

## Learning to cook diabetes friendly meals

**Thursday 31 August 2017:** Diabetes Victoria has teamed up with Jamie's Ministry of Food to provide a *7-week cooking course*, in Geelong, for people (aged 12+) with type 1 and type 2 diabetes. The course for people living with type 1 diabetes starts on Tuesday 10 October 2017, and for people living with type 2 diabetes begins on Thursday 26 October, 2017.

Jamie's Ministry of Food Australia is delivered by the Good Foundation. It 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 have shown that Jamie's Ministry of Food participants eat more vegetables, cook more from scratch and eat fewer takeaways after completing the course.

"With almost 320,000 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, more than 13,000 people are living with type 2 diabetes – which is 5.4% of the Greater Geelong population. More than 1,300 people live with type 1 diabetes in the same area.

Every day, more than 80 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.

"These courses will give Geelong residents an opportunity to enjoy a meal together in class and take home two servings to share with family and friends. Professional food trainers will provide hands-on lessons and a certificate of completion will be provided at the end of the program," added Mr Bennett.

**Jamie's Ministry of Food's 7-week course will be held at:**

Jamie's Ministry of Food Geelong

106 Moorabool Street

GEELONG 3220

The type 1 course runs Tuesdays from 4–5.30pm: 10 October – 28 November

The type 2 course runs Thursdays from 1–2.30pm: 26 October – 7 December.

Lindy Mills: Centre Manager for Jamie's Ministry of Food in Geelong, said: "We are really looking forward to delivering this course in collaboration with Diabetes Victoria and with the assistance of dietitian: Dianne Harvey, we will show participants how to cook from scratch with fresh food using some of Jamie's hints, tips and shortcuts."

Visit [www.jamiesministryoffood.com.au](http://www.jamiesministryoffood.com.au) to book. Places are limited, so book early to avoid disappointment!



## MEDIA RELEASE

FOR IMMEDIATE RELEASE

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

**For more information:**

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