

PANGERANG PILOT COOKING PROGRAM



INTEGRATED HEALTH PROMOTION 2019-2020 CASE STUDY

BACKGROUND

COMMUNITY RESEARCH

Gateway Health has been working with their local community and partners to improve healthy eating for a number of years, using the DHHS Healthy Food Connect framework.

In 2015, Gateway Health implemented a community research project, "Local People, Local Food Solutions". Through this project the community identified a number of 'enablers' that could support people on low incomes to eat well.

Enablers identified included:

- improving menu planning skills and knowledge
- budgeting & food shopping
- cooking, sourcing and growing healthy foods
- encouraging social connection within the community

In 2016-2017, to address the identified enablers, Gateway Health provided 21 small grants to community-led projects across the Rural City of Wangaratta (through a Department of Social Services grant). These grants provided community members and organisations with support and funding to plan and implement a range of projects supporting healthy eating.

IMPLEMENTATION

PROJECT AIMS

For participants to:

- improve their skills to plan and prepare healthy, affordable meals/snacks
- improve social connections and have fun
- participate in and contribute to the course design (co-design)

To build on the partnerships between agencies and the community to support local healthy eating initiatives.

PROJECT DETAILS

Gateway Health provided support for the pilot program, assisting with:

- program plan development
- participant recruitment
- participants resource folder development
- gathering feedback from participants and program tutor as part of the co-design process

Pangerang Community House employed a tutor to coordinate and run the cooking program. A pilot program plan was developed using multiple resources, including resources from the Healthy Eating Advisory Service and Gateway Health's Men's Cooking Program.

LOCAL FOOD SOLUTION

Grant applicant, Anglicare Victoria, received two small grants to:

- establish a 12-bed kitchen wicking-bed garden, herb planter boxes and several fruit trees onsite
- upgrade the kitchen facilities at Purbrick Hall

Since 2018 the garden has been producing fresh, seasonal produce that goes to the Wangaratta Emergency Food Relief 'pantry' - providing fresh food to many people-in-need in Wangaratta and surrounding areas.

In early 2019, Anglicare Victoria, Gateway Health and Pangerang Community House worked together to design a 'pilot cooking program' for participants to improve knowledge/skills around healthy eating. Pangerang Community House was successful in receiving funding to run the pilot cooking program weekly in terms 3 & 4, 2019.



Anglicare Victoria organised:

- the hire of Purbrick Hall kitchen (at no charge)
- free fresh produce from the kitchen garden when available

Participation:

- 11 people overall participated in the free pilot cooking programs in Terms 3 & 4, with participant numbers varying each week from four to seven. Majority of participants had a health care card and several had dependent children.
- Feedback was collected from participants each week through group discussion. This feedback informed the program plan adaptation and planning for Term 4 and 2020.
- A pre and post evaluation tool was used to assess healthy eating behaviours/knowledge. A learning review form was used to assess learning skills, course satisfaction and other general feedback

OUTCOMES

SKILLS & KNOWLEDGE

- Improved participants' healthy eating skills/knowledge (results from two groups):
 - 50% eating vegetables & fruit more often
 - 25-50% cooking at home more often
 - 50-75% buying healthy food more often
 - 50-100% increased confidence in getting value for money when shopping for food
 - 50% increased knowledge in choosing healthier food
- Participants identified skills improvement in teamwork, problem solving, planning & organising and learning new things.

PROGRAM SUSTAINABILITY

- Pangerang successfully applied for funding to continue the cooking program for all 4 terms in 2020
- Resources developed during the pilot project were used for the 2020 program
- Several participants have continued to participate in the program and one participant is now a registered volunteer assisting the tutor

SOCIAL CONNECTEDNESS

- Participants enjoyed being part of a group, meeting new people and helping each other
- Social connection and feeling part of the group was an important factor in participation for group members



PARTNERSHIPS

- The partnerships developed between Gateway Health, Anglicare Victoria and Pangerang Community House contributed to the success of this program
- The shared vision about the purpose of the program and how we could work together to make it happen

WHERE TO FROM HERE?



FUTURE PROGRAMS, GARDEN IMPROVEMENTS

- Pangerang will apply annually for relevant funding to continue to offer the free cooking program each year.
- 2020 program delivery and the garden's progress and maintenance have been impacted by COVID-19 restrictions.
- Program participants' feedback has been collected about what they would like planted in the garden.
- Considering using the garden for 'kitchen garden programs' – to grow knowledge/skills in food gardening and social connection.
- Gateway Health is updating the pilot program resource developed – to increase its availability for other community cooking initiatives across the Rural City of Wangaratta to support/encourage healthy eating and social connection.

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Partners

