

KONDININ COMMUNITY RESOURCE CENTRE

Swap It, Don't Stop It Comes to Kondinin

Project Date

November — December 2012

Project Location

Kondinin, a Wheatbelt town of approximately 350 people, 280km east of Perth

Target Group

Indigenous and low income residents of Kondinin.

Background

The Kondinin Community Resource Centre had built a new outdoor kitchen and was keen to put it to use. Members heard about a Swap It, Don't Stop It program held at Lake King in 2011 and were inspired to create something similar. A prominent local identity had suffered a near-fatal heart attack which prompted discussions about healthy diet and lifestyle, and which led to the grant application.

Objective

To improve the health and fitness of locals with cooking workshops, shopping tours and a walking group.

What Happened?

- Four weekly healthy cooking sessions were held.
- A shopping tour was conducted in the local food grocers for food label reading tips.
- Healthy recipes were regularly printed in the local paper.
- A healthy Christmas cooking workshop was held in December and also included a healthy meal for all those in attendance.

Results

- Excellent attendance at the cooking workshops.

- The local shop owner reported hearing many conversations about food lessons learned and being put into practice.
- Food label reading cards were quickly taken up throughout the town.
- Poor weather and unavailability of a personal trainer made it hard for the walking group.

Feedback from Participants

"I was a big butter fan but I've now changed to margarine and yes, you notice the difference but you soon get used to it."

"You always see cream in a lot of recipes, and I'd never thought about replacing it with coconut milk"

Tips

- Keep the theory lesson to half or less of the allotted time slot.
- Keep recipes simple and requiring few ingredients.
- Sitting down and eating together makes for an enjoyable social event and encourages discussion on everything learnt.

Where to from here?

Because participants were all women, 'healthy BBQs for men' was arranged for completion in 2013. Healthy recipes continue to be printed in the local paper, replacing a previous section entitled 'Blissful Bellies'

Organisation contact

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