

Media Release

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NSW team wins national award for Indigenous meals range

A NSW Clinical Service Team that launched an innovative menu of Indigenous dishes into a community meal program was named the Team Excellence Award winner at the 2016 HESTA Australian Nursing Awards last night.

Integratedliving provides in-home support services for the elderly in regional, rural and remote areas across the Eastern States, and to a significant number of Indigenous clients.

The team saw an opportunity to fulfil a community need with an innovative approach to meals provision for Aboriginal people, aimed at reducing the higher prevalence of negative health outcomes related to diet and nutrition.

Integratedliving's Clinical Governance Manager, Bron McCrae, said that in addition to the known health benefits of eating a balanced diet, there was a growing body of research pointing to the nutritional value of native 'wild' foods and ingredients.

"All Australians through us have the opportunity to have meals delivered to their homes that contain Indigenous foods and we're seeing the research now that shows the nutritional value of native foods is just amazing," Ms McCrae said.

"We are looking to partner with researchers as the potential for these Indigenous ingredients is just astounding, they are truly super foods and could one day assist with treatment."

Ms McCrae said that Australians only use about 5% of their native flora and fauna for food, much less than other countries.

The provision of nutritious indigenous meal varieties provides, not only great meals like roo rendang with cinnamon myrtle and bush tomato risotto with zucchini, but is accompanied with an innovative 'cook and yarn' community education program.

HESTA CEO, Debby Blakey said the team at integratedliving showed leadership and initiative in identifying and fulfilling a community need in the provision of meals that has also improved the nutrition and health of clients.

"This is the sort of innovation we want to foster through our Awards program. We are pleased to recognise the great work they are doing, providing fantastic, tasty and culturally appropriate meals to clients but also helping to educate future generations about healthy eating."

The Clinical Service Team received a \$10,000 development grant, courtesy of proud Awards sponsor **ME** to take their program to the next level.

Ms McCrae said the prize money would be used to expand the program to raise awareness of the nutritional value of our native foods.

Other award winners were Nurse of the Year, Angie Monk, from Ramsay Health, Joondalup Health Campus in, WA and the Outstanding Graduate, Shelley Cook from Alfred Health, Vic. They each received \$10,000 in a **ME** EveryDay Transaction Account.

HESTA CEO, Debby Blakey presented the Awards at a ceremony in Melbourne on International Nurses Day.

For more information visit hestaawards.com.au

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