



Agencies for [www.ana.org.nz](http://www.ana.org.nz)

# NUTRITION ACTION

Ngā Takawaenga Hāpai Kai Hauora



## Evidence & Action

ISSUE 59: MARCH 2015

### In this issue...

- 2 Countdown to ANA conference
- 3 Green Prescription: Success Stories
- 4 Healthy Babies Healthy Futures
- 5 National Good Food Network
- 5 JUST COOK
- 6 WHETU, WAI, WHENUA - Connecting health and Māori concepts of the environment
- 7 New from the journals
- 8 Coming events

## CREATING HEALTHY CHANGE FOR ALL

**The Ministry of Health has taken a significant step forward in its efforts to prevent obesity and chronic disease with the signing of a Joint Commitment to Prevention between Victoria, Australia and New Zealand on 4th March 2015.**

The Joint Commitment to Prevention was developed to recognise and formalise the collaboration between the Department of Health and Human Services, Victoria and the NZ Ministry of Health on tackling obesity and chronic disease by taking a whole of systems approach.

Healthy Families NZ is informed by and modelled on the world-leading Healthy Victoria Together initiative, which is achieving large-scale reach across the Victorian population, making change on the systems that influence the health and wellbeing of individuals, families and communities.

Like Healthy Together Victoria, Healthy Families NZ is taking a unique complex systems approach to reducing population level chronic disease risk.

When fully established in mid-2015, Healthy Families NZ will consist of 75 dedicated full time staff and is expected to reach a quarter of the population of New Zealand through an intensive health promotion effort in 10 locations across New Zealand.

### From the Joint Commitment to Prevention:

“To permanently slow the growth of obesity and chronic disease, a growing evidence-base is clearly pointing to the need for a comprehensive, systematic program of multiple interventions that is delivered at scale by the full range of sectors (McKinsey Global Institute, 2014).

And this is what we are delivering through Healthy Together Victoria and Healthy Families NZ.

The Victorian and New Zealand Governments are adopting an approach that is radically different to the way things have been done in the past.



The Victorian Department of Health and Human Services and the New Zealand Ministry of Health jointly developed the statement which was signed by Acting Director General of Health, Chai Chuah, and Dr Shelley Bowen on behalf of the Secretary of the Department of Health and Human Services, Victoria.

This bold new way is about thinking bigger, driving innovation and creating good health in the places where we spend our time – where we live, learn, work and play.

By taking a complex, whole of systems approach to prevention, we are uniting communities and families to create opportunities for better health.

Together we are forging a path where prevention is delivered at a scale that will impact entire populations; where multiple partners and multiple leaders come together to support the health of all; and where equity is placed at the heart of the system and its interventions to ensure the highest level of health for all.

“Together, we are creating change that impacts the health of our populations now and for future generations.”

The formalising of the partnership between the Victoria and New Zealand leaders was followed by a two-day orientation hui for the recently appointed managers of the 10 Healthy Families Communities.

For more information: Michelle Palmer, Programme Director, Healthy Families NZ at [michelle\\_palmer@moh.govt.nz](mailto:michelle_palmer@moh.govt.nz)



## Connect · Grow · Thrive

## E Hono · E Tipu · E Rea

6<sup>th</sup> National Nutrition and Physical Activity Conference

6-7 May 2015

Rendezvous Grand Hotel, Auckland, New Zealand

Join us for learning and sharing at the 6<sup>th</sup> National Nutrition and Physical Activity Conference at the Rendezvous Grand Hotel in Auckland on 6-7 May 2015.

Registrations are open so visit the [ANA website](#) to download the programme, register and view accommodation options.

Earlybird registrations close on Friday 27 March, 2015.

In our **December newsletter** we introduced our keynote and guest speakers, here are further highlights we have planned for conference:

**Should the government stay out of the kitchen?** Chaired by Professor Boyd Swinburn, Eric Crampton and Geoff Simmons are going to battle over the 'nanny state' and what exactly the role of public health should be. This may challenge you; it could be controversial!



Geoff Simmons and Eric Crampton face-off before they go head to head at the conference debate.

**Fruit for Thought with 5+ A Day.** This is a winning combination: a fruit filled breakfast with Carolyn Watts and Jude Ball introducing us to the results of the Fruit in Schools programme. It will be tasty and informative. **The first 100 conference registrants will receive a breakfast ticket for free!**

There are **12 practical workshops** on offer. Here is a taster: the way kids used to play, Māori games, a walking tour of New Zealand's flagship cycling infrastructure project, taking action on sugary drinks, making submissions, Pacific cultural competency, the Healthy Families NZ way of working...and more.

With a fantastic line up of **oral presentations**... there is so much to choose from including: waka ama as a vehicle for health, school gardens, bikes in schools, pros and cons of food taxing, health star rating, early childhood programmes, smartphone apps for physical activity and breastfeeding, water babies, traditional active options, working with local government...and so much more!

**Lightning presentations** will show case 12 topics delivered in quick-fire 5 minute talks accompanied by some visually snappy slides. These will be fast paced, informative and fun.

**There will be physical activity and delicious food.** This you can expect from a nutrition and physical activity conference! Our MC Eroni Clarke, along with the energisers from Sport Waikato, are going to keep you all awake, and with the Heart Foundation overseeing our catering you will be well nourished.

**Lunchtime meetings:** Green Prescription staff will have a catch-up, and there will be an opportunity to hear the outcomes of Toi Tangata's recent hui-a-tau.

**Remember! Early bird registrations close on Friday 27 March 2015.** Visit the [ANA website](#) for all conference information or contact Diana Pedlow on 04 499 6360 or email [diana@ana.org.nz](mailto:diana@ana.org.nz)

ANA wishes to acknowledge those who are generously supporting the 6<sup>th</sup> national nutrition and physical activity conference:





# Green Prescription SUCCESS STORIES

Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

## Recent GRx graduate takes things to the next level!

Margaret Boyce was given a Green Prescription (GRx) by her doctor in October 2014 after being diagnosed with Type 2 diabetes. Before Margaret joined the Sport Auckland GRx her health needed a turnaround. Margaret weighed 109kg and felt lethargic after years of being sedentary and eating the wrong kinds of food. After her initial kick starter session with Brooke Mitchell (GRx healthy lifestyle advisor), Margaret was soon walking for up to 40 minutes at a time, attending the gym regularly and she began to feel a “real difference” in her health in only a matter of weeks.

Over the six months while on a GRx, Margaret lost 27kg. She modified her eating patterns and meal size portions, developed control of her blood glucose levels and says she feels ‘awesome’.

*Brooke's enthusiasm and passion to help others has been inspirational in my journey to where I am now. Having a knowledgeable support person to ask health related questions, helped motivate me and give me accurate advice has been invaluable.*

One of Margaret's family members was so blown away by her weight reduction and new-found energy levels that she too has adopted healthy habits.

The Manurewa GRx programme includes weekly sessions such as food label reading, meal planning, supermarket tours, healthy cooking sessions and goal setting for success. Guest speakers from organisations such as Diabetes NZ, the Heart Foundation and Arthritis NZ also lead workshops on this programme. Sport Auckland's GRx team put a real emphasis on nutrition education for their clients.

## Free community health sessions

Over the past two years the Auckland DHB Nutrition services team and dietitian, Reishma Edward, have been delivering free community health sessions which are practical, hands-on and proving to be a real hit. We have had up to 30 people engage and contribute to give it a real community feel. Two of the great success stories coming from these sessions are Davina Collins and Keron Pritchard, who both shed



Reishma, dietitian in action in the community

considerable amounts of weight (and have kept it off) and made sizeable lifestyle changes not just for themselves, but for their families. Keron has lost over 60kg and attributes much of that to learning more about healthy eating and making physical activity a priority in his daily routine. Keron now mentors his sister Maylene on her journey to help her to get down to her ideal weight; Maylene has already lost 20kg. Davina Collins lost over 23kg, quit smoking, stopped drinking, attends the gym, plays badminton and is no longer classified as having pre-diabetes. Her two daughters and son are now regulars at the gym, one of them, Shontelle, having recently lost 16kg.

## New pilot: East Tamaki Healthcare



Brooke's practical healthy cooking session in Manurewa.

Our new pilot programme with East Tamaki Healthcare has been both very well attended and received by the Otara community. The pilot involves a 30 minute physical activity session, 20 minute nutrition workshop and a hands-on cooking session for clients. Another positive sign that GRx is making a real impact in the community is that we are receiving an increasing number of referrals from dietitians and nutritionists.

14.6% of the patients referred to Sport Auckland (Auckland DHB and Counties Manukau DHB) have either pre-diabetes or Type 2 diabetes (2014 data).

‘Although physical activity is very important in helping to manage blood glucose levels, good nutrition is essential.’ says Michael McCormack. ‘People can self-refer to Green Prescription online at [www.sportauckland.co.nz](http://www.sportauckland.co.nz)



For more information please get in touch with Michael McCormack, Sport Auckland GRx promotions advisor (09) 623 7956 or [michaelm@sportauckland.co.nz](mailto:michaelm@sportauckland.co.nz)

# HEALTHY BABIES HEALTHY FUTURES

An exciting project, Healthy Babies Healthy Futures (HBHF) has now been running successfully at The Asian Network Inc (TANI) since June 2014. This project is a collaborative arrangement between The Asian Network Incorporated, West Fono Health Trust, HealthWEST Ltd, Chinese New Settlers Services Trust, Waitemata and Auckland DHBs, Waitemata Plunket, Waitemata and Auckland DHB Nutrition Services, Waitemata DHB Maternity Services in association with the National Institute of Health Innovations and the Evaluation Services of the University of Auckland.



The main goal of HBHF is to promote the health and wellbeing of pregnant women, women with children under 4, and their whānau/families and communities through improved nutrition (including breastfeeding), and increased levels of physical activity.



Bharitya Samaj Walking Group

TANI supports Asian (e.g. Indian, Fijian Indian, South African Indian, Sri Lankan, Pakistani, Afghanistani, Bangladeshi, Nepalese...) mums who are expecting along with those that have children from 0-4 years old, with a healthier lifestyle. The aim is to reduce their risk for diabetes (especially gestational diabetes), increased blood pressure, and heart disease. Participants and their wider family are provided with healthier eating and physical activity options to suit their health needs.

All participants who enrol in this program receive advice from experts in the field of pregnancy, breastfeeding, food safety, nutrition and physical activity via a **Text MATCH**

program which sends out friendly messages and reminders on these topics to busy mums via text. Moreover, those who enrol for the project's various activities are supported in a number of ways. Specifically with a one-on-one nutrition session wherein mums who are eager to get back to their pre-pregnancy weight are supported in reaching their healthy weight range while also benefiting from a customised healthier eating and food preparation plan along with targeted focused physical activity moves which help strengthen and tone the body's various muscles.

Mothers living in close proximity to one another are connected and brought together for social and educational 'chai time' sessions and walks in the nearby park.



Chai Time sessions

The 'chai time' sessions cover a range of topics from (a) overview of diabetes and heart disease, (b) food choices, (c) food preparation and menu planning, (d) food labelling, (e) shopping on a budget and (f) benefits of physical activity. These workshops help extend mothers' social networks, reduce isolation and enhance their wellbeing. They also have the opportunity to attend wider workshops wherein experts will be invited to speak on a topic of their interest.

Fun active recreational family events are also organised for families, in which they have the opportunity to play some local and cultural sports along with enjoying a healthy picnic basket.



For more information please get in touch with Parul Dube, co-ordinator at 022 464 7448 or at [parul.dube@asiannetwork.org.nz](mailto:parul.dube@asiannetwork.org.nz)



# National Good Food Network

*Access to fresh and healthy food for our communities through a National Good Food Network*



Emily Dowding-Smith –  
Transformation Leader  
– Restorative Food

**Currently in Aotearoa New Zealand, we have multiple organisations working on access to healthy food in our communities that extend further than traditional roles in the public health sector.**

To name a few, we have sustainability officers in local councils with community gardens and kai to compost initiatives, organisations running community kitchens, food rescue services (e.g. **Kaibosh** in Wellington),

farmers' markets and savvy tech food businesses, like **OOOBY** and **My Food Bag**. All of these have a mission to tackle similar issues around access to healthy food across different sectors of society. The result is many organisations working on different aspects of the food system, but no overarching cohesive strategy at a national level to combine or strengthen those initiatives.

By bringing together different key organisations to share learning and build capacity, we can take a lead across New Zealand and pave the way for other smaller organisations to follow their example and learn from their experiences.

**The Sustainable Business Network (SBN)** is uniting individuals with a mandate from their organisation, working on the topic of access to fresh and healthy food, to learn from each other and catalyse the change that is needed across sectors of the community. Because without a collaborative approach working towards a collective impact that cuts across both the public and private sectors, we're not going to be able to adequately address issues of access to healthy food in our communities.

We have also identified that there are local food initiatives running in a small, ad hoc way without support, across the country. There is a need to have a nationwide co-ordination between local food networks to ensure strengthened city-region and regional food systems in New Zealand. This is based on international best practice which illustrates that strengthened local governance from territorial authorities and district health boards creates an enabling environment for local food initiatives, specifically, community food enterprises (CFEs).

CFEs are locally accountable food related entities seeking to increase access to food; e.g. local grocery stores, co-ops, farmers' markets, food hubs, marae kai with koha, emergency food providers, box schemes, buying groups, community kitchens, community food centres etc. These all play an important role in strengthening the city-region food system and also creating good food businesses.

In New Zealand there is also an ad hoc system of CFEs and at SBN we consider that catalysing change at the governance level (i.e. with local councils and health boards) will stimulate better growth in these enterprises, enable healthy food options to increase and hopefully improve accessibility to fresh and healthy food for those who need it most in our communities.

**From April this year we'll be launching the National Good Food Network programme to help individuals in organisations share knowledge and learnings to enable them to effect better change in their community.**

If you'd like to find out more please contact Emily Dowding-Smith at the Sustainable Business Network: [emily@sustainable.org.nz](mailto:emily@sustainable.org.nz) or visit their [website](#).



**JUST COOK is an initiative of the New Zealand Nutrition Foundation which aims to build home cooking skills, particularly in youth and communities where there is a need.**

The youth programme comprises:

■ **two teaching modules:**

**My Food My Future** which sits in the year 7-10 science curriculum in partnership with the Liggins Institute and National Institute of Health Innovation at the University of Auckland. This module focuses on food choice and the impact of food on health and well-being

**JUST COOK** sits in the year 8-10 food technology and health & PE learning areas and focuses on the benefits of cooking at home vs takeaways. *Continued on page 8...*

# Whetu, Wai, Whenua - Connecting health and Māori concepts of the environment

24-26 Hui-tanguru 2015

Toi Tangata, Kāti Huirapa Runaka ki Puketeraki and the University Of Otago, School of Physical Education, Sport and Exercise Sciences welcomed up to 75 manuhiri to the Karitane coast to participate in the **Hui-a-Tau Whetu, Wai, Whenua – Connecting health and Māori concepts of the environment**. This hui aimed to connect Māori health promoters, academics, tertiary students, community leaders, youth workers, independent business and clinical health practitioners together over a three day period to foster innovation in nutrition and physical activity health promotion and health education through culturally relevant interpretations of Māori knowledge.

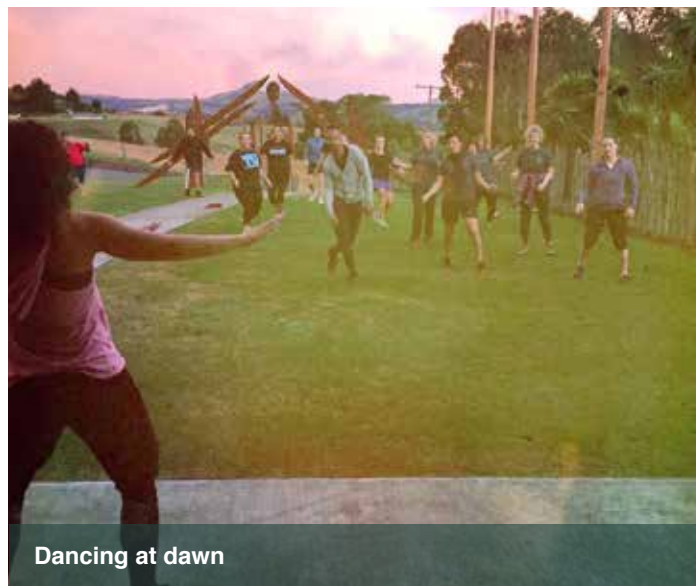
The theme **Whetu, Wai, Whenua – Connecting health and Māori concepts of the environment**, was supported by the beautiful environment that hosted us.

“Spending the first 3-5 hours of the national hui together walking, guided by the local hapū around the pā, jumping on waka to connect with the awa and having time in the evening to kōrero under the stars demonstrated what the theme is about,” says Managing Director Leonie Matoe.

Kāti Huirapa opened the evening kōrero with a unique perspective on homelessness and how a systems thinking approach grounded in kaupapa Māori moved a population across landscapes in more ways than one. Tainui navigator Hoturoa Kerr highlighted how the ancient practices of traditional navigators have application in growing leadership capabilities. Both speakers provided insights into a Māori way of doing things that are relevant and useful for us still today.

The theme was drawn from the Atua Matua Māori Health Framework developed by Dr Ihirangi Heke who supported the hui and presented a workshop alongside Toi Tangata programme manager Callie Corrigan and others in the sector who have an increased understanding of implementing the framework in their organisations. The hui then jumped into an afternoon discussion on the role of social enterprise in sustaining these approaches and other ways to strengthen kaupapa Māori and Māori centred approaches to nutrition and physical activity.

Local mahika kai expert, Karl Russell was pulled away from Te Matatini duties to join the hui dinner at the Eco sanctuary with



Dancing at dawn

contemporary dancers Cathy Livermore and Trey Pickett. The discussion was to support the WAIARIKI strategy presented by Toi Tangata, a strategy to whakamana WAI.

“I’ve always said that without wai there is no kai, where I’m from at Arowhenua this is becoming a real issue because of chemicals in the waterways, the river drying up, we have to go and move our tuna into other waterways, they are dying”, says Karl Russell.

“When we stand up to protect the waterways in our environment we make the connection to our own internal waterways. We reflect the environment, WAIARIKI is about respect for ourselves and for our environment, we look forward to exploring these concepts more over the coming months,” says Leonie.

The final day was given over to the university and academics to begin to weave the best of the various tools, theories and knowledge systems available for us to draw on and inform our practice as Māori going forward.

You won't want to miss out on the next opportunity for personal and professional growth on offer from **Toi Tangata** - more 2015 hui information will be added over the next few weeks for you to enjoy.

**Leonie Matoe**  
Kaiwhakahaere Matua - Managing Director  
Toi Tangata  
[leonie@toitangata.co.nz](mailto:leonie@toitangata.co.nz)

## **The impact of cooking classes on food-related preferences, attitudes, and behaviors of school-aged children: a systematic review of the evidence, 2003-2014**

*Authors: Hersch D, Perdue L, Ambroz T, Boucher JL.*

**Summary:** We often hear speculation that one contributor of the obesity epidemic may be due to a loss of culinary skills and basic food knowledge. There is evidence to suggest that cooking programmes can improve food related preferences, attitudes and behaviours among adolescents and adults, but their effect on children remain uncertain. This systematic review aimed to assess the latest evidence concerning childhood cooking programmes and their association with children's food-related preferences, attitudes, and behaviours. The reviewers found eight studies that met their inclusion criteria of a hands-on cooking intervention, with participants aged 5 to 12 years, written in English, and published in a peer reviewed journal.

Their findings suggest cooking programmes for children may have a positive influence on preferences, attitudes and behaviours, but there are still significant knowledge gaps before best practice can be determined.

**Commentary from Dr Jennifer Utter, Senior Lecturer, Epidemiology & Biostatistics, School of Population Health, Faculty of Medical and Health Sciences, The University of Auckland:**

The findings were reported cautiously as there were only eight studies included in this review and the study designs for most were not adequate to determine the true effectiveness of these programs. Findings from this review are enough to warrant future investment in the implementation and evaluation of cooking programs for children, particularly as there were no suggestions of harm related to these programs. Moreover, there is a unique opportunity for future interventions to explore other areas of impact of child cooking programs. For example, the social and broader health impact of cooking programs remain unknown but seem likely given that cooking may provide children with opportunities for skill building, identity development and social engagement with their families. 🔄

Reference: Preventive Chronic Diseases 2014;11:140267.

DOI: <http://dx.doi.org/10.5888/pcd11.140267>

## **Stair-use interventions in worksites and public settings – A systematic review of effectiveness and external validity**

*Authors: Bellicha A, Kieusseian A, Fontvieille A-M, Tataranni A, Charreire H, Oppert J-M.*

**Summary:** Regular stair climbing has been associated with numerous health benefits and it's an activity that can contribute to an accumulation of physical activity throughout the day. This literature review aimed to provide an update on the effectiveness of stair-use interventions separately in workplaces and public settings, and to determine the most effective type of intervention. Fifty articles with 60 studies (25 in workplaces and 35 in public settings) met the review inclusion criteria.

## **Commentary from Dr Erin K Howie, Postdoctoral Research Fellow, School of Physiotherapy & Exercise Science, Curtin University, Perth, Western Australia:**

This review found that stair-use interventions are effective to increase stair climbing in public settings but evidence is limited in worksites. However, worksites may provide the better opportunity to create meaningful increases in physical activity. Worksites often provide more opportunities climbing multiple flights, instead of a single flight of stairs in a shopping mall. Additionally, people spend a large proportion of their day in workplaces, with at least one opportunity each day to choose to take the stairs. Some studies showed an increase in going down the stairs, which has less health benefits than going up. Furthermore, few studies tested long-term effects. For meaningful effects on public health, we need stair-use interventions that can encourage people in worksites to take the stairs up multiple flights, on multiple occasions per day, on a regular, long-term basis. But unfortunately, these studies haven't been done yet. 🔄

Reference: Preventive Med 70 (2015) 3-13.

DOI: <http://dx.doi.org/10.1016/j.ypmed.2014.11.001>

## **Longitudinal levels and bouts of objectively measured sedentary time among young Australian children in the HAPPY study**

*Authors: Carson V, Salmon J, Crawford D, Hinkley T, Hesketh K.*

**Summary:** This study examined the differences in sedentary time and bouts during and outside of childcare/school periods, and changes in sedentary time and bouts over one year among those who remained in childcare compared to those who transitioned to school. The 177 participants in this study were part of the Healthy Active Preschool and Primary Years (HAPPY) study in Melbourne, Australia.

## **Commentary from Dr Erin K Howie, Postdoctoral Research Fellow, School of Physiotherapy & Exercise Science, Curtin University, Perth, Western Australia:**

This study found that children who recently transitioned into school had an increase of 26 minutes of sedentary time compared to time outside of school. Is 26 minutes of sedentary time going to negatively affect health? There is a time to be sedentary and a time to be active. Children learn important skills in school such as reading, writing, and maths. Often they need to be sitting during these lessons, especially as new learners. And while sedentary time is bad for adults, research shows it may not be as bad in children when they are sufficiently active. This study does not report children's physical activity levels. Additionally, children in this study were spending only short bouts (less than 10 minutes) in sedentary behaviour during school. Teachers seem to be getting the message that children should not be sitting for long periods of time. We need to be realistic and evidence-based in our expectations for how much sedentary and active time is just right for our young children. 🔄

Reference: Journal of Science and Medicine in Sport (2015)

<http://dx.doi.org/10.1016/j.jsams.2015.01.009>



## Coming Events

### MAY 2015

**ANA 6th National Nutrition and Physical Activity Conference: 6-7 May, 2015, Auckland.** Programme and abstracts published. Early bird rate will end at 5pm Friday 27 March 2015 [More information available here](#)

**New Zealand Society for the Study of Diabetes ASM and the Special Interest Group Study Days 2015:** 5-8 May, 2015, *Wellington*. [Read more here](#)

**32nd National Conference Dietitians Association of Australia:** 13-16 May 2015, *Perth, Australia*. [Read more here](#)

**2nd Annual Australian and New Zealand Eating Disorders and Obesity Conference:** 18-19 May 2015, *Surfers Paradise, Australia*. [Read more here](#)

### JUNE 2015

**Annual Meeting of the International Society of Behavioural Nutrition and Physical Activity:** 3-6 June 2015, *Edinburgh, Scotland*. [Read more here](#)

**Alcohol and Cancer Conference:** 17 June 2015, *Wellington*. [Read more here](#)

**Hot Topic Conference 2015: Dietary Sugars, Obesity and Metabolic Disease Risk:** 29-30th June, 2015, *Berlin, Germany*. [Read more here](#)

### JULY 2015

**8th International Congress on Diabetes and Obesity:** 2-3 July 2015, *Riga, Latvia*. [Read more here](#)

**1st International Conference on Transport and Health:** 6-8 July 2015, *London, England*. [Read more here](#)

### SEPTEMBER 2015

**International Conference on Diet and Activity Methods:** 1-3 September 2015, *Brisbane, Australia*. [Read more here](#)

### OCTOBER 2015

**Walk21 Vienna Stepping Ahead:** 20-23 October, 2015, *Vienna, Austria*. [Read more here](#)

**Hot Topic Conference 2015: Obesity & Pregnancy:** 29-30 October, 2015, *London, UK*. [Read more here](#)



## CONTINUED...

■ **JUST COOK Create a Family Meal Challenge.** The challenge is a fun way for teens (and tweens) to show us what they can do with simple, affordable ingredients.



The community programme provides **JUST COOK** kits to community health workers who want to build home cooking skills in their community. The kits can be used in any way that suits the community and is part of an on-going programme.

#### Kits have been used

for: cooking classes, workplace/community demonstrations, sports team challenges to share meals and recipes, school lunch making programmes, holiday cooking programmes, weight management programme cooking classes etc.



*One child didn't know how to use a can opener...but once that can was open, he cried out with pride, "my parents are gonna be so proud of me."*

*...from slicing onions...grating cheese and carrots, opening cans...sautéing spinach and frying mince...; it was a task set to bring about new skills...*

*What were the most valuable things you learned?*

- how tasty healthy food is
- replacing sugary food with fruit, lentils for meat...
- there are healthy desserts and cheap meals
- how to make delicious meals on a budget

For more information on the **JUST COOK** community programme, contact Andrea Ler [andrea@nutritionfoundation.org.nz](mailto:andrea@nutritionfoundation.org.nz)

Want to stay up to date with coming events and what's new? Sign up for our fortnightly e-Updates at [www.ana.org.nz](http://www.ana.org.nz)