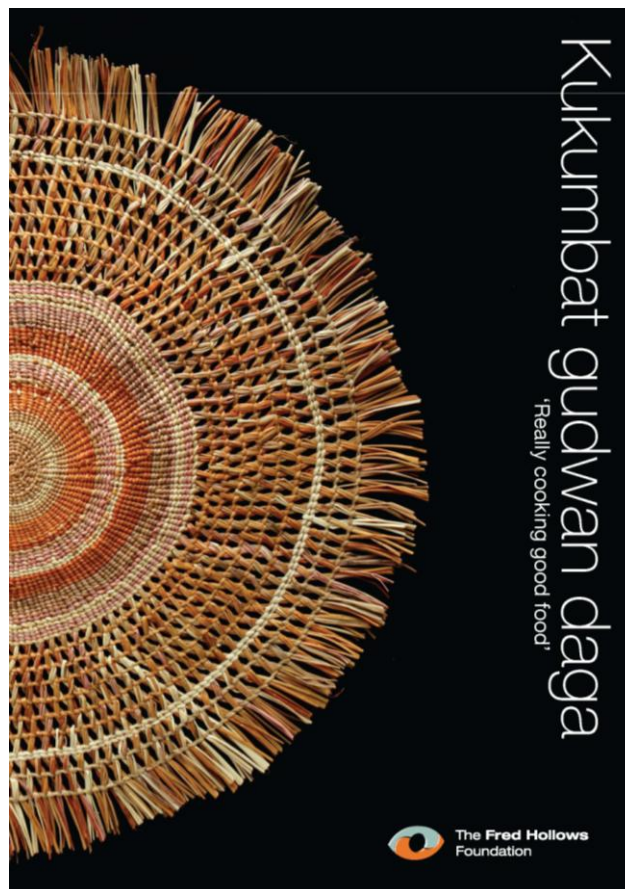
The **Fred Hollows**  
Foundation

# Kukumbat gudwan daga

*'Really cooking good food'*

## Project Report

October 2009



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## Executive Summary

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### Developing a cookbook utilising a development approach

Throughout 2008 and 2009 the Women's Development Coordinator with The Fred Hollows Foundation Indigenous Program, has worked with three women's centres in the Katherine region that operate community based nutrition programs. The women's centres in Gulin Gulin, Wugularr and Manyallaluk were engaged and consulted at all stages of the community initiative to develop a region specific cookbook. The overall goal of the cook book project is to support the women's centres to increase capacity and develop skills that will enable them to provide healthy nutritious food for their communities. The cook book meets the self identified needs of the women's centres by catering for bulk aged care and school lunch program needs.

This project has supported the communities to increase their level of capacity through improved literacy and numeracy skills and increase nutrition and food safety knowledge and practical skills. This process utilised a participatory planning model that allowed the women's centres to have genuine control and ownership over the decisions made in regards to the recipes utilised in the cook book and the major production areas. The women's centres worked with a consultant chef to develop and modify recipes, a graphic designer to collaborate on the overall design process and a photographer who support multimedia training. The project has produced a relevant and practical cookbook that will contribute overall to strengthening the women's control over the day to day management of their women's centres.



Photo courtesy of Stephen Ellison/Outline

# Background

## The Fred Hollows Foundation

The Fred Hollows Foundation (The Foundation) is an independent, non-profit and secular development agency that works both internationally and in Australia.

The Foundation's vision is for a world where no one is needlessly blind and where Indigenous Australians enjoy the same health and life expectancy as other Australians.

The Foundation's development work in Indigenous Australia is underpinned by the principles of partnerships, capacity building, sustainability and respect for fundamental human rights. Our role is to support our partner organisations to achieve the goals that they set for themselves.

The Foundation is renowned internationally for its work to treat cataract and other forms of avoidable blindness and has always acknowledged the full range of health priorities in Indigenous communities and therefore places emphasis on addressing the social determinants of health as well as the specific area of eye health.

As a result, The Foundation currently supports a wide range of programs and projects across Australia that cover areas such as nutrition, women's health, literacy, and eye health.

## Indigenous Program - Women's Development Project

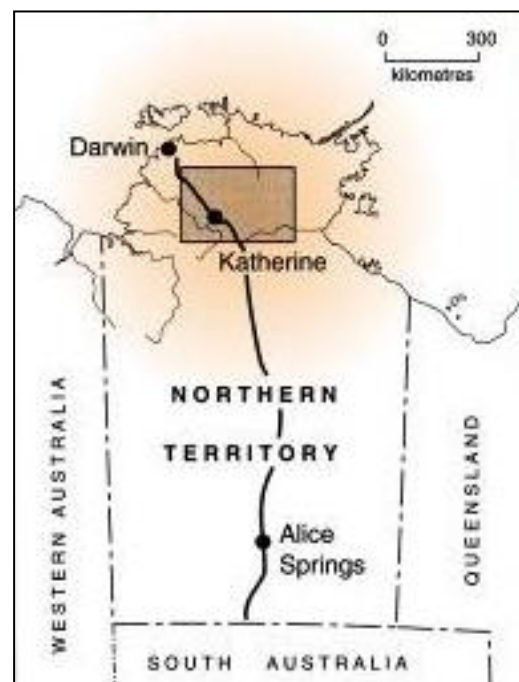
Many of the vital social services in remote communities are provided by local women's centres including: meals and laundry services for the aged and disabled, child and maternal health programs, crèches and support for families in crisis.

The centres also give women a stronger collective voice in their local community councils and keep social services at the forefront of community planning.

The Foundation's Women's Development Coordinator supports the strengthening of women's centre governance providing training, management advice and networking opportunities for the women who run them.

The overall goal of the Women's Development project is to increase control, self management and ownership of Indigenous women's centres in the Katherine region. The cookbook project is one component of the women's development project.

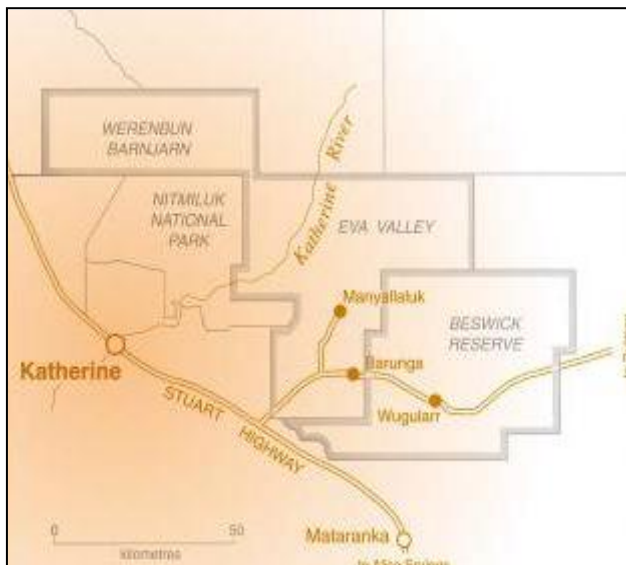
The Project has been working in the Jawoyn region east of Katherine since 2008, with a focus on four communities; Gulin Gulin, Wugularr, Barunga and Manyallaluk. Access is primarily by dirt road, which becomes inaccessible during the wet season.



## Background

### The Women's Centres

Many of the important social services in remote communities are provided by the local women's centres. Women's centres activities include the provision of meals for the aged, disabled and school children, managing a community laundry service, child and maternal health programs, crèches, as well as supporting families who are going through hard times.



Women's centres are also a great place for people to work together on art and craft activities and to socialise and enjoy each other's company. The centres give women a stronger collective voice in their local community councils.

The women's centres are managed by local government, the Roper Gulf Shire, and receive Commonwealth funding to deliver meals on wheels through the aged care program and school lunch program to all school aged children in the community. From the Wugular women's centre, for example, over 100 meals are prepared each day.

### Health and Nutrition of Indigenous Australians

Indigenous Australians experience higher rates of morbidity and mortality than the wider Australian population, primarily due to preventable chronic conditions including diabetes, circulatory, kidney and respiratory disease.

This disparity is attributable to the relative social and economic disadvantage of Indigenous Australians. The 2006 Census tells us that unemployment rates amongst Indigenous people are three times that of the non-Indigenous population; over a quarter of Indigenous Australians are living in overcrowded conditions; and although there have been small increases in school retention rates, Year 12 completion rates are around half that of the non-Indigenous population.

(1)

Poor nutrition is a contributing factor to health inequities:

- Indigenous Australians aged 35-54 years are between 23 to 37 times more likely to die from Type 2 diabetes than non-Indigenous Australians in the same age group. (2)
- More than half (57%) of Indigenous Australians aged over 15 years are overweight or obese. Indigenous women are one and a half times more likely to be overweight or obese compared to non-Indigenous women. (2)
- In 2003, insufficient fruit and vegetable intake contributed to 3% of the total burden of disease and 6% of total deaths for Indigenous Australians. (2)

# Kukumbat Gudwan Daga Project

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## Project Goal

The project goal was to “work with remote communities and community based nutrition programs in the Jawoyn region to develop a region specific cookbook to support communities to increase the level of capacity and empowerment, improve literacy and numeracy skills and increase nutrition and food safety knowledge and practical skills”.



## Project Model

The women’s centres in Gulin Gulin, Wugularr and Manyallaluk worked throughout 2008 and 2009 with The Foundation’s Women’s Development Coordinator to develop the Kukumbat Gudwan Daga cookbook utilising a participatory planning model which was premised on a standard community development model. The design of the project development activities is based on an innovative “rolling design process” which enabled changes to the program activities to be negotiated on a regular basis. As such, the cook book development process changed constantly over time, based on lessons learned and emerging needs as the project progressed. Flexibility of the implementation process enabled the women to have genuine control and ownership over the decisions made and the activities that followed. The “learning by doing approach” allowed for change and appropriate adaptation. A timeline of development can be found in Appendix a.

The cookbook is an 80 page product that suits the unique needs of local communities. The recipes are region specific and cater for large numbers, to support the women’s centres nutrition programs.

The cookbook is consistent with school nutrition program guidelines, the Australian dietary guidelines and the Australian Guide to Healthy Eating.<sup>(3-5)</sup> Throughout the duration of the project the women have been trained in practical literacy and numeracy applications, cooking, nutrition and food safety. Extra training was provided in graphic design and multimedia skills supporting the final cookbook design.

“Mibala garram ola kuding buk brom najalot komuniti. Bat dijan kuding buk blanga mibala ronwan. Dijan kuding buk im brom mibala komuniti.”

*“We have cookbooks for other places but this one will be our own. This one will be from our country.”*

Wugularr Women’s Centre

## Consultation Process

The consultation process identified specific needs of the women's centres. Their need included gaining skills to provide nutritious and delicious meals for up to 100 people per day, including the aged and disabled, and school children. Issues around governance were also identified, and their need to comply with current nutritional guidelines.

Consultation was undertaken throughout the project, and included key stakeholders involved with education and training in remote settings, government and non-government organisations who promote nutrition and food safety, and also remote food supply stakeholders. Service providers involved with food production for large numbers in remote settings were also consulted throughout the development of this cook book. A full list of project stakeholders involved can be found in appendix B. Acknowledgments and a list of cookbooks that provided ongoing inspiration can also be found in the reference section. <sup>(6-12)</sup>



A summary of the results of initial consultations can be found in appendix C. In conjunction with the results of the discussions within the women centres, these consultations reinforced the need for a cook book that catered for large numbers, was pictorial throughout to assist with users who have English as a second language, contains commonly used and recognised ingredients and is practical and attractive with design and layout.

The recipes were tested to ensure they were appropriate for the women's centres client base; aged care, disabled and school children. The fat, carbohydrate and protein content were considered as well as the serving sizes. Dietitians and nutritionists from various organisations reviewed the content and feedback was incorporated.

Links were also developed with the Department of Health and Families hand washing campaign. Inclusion of the 'No Germs on Me' hand washing promotional materials was a great way to cross promote the food safety message that was specifically targeted at remote settings. <sup>(13)</sup>

Draft versions of the recipes were printed on a colour printer A3 size, laminated and distributed to women centres and public health nutritionists to trial in a practical context. Comments and feedback were again incorporated and adjustments made to quantities, cooking methods, and selection of ingredients.

## Recipe Selection

The women's centres worked with a chef to choose and trial the recipes. The training was delivered on site and ensured relevance to the context in which the new skills would be applied. The women thoroughly enjoyed this training, rating it highly for future training needs. Many unexpected results also occurred, including 7 men spending each afternoon for a week in the kitchen with the chef working on recipes that they too wanted to try.



## Photography



A professional photographer provided digital camera training and the multimedia experience proved to be a great way of engaging young women in the centres. The women were passionate about their photos and using the digital cameras. The photos were used to share recipe ideas with other centres and as proofs for the final photographs in conjunction with the graphic designer and photographer.


## Cookbook design


The women also worked with a graphic designer from The Foundation on the layout of the cookbook. Collaboration with artist, Glen Wesan occurred, whose hand woven mat is used throughout this cook book. Glen receives lunch from the Wugularr women's centre as she lives in the aged care facility. With the support from Djilpin Arts at the Ghunmarn Culture centre in Wugularr, she was very happy to have her art included in this project.

Some design features to note include the pictorial method and an ingredients list divided into portions for 10, 30, 50 and 100 people. This is the key feature to assist with building capacity around the ordering and stock taking issues in the women's centres.


6
7

### Spaghetti Bolognese







1 Chop vegetables and gather all ingredients.




2 Heat the oil in a pot, add mince and fry until brown.




3 Place diced onions, carrots, capsicum and corn into the pot and stir.















4 Add the tomatoes, garlic, tomato paste, vegemite, mixed herbs, bay leaves and stir.



5 Add some water just to cover the top of the mince and simmer on low heat for 1 hour.



6 Serve with pasta, rice or bread. See 'Basics' section for rice and pasta recipes.

	Beef Mince (kg)	Onion	Carrot	Capsicum	Corn Kernels (420g)	Chopped Tomatoes (800g)	Chopped Garlic (Tablespoon)	Tomato Paste (Tablespoon)	Vegemite (Tablespoon)	Mixed Herbs (Tablespoon)	Bay Leaves (Optional)	Vegetable Oil (Tablespoon)
10 people	1	2	2	2	1	1	1	2	1	1	3	2
30 people	3	5 (1kg)	6 (1kg)	6 (1kg)	3	3	3	6	3	3	5	4
50 people	5	10 (2kg)	10 (2kg)	10 (2kg)	5	5	4	10	5	4	10	4
100 people	10	15 (3kg)	20 (4kg)	20 (4kg)	10	10	6	20	10	6	10	4

## Food Supply

Trans-Territory Foods, Outback Stores and the Heart Foundation provided information regarding food supply options available to communities along the Central Arnhem Highway. This has allowed the inclusion of commonly available brands with an attempt to identify the healthier option where possible. The *2008 Heart Foundation Buyer's Guide for managers of remote Indigenous stores and takeaways*<sup>(14)</sup> and *Trans Territory Foods Product Reference Guide Oct-Dec 2008*<sup>(15)</sup> were used as reference guides, and the Wellbeing team from Outback Stores provided assistance with identifying products available in stores. The Remote Indigenous Stores and Takeaways resources materials were also utilised.<sup>(12)</sup>

## Governance tools

Specific features of this cook book support the improved management of the women's centre nutrition programs, and the process taken in the development of this book, have resulted in improved capacity of the women, and improved resources for the women's centres.

Special features include

- Weekly menu planning tool
- Photographic display of sandwich ideas accompanied by hints for preparing in bulk
- Ordering tool developed in conjunction with the local shire system
- 'Basics' section with 'how to' guide for the preparation of ingredients required in a remote setting with economic constraints.



## Cookbook Launch

The cookbook was launched in August 2009, during the Banatjarl Women's Talkfest, which brings together women from the Katherine East Jawoyn region annually. Banatjarl is a women's meeting place that holds cultural significance for women of Jawoyn country.



All contributors to the cookbook were acknowledged and thanked and the women's centres were the first to view all their hard work in print! The pride in their achievements in producing a beautiful and practical cookbook was evidenced during the cookbook launch, where the communities cooked off against each other using recipes from the cookbook using bush woks made from flour drum stoves.



The cookbook was launched by the Indigenous Program's manager Joy McLaughlin and The Foundation's ambassador and singer songwriter Shellie Morris. Shellie and some of the women involved also spontaneously wrote and performed a song to commemorate the event about the cookbook, and promoting health food, healthy lives.



Angelina George and Miliwanga Sandy from Wugularr, on behalf of Djilpin Arts, accepted the artwork that appears on the front cover from The Foundation. The framed woven mat made by artist Glen Wesan will be housed in the permanent collection at the Wugularr art centre.



The launch was covered from various media outlets including National Indigenous Television, Deadly Vibe Magazine, Koorie Times, Katherine Times, Radio Australia and many local radio stations across the country. See appendix D for some examples from print media.

## Conclusion

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“Mibala laigim kukumbat daga blanga ola ol pipul en biginini langa skul en ola lilwan biginini langa kreish.”

*“We love cooking for the old people, school kids and creche kids.  
The community come and look and they love our food.”*

Manyallaluk Women’s Centre

This statement demonstrates the passion, enjoyment and pride the women feel in their roles within their communities. Developing this cookbook has been a practical and rewarding way to learn new skills in many different things including cooking, nutrition, hygiene, photography, and women’s centre management. The women from different centres have been able to get to know each other, and the resulting network and subsequent meetings was made stronger with their common goal of the cookbook.

The cookbook work does not stop here. Future training in cookery, food safety, and other management skills will be provided to support the women in their ongoing valuable work.



### Contact Details

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**Website** [www.hollows.org.au](http://www.hollows.org.au)

Unless otherwise identified all photos courtesy of Sasha Woolley [www.sashawoolley.com](http://www.sashawoolley.com)

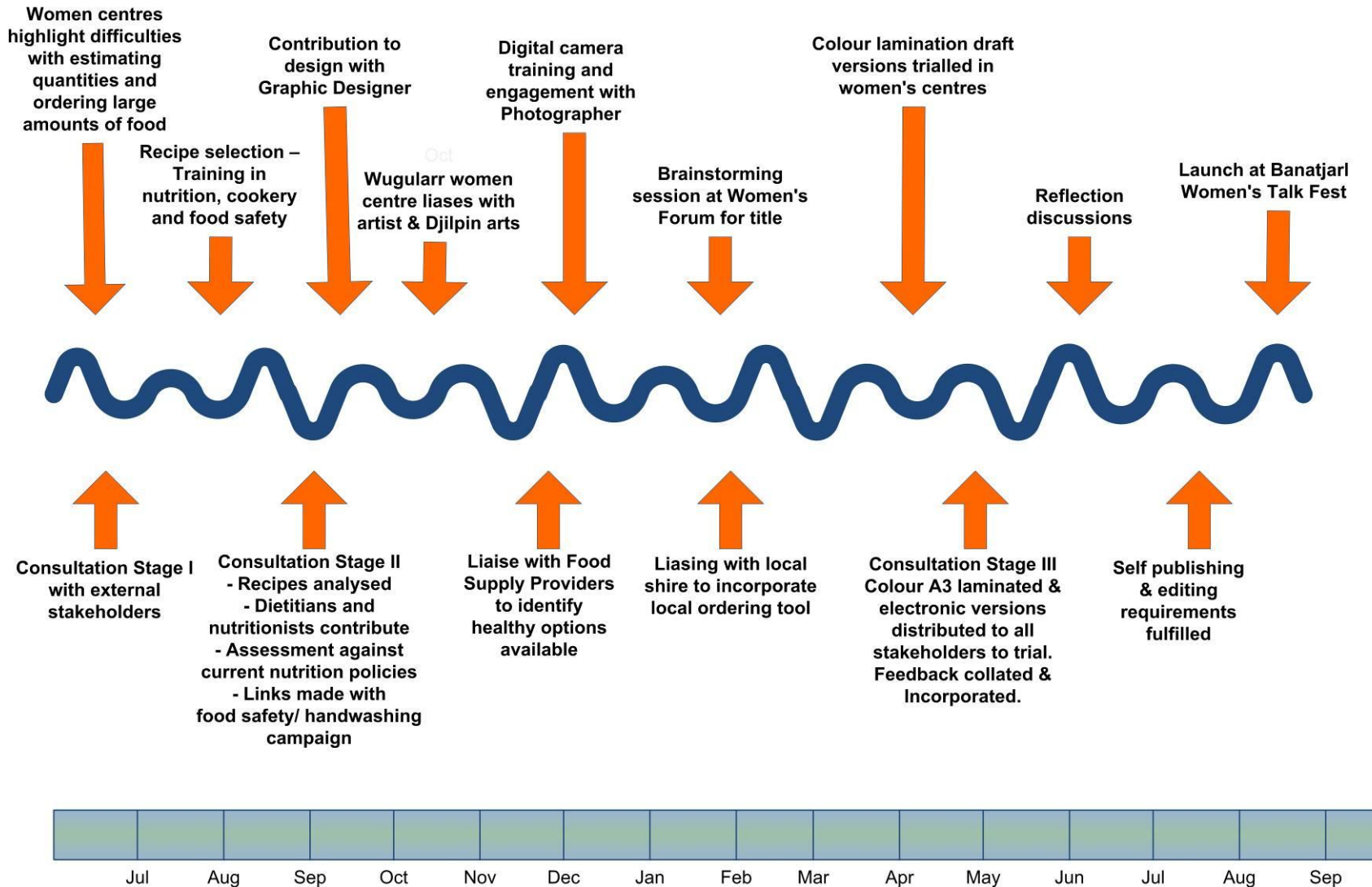
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10. Mai Wiru Stores Handbook Food and Nutrition by the Nganampa Health Council Inc.
11. Deadly Tucker, Department of Health, Western Australia 2008
12. Healthy Fast Food - A Resource for Remote Indigenous Stores and Takeaways, Remote Indigenous Stores and Takeaways (RIST) Project, Darwin 2008.
13. Environmental Health Program, Department of Health and Families, Northern Territory Government (2008) No Germs on Me hand washing campaign: [www.nt.gov.au/health/nogermsonme](http://www.nt.gov.au/health/nogermsonme)
14. National Heart Foundation. Buyer's guide for managers of remote Indigenous stores and takeaways. National Heart Foundation of Australia; 2008.
15. Trans Territory Foods. Trans Territory Foods Product Reference Guide Oct-Dec 2008.

# Appendices

## Appendix A: Project Timeline



## Appendix B: Acknowledgements

The Fred Hollows Foundation would like to acknowledge and thank the many people from the Manyallaluk, Wugularr and Gulin Gulin communities along the Central Arnhem Highway who contributed to this cookbook.

The Fred Hollows Foundation would like to especially acknowledge the contribution of:

- Taminmin High School - Vocational Education and Training institution provided invaluable assistance with training and recipe selection and creation. In particular, James De-Belin, Remote Vocational Instructor, provided community based training that was educational, entertaining and enjoyed by all. For more information regarding Taminmin training: [www.taminmin.nt.edu.au](http://www.taminmin.nt.edu.au)
- All photography was undertaken by Sasha Woolley. Sasha also provided the women's centres with the opportunity for digital camera training and worked alongside Taminmin High School to produce the great images found in this cookbook. For more information regarding Sasha Woolley photography: [www.sashawoolley.com](http://www.sashawoolley.com)
- Roper Gulf Shire has provided ongoing support and assistance. The women's centres coordinators have enabled the women to truly be engaged with this cookbook and their feedback has been invaluable. Special mention must go to Bernadette Peckham, Sandy Bawden, Carol Conway and Jennifer Yirpawanga.
- Sunrise Health Service has provided invaluable input during the development stages and nutrition expertise to guide the content.
- Djilpin Arts at Wugularr assisted with the selection of the art work and consultation with the artist, Glen Wesan, who created the piece shown on the cover. For more information about Djilpin Arts: [www.djilpinarts.org.au](http://www.djilpinarts.org.au)
- Healthy Living NT dietitian Gerard Wong assisted by providing invaluable nutritional expertise.
- Miliwanga Sandy from Wugularr provided the title of the cookbook in Kriol language in conjunction with other women from the communities.
- There were also many organisations that assisted and contributed to the development of this cookbook. These include the following: Wurli-Wurlinjang Health Service, Red Cross, Heart Foundation, Batchelor Institute of Indigenous Tertiary Education, Outback Stores, Victoria Daly Shire, Northern Territory Government Department of Health and Families Nutrition and Physical Activity Program, Arnhem Land Aboriginal Corporation, Katherine West Health Board, Nganampa Health Council, HK Training and Consultancy and Belyuen Community HACC program.
- We are very grateful to Trans-Territory Foods, Outback Stores and the Heart Foundation for providing information regarding food supply options available to communities along the Central Arnhem Highway. This has allowed us to include commonly available brands and we have attempted to identify the healthier option where possible. The 2008 Heart Foundation Buyer's Guide for managers of remote Indigenous stores and takeaways and Trans Territory Foods Product Reference Guide Oct-Dec 2008 were used as reference guides, and the Wellbeing team from Outback Stores provided assistance with identifying products available in stores.

- We would also like to formally acknowledge the Environmental Health Program, Department of Health and Families, Northern Territory Government (2008) for the use of the promotional materials from the No Germs on Me hand washing campaign. For more information regarding the campaign: [www.nt.gov.au/health/nogermsonme](http://www.nt.gov.au/health/nogermsonme)

Thanks also to the following sources for contributing inspiration and guidance for the recipes used in this cookbook. We would like to credit:

- Taste Good, Is Good: Tasty Tucker for 10 or More, Nutrition and Physical Activity Program, Department of Health and Families, Northern Territory Government, 2001.
- Tummy Rumbles – Guidelines for Remote Area Canteens, Nutrition and Physical Activity Program, Department of Health and Families, Northern Territory Government, 2005.
- Good Tucker for All Who Care, Commonwealth Department of Human Services & Health, and the Kimberley Population Health Unit, WA, 1996.
- Mai Wiru Stores Handbook Food and Nutrition by the Nganampa Health Council Inc.
- Deadly Tucker, Department of Health, Western Australia 2008
- Healthy Fast Food - A Resource for Remote Indigenous Stores and Takeaways, Remote Indigenous Stores and Takeaways (RIST) Project, Darwin 2008.

## Appendix C: Summary of consultation results with stakeholders

Question	Response from women
<b>What cook books are currently being used in women centres for school lunch and HAAC programs?</b>	<ul style="list-style-type: none"> <li>- Deadly Tucker</li> <li>- Good Tucker for all who care</li> <li>- Taste Good Is Good</li> <li>- Often no recipe used but created from memory.</li> </ul>
<b>What is the main disadvantage with the cook books that are currently being used?</b>	<ul style="list-style-type: none"> <li>- Do not cater for large numbers or cooking in bulk as is currently required in women centres for HAAC and school lunch programs.</li> <li>- If the recipes do cater for large numbers, they are not pictorial.</li> </ul>
<b>What is the average number of meals being provided in women centers?</b>	<ul style="list-style-type: none"> <li>- 30 to 100 meals in Jawoyn region and higher numbers in other communities.</li> </ul>
<b>What qualities would you consider appropriate for the format of a cook book?</b>	<ul style="list-style-type: none"> <li>- Pictorial</li> <li>- Photographic images preferred over illustrations.</li> <li>- Step – by – step is very important</li> <li>- Attractive to look at</li> <li>- Able to be accessed electronically or in PDF format</li> <li>- Able to print off single recipes</li> <li>- Able to be printed off in large size, stuck on wall or flip chart format.</li> <li>- Easy to clean</li> <li>- No need for measurements (eg. 1 cup / tsp) but quantities explained in proportions.</li> <li>- Should definitely include most commonly used and recognised food label.</li> </ul>
<b>What qualities would you consider appropriate for the content of the cook book?</b>	<ul style="list-style-type: none"> <li>- Recipes should be healthy for all without saying “Suitable for people with diabetes”</li> <li>- Should include menu planning tools or sample meal plan. This is very important to assist with ordering and also budgeting i.e. Shopping list for each recipe.</li> <li>- Food safety messages</li> <li>- Washing hands image – VIP + + +</li> <li>- Recipes for breakfast, sandwiches, finger foods and hot meals.</li> <li>- Recipes that are suitable for older people in regards to texture and traditional tastes (stews/ mince)</li> <li>- Spag-bol is most popular dish! + Beef &amp; Black bean</li> <li>- Literally “One Pot” not two...!</li> <li>- Foods should be able to be bought at local store.</li> <li>- Could include bush foods</li> <li>- Nutrition content / analysis not important</li> <li>- Should not need to include specific Healthy eating messages</li> <li>- Important to use equipment found commonly in women centres.</li> <li>- Local artwork – VIP</li> </ul>

Question	Response from women
<p><b>Other comments and discussion points drawn from consultation:</b></p>	<ul style="list-style-type: none"> <li>- Other implications for a cook book like this is use in remote takeaways and as part of training manuals currently being developed .</li> <li>- Are women centre skills transferrable? Even when health hardware is not available in homes?</li> <li>- What are the long term implications for school lunch programs on communities? How sustainable are school lunch programs?</li> <li>- Very important to consult home economist/ cook/ chef – menu development / cooking / budgeting VIP skill set for women centres. I.e. Beyond nutrition.</li> <li>- Set menus could be restrictive if used over and over without variation or updates and could decrease the likelihood of adding variety to weekly / fortnightly menu.</li> </ul>

## Appendix D: Examples of cookbook launch covered in media

Deadly Vibe September 2009

# HEALTHY VIBE

**HEALTHY LIVING**

The cookbook contains a great variety of healthy and hearty meals, with every recipe meeting the Australian dietary guidelines and the NT guidelines for school nutrition programs. All the ingredients are listed in the *Heart Foundation Buyer's Guide* and available in remote food stores.

The 80-page book has four sections of recipes, 24 main meals, 17 sandwich suggestions and four simple desserts. The beautifully presented book also has colourful photographs and step-by-step instructions that make it easy to read, even for beginner cooks.

Each recipe's ingredients are listed, along with pictures of the actual supermarket products. Best of all, each recipe shows how much of each ingredient you'll need to buy if you're cooking for 10, 20, 30, 50 or 100 people – very handy for when all your mob drops in unexpectedly.

There are recipes for pork, fish, kangaroo tails, chicken and beef, and options in a variety of cuisines, from Thai chicken curry to Chinese stir-fries, Italian minestrone to Greek lamb, and good old Aussie farm food, such as shepherd's pie, to outback recipes.

Where else can you find a blackfellas recipe for kangaroo-tail stew or kangaroo in oyster sauce? Then there are favourites like baked fish fillets, chicken noodle and sweet corn soup, and yummy ham-and-potato salad.

Make sure you leave room for desserts like good old bread-and-butter pudding and apricot crumble. If you're looking for a snack, you can't go past a nice banana, sultana and peanut-butter sandwich. Yum!

Cooking from *Kukumbat gudwan daga: 'Really cooking good food'* will keep your tastebuds satisfied for a long time.

You can order *Kukumbat gudwan daga: 'Really cooking good food'* from *Batchelor Press*, for \$7 plus postage through their website <http://batchelorpress.com/books/kukumbat-gudwan-daga> or call (08) 8939 7352.

**Food for thought**

**New cookbook for remote communities**

**KUKUMBAT GUDWAN DAGA: 'REALLY COOKING GOOD FOOD' HAS RECIPES BIG ENOUGH FOR THE WHOLE MOB THAT USE LOCAL INGREDIENTS**

**H**ealthy Vibe congratulates the Manyallaluk, Gulin Gulin and Wugularr Aboriginal women's centres, which surround Katherine in the Northern Territory, and The Fred Hollows Foundation, for creating *Kukumbat gudwan daga: 'Really cooking good food'*, a cookbook designed to help communities create tasty and nutritious food for large groups.

The Indigenous Programs Manager for The Fred Hollows Foundation, Joy McLaughlin, said, "Any community could use it. It's really useful for people learning to cook, especially young people. My son could use this and eat healthier than he currently does."



**RACHEL COULTHARD AND MAVIS JUMBIRRI COOK UP KANGAROO AND OYSTER SAUCE.**

**STAY STRONG**



WITH NEW RESEARCH SHOWING SMOKING INCREASES THE RISK OF GETTING CERVICAL CANCER... THERE'S NEVER BEEN A BETTER TIME TO GIVE UP

**Pg20**

**HEALTHY TEETH**



TEETH DECAY IS EASY TO PREVENT AND GETTING AN X-RAY IS THE KEY TO FINDING THE HOLES YOU CAN'T SEE

**Pg22**

**HEALTHY BODY**



TRY THIS VERSATILE PESTO, A BLEND OF MACADAMIA NUTS AND ROCKET, FOR LUNCH, DINNER OR A SNACK

**Pg23**

**FOOD FOCUS**



THE MACADAMIA NUT IS THE ONLY HEALTHY BUSH TUCKER TO BE EXPORTED AROUND THE WORLD

**Pg23**

**CELEBRITY HEALTH**



BASKETBALL GIANT NATHAN JAWAI SHARES WHAT TO EAT AND HOW TO TRAIN TO MAKE IT TO THE NBA

**Pg24**

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## Australian Indigenous cookbook promotes healthy tucker

[Print](#) [Email](#)

Updated Thu Oct 8, 2009 10:32am AEST

Addressing the 17 year gap in life expectancy between indigenous and non-indigenous Australians is a stated policy priority for the current government. Acute infections used to be the big cause of Aboriginal mortality, but today diabetes, heart and kidney disease are major killers.

The Fred Hollows Foundation has been working with indigenous women in the Northern Territory developing a very practical way to help solve diet-related health problems - a cookbook by and for indigenous women with recipes appropriate for use in remote communities.

It is called "Kukumbat gudwan daga" or "really cooking good food".

*Presenter: Fran Kelly*  
*Speaker: Joy McLaughlin, Fred Hollows Foundation's Indigenous Programs Manager*

**Listen:** [Windows Media](#)

### ABC Central West NSW (Orange) 24<sup>th</sup> August 2009

ABC Central West NSW (Orange)

Mornings - 24/08/2009 - 10:38 AM

Angela Owens

Producer Ms Angela Owens 02 6393 2541

Joy McLachlan, Indigenous Programmes Manager, [Fred Hollows](#) Foundation, talks about a cook book called 'Really Cooking Good Food'. She says that the book contains some great recipes from women that live near the Central Arnhem Highway in the NT. She states that they wanted to provide recipes that would use simple ingredients and which would be healthy and that would fulfil Australian nutritional standards. She says that the foundation seeks to improve indigenous health by improving the determinants of health, one of which is nutrition. She says that the book is available for purchase through the web site of Batchelor Press.

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**Interviewees:** Joy McLachlan, Indigenous Programmes Manager, [Fred Hollows](#) Foundation

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## Aboriginal cookbook promotes better nutrition

Katherine

### NORTHERN TERRITORY

A COOKBOOK put together by Aboriginal women living in remote communities is aiming to help improve the health of local people.

*Kukumbat gudwan daga - Really cooking good food* was put together with the assistance of The Fred Hollows Foundation and includes recipes for a diverse range

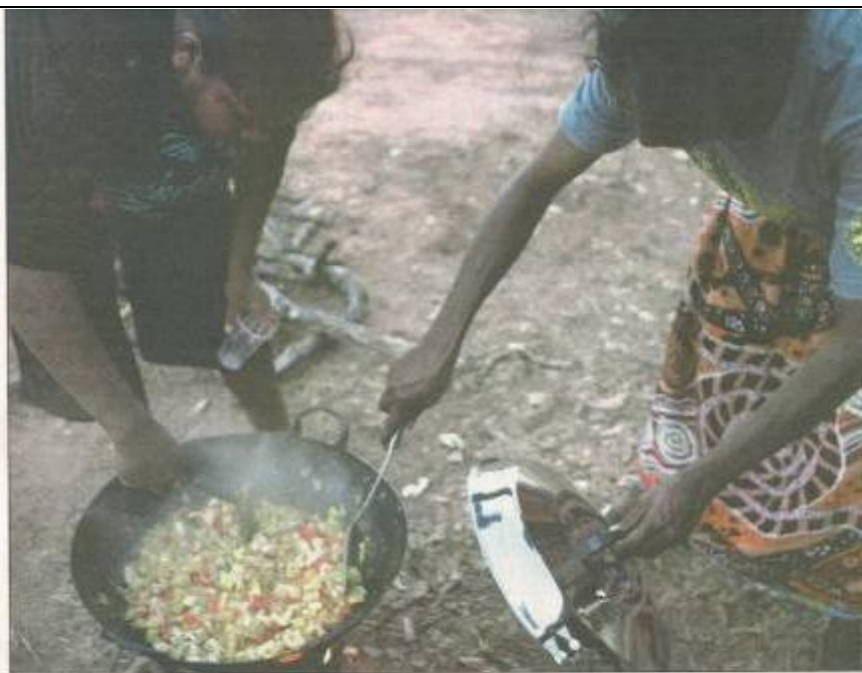
of dishes, from spaghetti to kangaroo tail stew.

"The women's centres have created a nutritious cookbook that uses local ingredients and caters for up to 100 healthy meals. This is a fantastic way to improve the nutrition for people receiving meals on wheels and school lunch programs," said Alison Lorraine, project coordinator.

Local women's centres

took the lead in the project, suggesting recipes and cooking methods that reflect the reality of living in communities that can be as far away as five hours from the nearest supermarket.

"We love cooking for the old people, school kids and crèche kids. The community come and look and they love our food," a spokesperson for the Manyallaluk Women's Centre said.



Rachel Coulthard and Mavis Jumbiri take part in a cook-off at the launch of *Kukumbat gudwan daga*. Women used recipes from the book and relied only on wood-fueled bush woks.

## Women launch healthy cookbook

HEALTHY meals were dished up last week with the launch of the *Kukumbat gudwan daga* ('Really cooking good food') cookbook at Banatjuel, south of Katherine.

The book was put together by Aboriginal women living in remote communities with the aim of improving the health of

local people.

Local women's centres led the project with assistance from The Fred Hollows Foundation.

The women suggested recipes and cooking methods that were practical and healthy.

"We love cooking for the old people, school kids and crèche

kids. The community come and look and they love our food," women from the Manyallaluk Women's Centre said.

"The women's centres have created a nutritious cookbook that uses local ingredients and caters for up to 100 healthy meals.

"This is a fantastic way to im-

prove the nutrition for people receiving Meals on Wheels and school lunch programs," Project Coordinator Alison Lorraine said.

The launch featured a cook-off between neighbouring communities using recipes in the book which range from spaghetti to kangaroo tail stew.

The event was marked as part of the Gurindji Freedom Day celebrations. In 1966 the Gurindji Aboriginal people employed on Wave Hill Pastoral Station walked off in protest over their maltreatment, low wages, poor conditions and on a larger scale, the disposition of their traditional lands.

The Wave Hill walk-off marked the beginning of a nine-year struggle by the Gurindji that would gain national exposure. It ended with the handback of their land on August 16, 1975 and the passing of the 1976 Aboriginal Land Rights Act (Northern Territory).

The Gurindji people, led by the late Vincent Lingiari OAM, camped at various places along a 20km route between the former Wave Hill Homestead and the current location of the Daguragu Community.

The Gurindji Wave Hill Walk-Off route has been listed as a heritage listing.

"The Wave Hill walk-off is one of Australia's most famous and important days - it many ways it marked the start of the Aboriginal land rights movement in this country," Heritage Minister Karl Ieragon said.

### Elderly can access health help

AS part of Seniors Month, older Territorians are being reminded of the services that are available to them.

Human Services have a range of services and entitlements available to older Territorians.

Hearing problems effect more than 60 percent of Australians aged over 60. Seniors can book a free hearing screening for Seniors Week by calling 13 17 97.

Medicare benefits may be available to women who have had a mastectomy as a result of breast cancer and benefits are also available towards health assessments for people who are aged 75 or over and for Aboriginal and Torres Strait Islander people who are aged 55 or over. Call 13 20 11 for more information.

### Health workers together in town

HEALTHY workers from far and wide will descend on Katherine this weekend for the 47th Central Australian Rural Practitioners Association (CARPA) conference.

CARPA is involved in education, training and support of health practitioners.

It produces manuals, holds conferences, activities, promotes communication between remote practitioners and addresses current issues of concern.

The two-day conference to be held at Knott's Crossing Resort will include presentations about early years, oral health and health promotion to name a few.

Local health workers from organisations such as Katherine West Health Board will present as well as guest speakers.