

5 November 2014

Minto community kitchen launches healthy cookbook for Pacific Islander people

The Minto Multicultural Healthy Community Kitchen will launch their new cookbook on Tuesday 11th November at the South West Multicultural and Community Centre (SWMACC) in Minto.

The community kitchen run in south western Sydney provides social interaction and fosters cultural exchange amongst the Pacific Islander communities including families from Fiji, Cook Islands, New Zealand, Samoa, Tonga and Hawaii.

The recipe book will promote access to healthy, nutritious and affordable food, share knowledge about cooking skills through exchanging recipes and the modification of traditional multicultural meals to make them healthier.

The community kitchen addresses some of the key health issues reported in the NSW Health policy report¹ that certain diseases are more prevalent among CALD (Cultural and linguistic diverse) communities.

The NSW Health *Policy and Implementation Plan for Healthy Culturally Diverse Communities 2012-2016* found people born overseas, including Pacific Islander communities, self-reported higher rates of diabetes, coronary heart diseases, or were overweight or obese.

The SWMACC coordinator, Mal Fruean said the community kitchen has been overwhelmingly positive in sharing cooking skills, reducing intake of takeaway food as well as promoting healthy cooking habits.

“They gather weekly to prepare good, affordable, culturally appropriate and healthy food, share that meal together as well as take recipes and leftover food home to share with their extended families and friends,” Ms Fruean said.

Minto participant, Maureen Unasa, who attends the community kitchen every week, said it has had a positive effect on her family.

“I enjoyed cooking each week with my new friends and my son would always ask when I was returning to the kitchen because he wanted more of that yummy food,” Ms Unasa said.

The kitchen is working with the Pacific Islander communities covering Minto and surrounding areas.

The Minto Multicultural Community Kitchen is a partnership between South Western Sydney Local Health District Health Promotion Service and the South West Multicultural Community Centre Inc.

The Healthy Minto Community Kitchen Cookbook Launch

When: 11am – 1:30pm

Tuesday 11th November, 2014.

Where: South West Multicultural and Community Centre, 4 Surrey Street, Minto

Photo opportunities available

References

NSW Ministry of Health 2012, *Policy and Implementation Plan for Healthy Culturally Diverse Communities 2012-2016* <http://www.mhcs.health.nsw.gov.au/policiesandguidelines/pdf/policy-and-implementation-plan-for-healthyculturallydiverse2012-2016.pdf>