

## **Koori's Cooking Healthy recipe cards**

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The Aboriginal Chronic Care Program (ACCP) is a program that aims to reduce chronic disease in Aboriginal and Torres Strait Islander people in south western Sydney. This program is coordinated by Sydney South West Area Health Service and run by a multidisciplinary team at Miller Community Health Centre. The program focuses on prevention and self-management of chronic disease and nutrition-related health problems such as obesity, hypercholesterolemia and poorly controlled diabetes. The Koori's Cooking Healthy recipe cards were developed following a series of cooking groups for clients. The cards were to assist in preventing nutrition-related health problems and to promote healthy eating for a healthy weight. Clients on the program provided their favourite recipes and dietitian modified each one to make them more healthy, focusing on a reduction in fat, salt, sugars, and an increase in fruit, vegetables and fibre. A selection of these recipes were then printed and laminated to create a series, with Indigenous artwork donated by an active client of the program. The recipe cards have been widely distributed within the community as a simple and easy-to-use educational tool for promoting healthy eating for a healthy weight, and preventing nutrition-related health problems in a practical way. The ACCP team has received positive feedback since distribution and clients are requesting further recipes to be added to the collection. It is important to ensure community involvement and cultural appropriateness is continued with future progress of the project.