

# Eating Matters

Newsletter, March 2011



## News from Eat Well Tasmania

In this first Issue of Eating Matters for 2011, we look at the diversity in Tasmanian nutrition promotion approaches by showcasing various health promotion based services, training programs and resources currently being offered across Tasmania.

It is encouraging to see such diversity in programs, which allow opportunities for all Tasmanians – from the individual community member through to the health professional – to gain or brush up on nutrition knowledge and skills.



Along with current programs, strategies to improve nutrition promotion approaches continue to be explored. At present, Eat Well Tasmania are particularly interested in gaining an understanding of barriers to vegetable consumption in Tasmania and strategies to enable Tasmanians to increase vegetable consumption, so as to meet the recommended daily vegetable serve requirements. Part of this requires undertaking consultation with food industry and consumers around vegetable buying and consumption patterns.

This is where you come in! We are seeking your help, by asking you to participate in a short (anonymous) vegetable consumption focused survey (approx 10 questions) and to encourage your friends and associates to participate as well. A quick and easy way to complete the survey is via the following web link: [www.eatmorebroccoli.com](http://www.eatmorebroccoli.com)

Alternatively, you can fill in the survey included in this issue of Eating Matters and return it to us by fax or mail (as outlined at the bottom of the survey).

Your participation in the survey is greatly appreciated! By participating, you are allowing us to gain a greater understanding of how to work towards supporting Tasmanians in increasing consumption of fresh local vegetables.

Looking forward to hearing your views on vegies.

Nenita Orsino  
Executive Officer

# Enjoy Healthy Eating and Support Local Produce

## WHAT'S IN SEASON IN MARCH?

Give these delicious in-season vegies and fruits a go!



### VEGIES

**Tasmanian:** Asian Greens, Beans, Bean shoots, Broccoli, Cabbages, Capsicums, Carrots, Celery, Cherry Tomatoes, Cucumber, Garlic, Leeks, Lettuce and Loose Salad Leaves, Mushrooms, Onions, Parsnips, Potatoes, Pumpkin, Shallots, Silver beet, Snow peas, Spinach, Spring Onions, Squash, Swede, Sweet corn, Tomatoes, Turnip, Zucchini

**Other Australian:** Artichokes, Asparagus, Avocados, Beetroot, Brussels sprouts, Chillies, Eggplant, Garlic, Ginger, Olives, Okra, Rhubarb, Sweet Potato

### FRUIT

**Tasmanian:** Apples, Berries, Nectarines, Passionfruit, Peaches, Pears, Plums

**Other Australian:** Bananas, Cumquat, Custard Apple, Figs, Grapes, Kiwifruit, Limes, Mandarins, Melons, Oranges, Pawpaw, Quince



*Please note: there may be some variation based on local market availability.*

## Seed to Plate Community Gardens Workshop Series Northern Tasmania

For the first time, the *SEED TO PLATE* Community and School Garden series comes to Northern Tasmania. This is supported by volunteers and organisations including the Northern Suburbs Community Centre, Eat Well Tasmania, Launceston Environment Centre, Launceston City Council (LCC), Youngtown Primary School and Exeter High School and Primary School. The organising committee includes three passionate community gardeners - Rocelyn Ives (Retired teacher), Bonnie McGee (LCC) and Sandy Murray (Dietitian and teacher at UTAS).

The *SEED TO PLATE* workshops series is an initiative that started in the south of Tasmania in 2008. Due to its overwhelming success, this introductory series in Northern Tasmania provides 3 workshops. These include seasonal tasks for the garden, as well as providing tips on planting, harvesting, cooking and composting with support from local experts in different community and school gardens around Launceston and the Tamar Valley.

Our first workshop was held at the Rocherlea Peace Garden on 20<sup>th</sup> February 2011 with special guest Peter Cundall launching the workshop series. Peter's enthusiasm and passion for gardening enthralled the audience as he talked about the significance of growing your own vegetables and demonstrating how to sow seeds and plant seedlings now for winter and spring eating. Peter has been promoting this question of good, healthy, whole foods for many decades and workshops like this help to build community awareness around its importance.  
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As well as Peter's inspiring presence, Nenita Orsino from Eat Well Tasmania launched the Eat Well Grow Well Community Garden DVD. Jane Chapman also provided a tour of the garden and Sandy Murray spoke about the 'Future Tassie Diet'.

There are two more workshops scheduled in this introductory series and spaces are filling up quickly! The workshops are FREE but a gold coin donation is appreciated for presenters' time.

Workshops still to come include:

1. School Gardens – How do I make it happen?
  - Thu March 31<sup>st</sup> from 4-7pm
  - Youngtown Primary School, Victoria Street, Youngtown, Launceston
2. Cooking with the Seasons
  - Sunday May 1<sup>st</sup> 2011, 12:00pm - 3:00pm
  - Exeter High School, Glen Ard Mohr Road, Exeter

For more information, contact:

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## Tasmanian Food Security Council

The successful recipients of the Tasmanian Food Security Fund were announced on the 18<sup>th</sup> November at an event in the Chigwell Community Garden. Eight coalitions of organisations will receive \$730 000 of funding.

There is much anticipation and enthusiasm amongst those organisations receiving the fund.

### Food Security Stories from Tasmania

A number of fact sheets have been put together on behalf of the TFSC which demonstrate current examples of local food security initiatives in Tasmania. If you feel that an initiative that you are involved in provides a good example and you are happy for it to be included on this website, please contact the CNU.



For more information, visit:

[www.dpac.tas.gov.au/divisions/siu/committees/tasmania\\_food\\_security\\_council](http://www.dpac.tas.gov.au/divisions/siu/committees/tasmania_food_security_council)

Or contact:

**Community Nutrition Unit**

(03) 6222 7222

[Community.Nutrition@dhhs.tas.gov.au](mailto:Community.Nutrition@dhhs.tas.gov.au)

# Family Food Patch

## West Moonah Training

The next Family Food Patch training course will be held at the West Moonah Community House during March and April. We have had a great number of participants register for this course and I look forward to introducing the new Educators to you in the next Eating Matters edition.



## New Games

We have just added a range of physical activity related toys and games to the Family Food Patch toy boxes. Hula hoops, a children's yoga DVD, bucket stilts, pavement chalk, spiky balls, juggling balls, a backyard games set and lots more are now available for Educators to borrow. Perfect for any activities involving families. To find out more about the toy boxes please contact me using the details below.

## Lunchbox ideas

It is back to school time already and many parents and carers are after quick and easy lunchbox ideas for their children. Pikelets are a great lunchbox option, here is a great recipe that you might like to try:

## Date and Apple Pikelets

### Ingredients

1 cup of self raising flour	1 cup skim milk
2 teaspoons baking powder	1 egg
1 teaspoon cinnamon	Approx. 12 dates, finely chopped
1 apple, grated	1 teaspoon vanilla essence

### Method

Mix flour, baking powder and cinnamon together then add dates, apple, egg, milk and vanilla essence. Beat or whisk until smooth and thoroughly mixed. Heat fry pan, greased with a little margarine and add spoonfuls of mixture. Cook until top is bubbly and they are brown underneath.

For more information, contact:

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# News from Move Well Eat Well

## Move Well Eat Well

Early childhood



Move Well Eat Well – Early Childhood will see the current Move Well Eat Well -Primary School Award Program, extended to Tasmanian childcare centres, Family Day Care Schemes and other early childhood services responsible for the education and care of our 0 to 4 year olds. The healthy eating and active play messages and icons, recognised in 64% of Tasmanian primary schools, will be adapted and promoted to children, staff, families and communities in 270 services across all regions of the State.

The Program, to be introduced mid 2011, is jointly funded by the Department of Health and Human Services and the National Partnership Agreement on Preventive Health and managed within Population Health DHHS.

Already we have childcare services offering great examples of how they work with parents and staff to ensure our youngest Tasmanians enjoy a variety of fruit and vegetables every day. These ideas and those offered around active play, will be featured in the first Move Well Eat Well - Early Childhood Starter Pack, just one of the resources provided to new member services.



For more information, contact:

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[www.education.tas.gov.au/movewelleatwell](http://www.education.tas.gov.au/movewelleatwell)

## Helping to Get Tasmania Healthy



### **What is it?**

The Get Healthy Service is a free, telephone-based service that helps people make important, simple and sustainable changes relating to healthy eating, physical activity and achieving and maintaining a healthy weight. The Service is relevant to any adults who want to get healthier, and is especially important for anyone who has or is at risk of preventable chronic disease.

During the first six months of the Service, there have been nearly 450 participants, with two thirds of participants electing to enrol in the coaching program. Of the coaching participants, over 85% (self) reported a BMI in the overweight or obese range and cited little time for food preparation, taste preference and “other factors” as the factors preventing healthy eating. The most commonly cited barriers to physical activity included feeling tired and lots of demands at home.

### **How the Get Healthy Information and Coaching Service<sup>®</sup> works**

Participants in the Get Healthy Service receive:

- A free booklet with information on how to eat well and be physically active, and the importance of a healthy waist measurement;
- Up to ten phone calls from your own health coach, at times that suit you;
- A free coaching journal/diary to help you keep track of your progress; and
- Access to a secure website with extra information, resources and healthy living tips.

The health coaches are university qualified health professionals with additional qualifications in health coaching. Your personal health coach will help you work out what you want to achieve and how as well as helping you stay on track while you change your habits.

In New South Wales where the service has been running successfully since early 2009, participants who have completed the program say they are eating more fruit and vegetables and less take-away foods. They are being more physically active and those that set goals relating to weight loss have reported an average loss of 3.5kg.

For anyone wanting to improve their health, getting started is easy. Simply phone 1300 806 258 (Monday – Friday 8am - 8pm), visit [www.gethealthy.tas.gov.au](http://www.gethealthy.tas.gov.au) or send an email with their contact details to [contact@gethealthy.tas.gov.au](mailto:contact@gethealthy.tas.gov.au) and a health coach will call back on the next business day.

If you're interested in promoting the service to your clients, posters, brochures and cards for this preventive health service are available from:

**Petrina Nettlefold**  
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**Get Healthy Service**  
(03) 6222 7708  
[petrina.nettlefold@dhhs.tas.gov.au](mailto:petrina.nettlefold@dhhs.tas.gov.au)

## **Appetite for Life Manual – updated 2011 version almost complete!**

The HACC Nutrition Service team within the Community Nutrition Unit have been busy reviewing and updating the 'Appetite for Life manual – Nutrition for Older People'. The manual update is almost complete and will be ready for printing and distribution very soon. The manual update reflects input from current users including community nurses, HACC providers and other health professionals. There have been some significant improvements to the manual for this 2011 version, with several new handouts included such as 'high energy, high protein eating' and 'lactose intolerance'. A malnutrition risk screening tool, along with supporting tools and information will also be included in this new version.

All handouts will be in large font and written using simple language. The manual is designed for use by health and community workers, who support community living older people. The manual will contain over 50 handouts on various nutrition issues and topics that can be photocopied or printed from the CD to provide to clients. Like previous versions, it will contain more detailed background reading and evidence based information to support the handouts for those who are interested.

The CD of the manual will be available free for HACC providers, community nursing services and other relevant organisations in the sector in Tasmania from April 2011.

For more information, contact:  
**Community Nutrition Unit**  
(03) 6222 7222  
[community.nutrition@dhhs.tas.gov.au](mailto:community.nutrition@dhhs.tas.gov.au)

## Strengthening Nutrition in General Practice Update sessions 2011

The Strengthening Nutrition in General Practice (SNGP) short course is run in partnership between the Community Nutrition Unit (DHHS) and General Practice Tasmania, along with each regional division. The short course is designed to support Practice Nurses around Tasmania to build skills and confidence in providing nutrition advice to their clients. The course has been running extremely successfully for 3 years now, with over 65 nurses who have completed the full course state-wide.

The Community Nutrition Unit wishes to congratulate all of the Practice Nurses who have recently completed training in 2010, including our rural Practice Nurses from St Helens and Longford and those who attended the course via video linkup - Flinders Island, King Island, Triabunna and Scottsdale.

2011 promises to be another exciting year for 'Strengthening Nutrition in General Practice'. It is planned that the Community Nutrition Unit will run regular update sessions for nurses who have completed the course previously – each one with a focus on a new topic. This year we are inviting previous participants back to update sessions in April and May, and along with recapping what was completed in the course, we will focus on infant and child nutrition.

We look forward to seeing some familiar faces at the update sessions to be held in Hobart, Launceston and Ulverstone.



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# Spinach and Ricotta Cannelloni

Spinach is in season at the moment in Tasmania! So embrace cooler Autumn days with this delicious spinach dish that everyone will love!

## Ingredients

Olive oil	2 Tablespoons fresh chopped parsley
1 onion, finely chopped	2 Tablespoons fresh chopped basil
2 cloves of garlic, crushed	2 cans chopped tomatoes
150g fresh spinach	16 dried cannelloni tubes
500g low fat ricotta	½ cup grated low fat mozzarella cheese
¼ cup parmesan cheese	Salt and freshly ground black pepper

## Method

Preheat oven to 180°C. Heat olive oil in a frypan and add onion. Cook until soft, then add crushed garlic until fragrant. Stir in fresh spinach and continue to stir until wilted. Take off the heat, transfer to a food processor and blend until spinach is finely chopped. Stir in ricotta, parmesan, salt, pepper and parsley and set aside. Pour tomato cans into a pan and stir basil through (other herbs such as oregano or marjoram can also be used). Season as necessary. Pour half of tomato sauce into a baking dish. Fill cannelloni tubes with spinach mix, and arrange in dish over tomato sauce. Pour remaining sauce on top and sprinkle with mozzarella cheese. Bake for 25 minutes until golden and bubbling and serve with a green salad.



**Eating Matters is produced as collaboration between Eat Well Tasmania and the Community Nutrition Unit.**  
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