

New multilingual cookbook with sumptuous ethnic recipes launched to encourage multicultural communities to GET HEALTHY

A new multilingual cookbook with sumptuous ethnic recipes was launched Saturday 19th June at the Blue Elephant Restaurant in Pennant Hills by the NSW Multicultural Health Communication Service (MHCS) with funding from the Get Healthy Information and Coaching Service.

Following the success of the Ethnic Cook Off in 2009 resulting from the Chinese, Filipino, Italian, Samoan, Sri Lankan Sinhalese and Tamil Healthy and Tasty Challenge Recipe Competitions, MHCS launched the compilation of all the winning and top finalists' recipes in a multilingual cookbook, a new tool aimed at encouraging members of all multicultural communities to increase their daily serves of fruit and vegetables and make the call to the **Get Healthy Information and Coaching Service**, a free, personal and confidential service that offers participants to access their own qualified health coach who will help them set healthy lifestyle goals and support them by maintaining motivation to achieve results.

“Obesity now affects more than 1.6 million adults across NSW. We are hoping this new resource will urge multicultural communities to be more conscious of their eating and cooking habits to live healthier lifestyles to prevent chronic diseases such as diabetes and heart problems” says MHCS Director Peter Todaro.

The ethnic recipe competitions were part of the Australian Better Health Initiative's (ABHI) the *Measure Up* campaign, the national program aimed to reduce risk factors for chronic diseases like heart disease, type 2 diabetes and cancer urged people to submit recipes relevant to their culture and using healthy food tips.

At the launch, a healthy eating presentation entitled “Making World Cuisines Healthy and Tasty” by Dietitian and Author Shamala Ratnesar reminded the over 200 people present which also included special guests Hornsby Mayor Nick Berman and former Hornsby Councillor Felicity Findlay representing Hon Philip Ruddock MP, Member for Berowra (NSW), that all everyone needed to do was to be well informed about making the right eating choices to be free from disease. MHCS also presented an introduction to the Get Healthy service for the audience to understand that there is free help available by NSW Health.

The Healthy and Tasty Challenge Cook Book which includes all the winning and top recipes from the Chinese, Filipino, Italian, Samoan and Sri Lankan recipe competitions and launched by Dr Renee Lim, SBS Host of Food Investigators will be distributed for free to multicultural communities in NSW and will be available for everyone online. The recipes in the cookbook are all available in English and are translated into Chinese, Filipino, Italian, Samoan, Sinhalese and Tamil.

“Once the communities have tried altering their cooking habits with these healthy and tasty recipes, we encourage them to take the next move in calling the *Get Healthy* line. So, for those members of the community who need some information, advice, or support, I challenge them to take the first step, men and women. Pick up the phone today and begin your journey towards being healthy and active,” Mr Todaro added.

People can access *Get Healthy* by calling 1300 806 258 – a number which can be called from any NSW fixed landline for the cost of a local call – or by visiting www.gethealthynsw.com.au

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