Cooking on a budget this festive season

Providing a healthy and nutritious festive feast for your family on a budget is easier than you think!

Sunshine Coast Hospital and Health Service Chronic Disease Dietitian Rhonda Skehan has joined forces with Suncoast Care, holding cooking demonstrations for those who’d like to learn how to improve their nutrition without breaking the budget.

“Research shows those living in lower socio economic conditions struggle to put a balanced meal on their family table. It’s well reported that in times of financial difficulty the only flexible expense is a household’s weekly food bill,” Ms Skehan said.

“The ability to prepare food and follow a recipe can impact on people’s food choices. If a person becomes reliant on food requiring minimal preparation, or food prepared for them it puts a constraint on their choices such that consumers will become increasingly disconnected from food preparation.”

The cooking demonstrations will focus on food available at Suncoast Care’s low cost food outlet at Howard Street Nambour, as well as daily rescued fresh produce to create an affordable and tasty meal or snack to feed the family, encouraging better nutrition on a limited income.

“There will be a Christmas on a budget demonstration, and what can be done with leftovers on 11 December at 11am. Often people who shop at places like the food co-op aren’t sure how to use the goods that are available and that offer better nutrition” Ms Skehan said.

“Add to this limited nutritional knowledge and limited access to affordable nutritious food which in turn has the potential to affect a person’s wellbeing and health.”

Suncoast Care is a Nambour charity that has been providing low cost foods to low income families for the past five years. Suncoast Executive Manager Stuart Charlton says more than 7000 families are currently members.

“Suncoast Care exists to help those who are facing difficult times through; emergency relief, discounts grocery items, and community aid and support,” Mr Charlton said.

“Our goal is to provide the necessities people need to survive, at a cheaper price so that everyone has a fair go.”
Research has shown unhealthy eating habits have contributed to Australia’s obesity epidemic and chronic disease.

Poor diet is associated with major health risks that can cause illness and even death. These include heart disease, hypertension (high blood pressure), type 2 diabetes, osteoporosis, and certain types of cancer.

By making smart food choices, you can help protect yourself from these health problems.

Media are invited to Rhonda Skehan’s cooking demonstrations.

Where: Suncoast Care, 24 Howard Street Nambour

When: 10am November 27, 2015—Health breakfast and a Taste of Asia
       11am December 11, 2015—Christmas on a budget

ENDS

Media contact: Alexia Kelly | 5470 5833

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