

# Jacaranda COMMUNITY CENTRE

## Strong Bodies

### Project Date:

13/09/2012 to 06/01/2012

### Project Location

Belmont

### Target Group

Indigenous adults

### Objectives

- Encourage Aboriginal women to incorporate walking into their lifestyle as a fun and social activity
- Encourage Aboriginal women to integrate healthy cooking and eating into their lifestyle

### Method

It was decided to organise a series of 10 walking sessions and 4 food education classes, led by a FoodCents officer, to encourage Aboriginal women to develop healthy lifestyles.

### What Happened?

- 10 weekly walking groups were held followed by a healthy morning tea such as fruit platters, carrot sticks, low fat cheese, etc
- Four two-hour 'Go Green' classes were held involving an education session on recipe modification (eg, replacing high salt and fat with healthier options), food shopping and cooking demonstrations
- Casual cooking classes — weekly, for four weeks — were held to encourage creativity and healthy cooking. Included round-table talk sessions about things like healthy preparation and storage of food
- A community garden was established to grow herbs

### Results

- There was a total of 15 participants in the walking group
- Around 20 women attended the Go Green and Casual classes
- Recipe books were handed out at the classes

### Tips

- Participants in the walking group were given shoes and socks to ensure they had appropriate footwear
- They were also awarded a Heart Foundation T shirt, lanyard and water bottle at set milestones in recognition of their commitment to the program
- Jacaranda has a community garden and participants were introduced to the idea of growing one's own food as a healthier and more convenient alternative to takeaway. So participants were given Herb kits from Bunning to grow at home. These were given to participants at the end of the program.

### Feedback

- Go Green classes were well attended and popular, especially the round-table talk sessions
- Community garden enabled participants to see how easy it was to grow herbs and use them in their cooking
- Evaluation forms completed by participants reflected very positive feedback with many indicating interest in more classes, including from those who missed on the classes



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# JACARANDA COMMUNITY CENTRE

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## Where to from here

Jacaranda Community Centre will continue to source funding to provide these programs to our Indigenous Clients with the message of Healthy Eating and Physical Activities to encourage healthier lifestyle changes.

## Organisation Contact

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