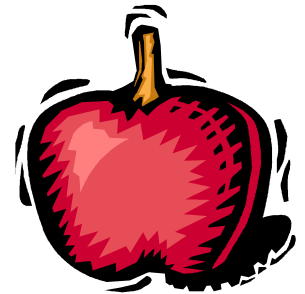




Nunga Nutrition Lunch Program



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Aboriginal Health Team
Central Northern Adelaide Health Service, SA



- Nunga Lunch Program is a joint initiative between SA Dept. of Health and Nunkuwarrin Yunti (ACCHO).
- “**Nunga**” means Aboriginal person from the South Australian area.
- Community lunch program that **addresses food security** and **promotes wellness** among the Aboriginal community.



**Nunga Lunch being enjoyed by community at the
Parks Community Health Service, Adelaide**



- Nutrition team made up of 3 workers; **Nutritionist, Assistant Project Officer and Community Peer-Support Worker**
- Program has been running successfully for over 10 years ~ is an important part of the nutrition services provided by our Team
- Healthy, easy to prepare, diabetes-friendly meals provided at no cost to the Nunga Community



Some ingredients used in preparing Lunch



Example of a fruit platter provided at Nunga Lunch



- Lunches provided weekly at 3 community health centres across the **central northern Adelaide health region** where Nunga Health Clinic runs.
- Program caters for approximately 80 people on a weekly basis.
- **A healthy meal plus access to Clinic is promoted** – Doctors, nurses, AHWs, physio, podiatry and dental services available.



Lunch being served ~ sweet & sour pork with rice, potato and leek soup



- Program runs weekly during school term.
- **Program activities** include: on-line grocery ordering, menu planning, recipe modifying, arranging guest speakers, organising health promotion displays, program evaluation.
- Recipe handouts and food displays
- **Cookbooks** developed “Eat Well, Stay Strong: A Nunga Cookbook for Healthy Living”.



“Eat Well, Stay Strong” Cookbooks Volume 1 and 2



- **Guest speakers** are invited to attend Nunga Lunch to provide brief & informal talks about the services they provide.
- **Appointments & referrals** taken for issues such as renal health checks, hearing and sight assessments, mammograms, Centrelink inquiries, housing issues, home care support & court complaints.
- Health promotion **displays** & aboriginal **resources** available to the community.



- Program **aims to address food security**, particularly among families with young children, by providing healthy meals; recipe handouts; ingredient displays; and informal nutrition education around healthy eating & safe food prepⁿ.
- Program also **aims to encourage attendance at Health Clinic** and **provide referral pathways** for additional health care through guest speakers and health promotion events.



The Nunga Lunch Program promotes:

- **Access to all** – everyone who comes and visits is made to feel welcome and is provided with a healthy meal
- An **atmosphere** that is inclusive, informal and educational; and
- **Community involvement** and staff participation.



Nunga Lunch being enjoyed outdoors by community



- Nunga Lunch Program also celebrates key events during the year: NAIDOC Week, Reconciliation Week, National Sorry Day and Christmas.
- Program also provides outreach to Health Days & School Expos → **health promotion link**
- Recently hosted 3 Nunga Lunches with SA Burns Unit & SAMFS to promote fire safety and burns information



Lunch hosted with SA Burns Unit & SA Metropolitan Fire Service to promote fire safety & burns information to local primary schools



- Nunga Lunch Program recently supported launch of “**Dodger’s Heart**” DVD, which is a documentary co-produced by a member of our Health Team that follows a family’s journey with heart disease.



Food provided by the Nunga Nutrition team at the launch of “Dodger’s Heart” DVD



- **Attendance** at Nunga Lunch is encouraged via groups run by our Aboriginal Health Team, through health promotion activities in the community, via outside agencies who work with the Nunga community and through word of mouth



- **Evaluation** forms a major part of the Nunga Lunch Program
- Statistics collected around numbers attending program, description of participants, HP displays, guest speakers, staff & community feedback
→ **process** and **impact** evaluation
- Numbers attending Clinic, AHA & CHA carried out → **outcome** evaluation



Nunga Lunches



Do you like the food being served at Nunga lunch?

What food would you like at Nunga Lunch?

Have you enjoyed the guest speakers at Nunga Lunch?

Who would you like to come and talk at Nunga Lunch?

Are there any health issues you would like to know about?

Do you have any other thoughts or comments to share?

Thankyou for your time

**Evaluation Survey
collecting community
feedback about the
program**



In **summary**...

- Well-planned, well-organised, enjoyable, rewarding, practical, hands-on nutrition program.
- Supportive Management Team.
- Successful example of how community lunch programs can address food security and promote wellness in the Aboriginal community at a very grass roots level.



Recommendations to Conference

- **more community lunch programs** be provided to Indigenous communities.
- **more certified training** in nutrition & food safety provided to Aboriginal people.
- **more Nutrition Workers** in Community Health to support Indigenous communities to make healthier food choices & adopt healthier lifestyles.



**Thankyou for your time and for the opportunity
to share about the Nunga Lunch Program**