

## MEDIA RELEASE

### New Macedonian cookbook with healthy and tasty recipes launched

A new Macedonian cookbook with delicious healthy recipes was launched Thursday 6<sup>th</sup> September at the Sun Lounge Function and Reception Centre in Wollongong by the NSW Multicultural Health Communication Service (MHCS) in partnership with the Macedonian Welfare Association (MWA) and Multicultural Health Service (MHS) in the Illawarra Shoalhaven Local Health District.

Following the success of Macedonian Healthy and Tasty Recipe Competition in 2010 which received a total of 48 entries from the Macedonian community members across NSW, MHCS, MWA and MHS have launched the compilation of the winning and top finalists' recipes including some of the best submitted recipes in a Macedonian cookbook, a new tool aimed at encouraging members of all multicultural communities to increase their daily serves of fruit and vegetables.

"Obesity now affects more than 1.6 million adults across NSW. We are hoping this new resource will urge members of the Macedonian community 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. This being part of the Australian Better Health Initiative's (ABHI) the National *Measure Up* campaign.

The Macedonian Healthy and Tasty Recipe Competition Cook Book which includes the winning and finalists' recipes from the contest as well as a selection of the best entries was officially launched by Paul Van Den Dolder, Director Primary and Ambulatory Health Care, Illawarra Shoalhaven (ILSH).

At the event, all attendees each received a free cookbook together with a DVD produced by MHCS showcasing cooking demonstrations of five recipes which were prepared and tested by the organisers. For lunch at the launch, the guests enjoyed some of the sumptuous recipes featured in cookbook followed by lively entertainment and dancing.

"We would like to encourage everyone to take the first step and begin a journey towards being healthy and active," Mr Todaro added.

The recipes are in both Macedonian and English languages and will be distributed for free and can be downloaded online by visiting the Multicultural Health Communication Service website <http://www.mhcs.health.nsw.gov.au>. To order your free copy call the Macedonian Welfare Association on 02 4275 2266 or the Multicultural Health Service on 02 4221 6770.

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#### Media Contacts:

**Mendo Tracjevski**

Manager, Macedonian Welfare Association (MWA)

T. 02 4275 2266 / M. 0403 236 771 / E. [mendo@mwainc.org](mailto:mendo@mwainc.org)

**Hristina Treneska**

Multicultural Health Worker, Multicultural Health Service (MHS)

Illawarra Shoalhaven Local Health District

T. 02 4221 6770 / 02 4221 6773 / M. 0433 1177 306 / E. [hristina.treneska@sesiahs.health.nsw.gov.au](mailto:hristina.treneska@sesiahs.health.nsw.gov.au)

**Anica Petkovski**

Multicultural Health Worker, Multicultural Health Service (MHS)

Illawarra Shoalhaven Local Health District

T. 02 4221 6770 / M. 0439 752 227 / E. [anica.petkovski@sesiahs.health.nsw.gov.au](mailto:anica.petkovski@sesiahs.health.nsw.gov.au)

**Germana Morassi**

Project Officer, Multicultural Health Communication Service (MHCS)

T. 02 9816 0303 / M.0413 302 303 / E. [germana.morassi@sesiahs.health.nsw.gov.au](mailto:germana.morassi@sesiahs.health.nsw.gov.au)

**Jesusa Helaratne**

Media Manager, Multicultural Health Communication Service (MHCS)

T. 02 9816 0306 / M. 0448 267 308 / E. [jesusa.helaratne@sesiahs.health.nsw.gov.au](mailto:jesusa.helaratne@sesiahs.health.nsw.gov.au)