

# MERCY COMMUNITY SERVICES

## Cook Wise Stay Healthy program

### Project Date:

November – December 2011

### Project Location:

Mirrabooba

### Target Group:

Culturally and Linguistically diverse adults between 20 and 50.

### Background

The Cook Wise Stay Healthy program was conducted at Mercy Care's Mirrabooba office once a week. The aim of the project was to encourage healthy eating habits through basic nutrition, shopping, budgeting and cooking. Foodbank WA and Diabetes WA both delivered sessions to participants to increase knowledge on food handling and preparation and diabetes. A healthy Group Recipe Book was created upon completion of the project with healthy tips for participants to use at home.

### Objectives

- Increase awareness of healthy eating habits and the associated benefits.
- Further knowledge of nutrition, it's relation to encouraging good health and the risk of chronic disease.
- Demonstrate healthy snack options for children and other boundaries.
- Provide basic knowledge of nutrition using the food pyramid and plate.
- Promote the benefits of physical activity in association with a healthy diet.

### What happened?

- Nine nutrition sessions were run once a week for participants.
- Three Foodbank WA workshops were delivered and covered basic nutrition, budgeting, shopping and food preparation. Participants also completed practical components which involved cooking basic recipes and sharing these meals.
- The three Diabetes WA sessions focused on the prevention of diabetes, the importance of reading food labels and important tips when shopping for food. Participants were then taken on a two hour supermarket tour to put new-found skills into practice.
- Participants were each encouraged to bring a favourite recipe in at the beginning of the program. The recipes were then altered to slightly healthier versions and further 'healthy tips' were provided at the base of each recipe. These were then collated to form a Group Recipe Book for each member to take home upon completion of the program.
- A yoga session was conducted with participants to show the importance of both a balanced diet and regular physical activity.

### Results

- Many people attended classes each week, with 14 regularly attending.
- A cook book was distributed to all participants at the completion of the project along with a shopping bag containing many healthy products.
- A walking group was formed during the nine week program, showing encouragement from participants.



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# MERCY COMMUNITY SERVICES *continued*



## Tips for others

- Cooking demonstrations are a great success as it gets participants involved and the results can be tasted.
- Reading labels was very informative as well as the supermarket tour.
- Consider making a crèche facility available for mothers.
- Phone the supermarket before your visit to ensure the tour is allowed.

## Where to from here?

Mercy Community Services plans to continue yoga classes and run a regular walking group during the cooler weather. A follow up Cook Wise program will also be produced in Term 2.

## Organisation contact

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