

Feeding your mob with fruit & veg: bush tucker tips

(2008)

Type: Booklet

Description:

The *Feeding your mob* recipes booklet is based on the fruit and veg cookbook put together by the former Mid North Coast Aboriginal Partnership.

The booklet has many popular and nutritious fruit and vegetable recipes, including pictures to show how to prepare the recipes in a fun and easy way. The recipes include 'bush tucker tips' so that Aboriginal and non-Aboriginal people can become familiar with foods that have been part of the Aboriginal diet for many years, and maybe try some of these traditional ingredients when preparing Aboriginal food.

The recipes in this booklet are very economical to make, and use a variety of fresh, dried, canned and frozen fruit and vegetables.



When to use this resource:

The recipes in this booklet can be used when running cooking classes, to show examples of how economical, healthy and tasty meals can be created using a variety of ingredients that are easily obtained.

The recipes can be shared with members of the community to take home and try themselves, thereby encouraging them to practice at home the skills they have learned in a class or group setting.

The detailed descriptions of the bush tucker ingredients can be used to encourage discussion on traditional foods and traditional cooking, and a healthier way of life.

Producer:

Mid North Coast Aboriginal Health Partnership,
The 2 & 5 Campaign, Canberra

To order copies of this resource

Not available in hardcopy. The PDF can be downloaded from:

<http://admin.gofor2n5.hstprdweb01.perthix.net/DataStore/files/pdf/NSW/Feeding%20your%20mob.pdf>

View website:

The 2 & 5 Campaign

<http://www.gofor2and5.com.au>