

Geelong residents, with type 2 diabetes, can learn to cook at Jamie's Ministry of Food

Wednesday 12 October 2016: Diabetes Victoria has teamed up with Jamie's Ministry of Food Geelong to provide a 7-week cooking course in Geelong, specifically designed for the needs of adults with type 2 diabetes. The course starts on 7 November 2016.

Founded in the UK by well-known British chef and campaigner Jamie Oliver, Jamie's Ministry of Food Australia is delivered by the Good Foundation and is an award-winning cooking program that has won VicHealth's Award for Best Healthy Eating Program. Evaluations by Deakin University and The University of Melbourne showed that Jamie's Ministry of Food participants eat more vegetables, cook more from scratch and eat fewer takeaways after completing the course.

"With more than 305,000 Victorians living with diabetes, there is an increasing need to provide expert advice on how to live well with this condition," says Diabetes Victoria CEO Craig Bennett.

In the Greater Geelong Local Government Area over 13,000 people are living with type 2 diabetes which is 5.4 per cent of the Greater Geelong population.

Every day, more than 70 people in Victoria are diagnosed with diabetes and, of those, the vast majority have developed type 2 diabetes – which is often linked to issues such as a poor diet and a lack of regular physical activity. Just as concerning – one in every four Victorians over the age of 25 is directly impacted in some way by this condition.

"This course gives Geelong residents the opportunity to enjoy a meal together in class and leave with two servings to take home to share with family and friends. Professional food trainers will provide hands-on lessons and a certificate of completion at the end of the program," adds Mr Bennett.

Jamie's Ministry of Food's 7-week course is held at the Geelong Centre, a purpose built facility designed to offer a comfortable, welcoming and friendly environment. Open since October 2012, the centre gives participants the skills they need to make better food choices, contributing to a healthier and happier community.

Dianne Harvey, accredited practicing dietitian for Diabetes Victoria, will attend selected sessions to offer healthy eating advice, dispel myths about diet and diabetes, discuss the recipes and answer any questions.

Lindy Mills, Centre Manager for Jamie's Ministry of Food Geelong, said: "We are really looking forward to delivering this course in collaboration with Diabetes Victoria in Geelong. With the assistance of dietitian Dianne Harvey we will show participants



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how to cook from scratch with fresh food using some of Jamie's hints, tips and shortcuts.”

Visit the Jamie's Ministry of Food Bookings Page to sign-up for the 7-week course. Places are limited, so book early to avoid disappointment!

*We **support, empower and campaign** for all Victorians affected by diabetes.*

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