

## Press Release

### Home Eats encourages the community to iso-cook home delivery favourites

**Access Health and Community (AccessHC) are encouraging the community to make their own healthy, low-cost versions of popular home delivery meals, while also supporting local business during COVID-19.**

The Home Eats initiative includes free, easy to use recipes and cooking videos. The eleven recipes use minimal ingredients and equipment, making them suitable for all cooking levels. The five videos demonstrate how to cook some recipes, as well as tips to save money and eat healthier.

The AccessHC Dietetics team has fully approved the recipes. Karen Lovell, a dietitian from AccessHC, said the recipes are quick and easy, while still tasting good.

"Grabbing a few ingredients locally and spending a little time in the kitchen is a great way to de-stress and eat something new and different. Plus, those nutrients will make your body glow! Try the cauliflower steak with herb sauce. It costs \$3.55 per serve and takes only takes 25 minutes to prepare. Cheap and delicious!" said Karen.

AccessHC has remained open throughout COVID-19 to provide continuous healthcare and support to the community. David Towl, General Manager for Health and Promotion, believes health is more than just clinical services.

"COVID-19 has disconnected people from the community and routines that they're used to. The Home Eats program is a great way to reconnect with your community and do something positive for your health" said David.

The community has been actively supporting local business during COVID-19. Take away food has been popular, but fresh food businesses have seen sales drop significantly. Angela Ryan, Health Promotion Practitioner at AccessHC, explains that cutting down on takeaway meals and focusing on fresh ingredients would help these businesses. An added benefit is reconnecting with the community.

"We want to encourage people to go to their local greengrocer and have a chat about what's in season. These small conversations in a COVID safe way (masks and physical distancing) help us stay connected at a time when we have less social contact," said Angela.

The initiative has also been helping international students. With limited access to government and social support, they have been doing it tough. We've partnered with St. Tom's Hope, a community service charity hosted by St Thomas' Anglican Church, who have existing programs for international students. Students receive a weekly meal kit with enough ingredients to create two meals. A great outcome for all.

The recipes, videos and tips sheets are available on our website. Please visit: <https://accesshc.org.au/resources/home-eats>

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