

# Quick meals for Kooris

(2008)

**Type:** Resource package

**Description:**

This resource package relates to *Quick meals for Kooris*, a 'hands-on' cooking program that was designed to assist urban Aboriginal people to cook healthy meals for the family. The program is delivered in two three-hour sessions and is very flexible and versatile. The program aims to make meal preparation enjoyable and achievable. This is important if participants are to put what they have learned into practice at home. The participants in the program will gain practical knowledge and skills which will help them and their families to eat nutritious food.

This kit contains:

- simple nutrition related health information as background for the group leader
- information and guidelines to train Aboriginal health workers and Aboriginal community members to conduct the 'Quick meals for Kooris' cooking program. This includes a timeframe (what to do 8 weeks before; 1 week before; what to do on the day) and covers such things as funding sources, equipment needed, shopping list for foods, recipes, transport, childcare, promotion and sample letters/flyers/posters/press releases

**When to use this resource:**

*Quick meals for Kooris* is designed to be run by Aboriginal Health Workers or by Aboriginal community members who are trained to deliver the program. The group leader does not need extensive nutrition knowledge, just some basic home cooking skills and knowledge of their local community. The cooking program can be run as a 'stand alone' program or included in larger programs, including those that address diabetes, heart disease, living on a budget, working with youth, community gardens, vacation care etc.

**Producer:**

Harris J, Leahy J, Bunney C, Anderson M, Central Coast Health NSW, Sydney

**To order copies of this resource**

Ph: (02) 4320 3691

**View website:**

Central Coast Health NSW

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