

Appendix D: Cookbooks that have been developed with & for Aboriginal communities

(in alphabetical order)

Deadly Tucker Cookbook

This colourful cookbook provides 39 low cost, step-by-step, easy to prepare recipes, including soups, main dishes, salads and vegetables and desserts. These recipes come from the FOODcents for Aboriginal and Torres Strait Islander People in WA Project. All recipes are rated for suitability for people with diabetes. To order to do: http://www.healthyfuture.health.wa.gov.au/Health_topics/ASTI-FOOD/ASTI_FC-order.pdf

Feeding your mob with fruit & veg: bush tucker tips (2008)

The Feeding your Mob recipes are based on a fruit and vegetable cookbook put together by the former Mid North Coast Aboriginal Partnership. The book includes 'bush tucker tips' so that Aboriginal and non-Aboriginal people can become familiar with foods that have been part of the Aboriginal diet for many years, and try some of these traditional ingredients when preparing Aboriginal food. For more information and to order go to: <http://www.healthinonet.ecu.edu.au/key-resources/promotion-resources?lid=14519>

Flavours of the Coast, Koori Cookbook. Recipes from the Aboriginal and Torres Strait Islander people of the Illawarra and Shoalhaven (2014)

This cookbook was developed through the Be Stronger Live Longer project funded by the Australian Government, Department of Health, Local Community Campaigns, and contain a wide variety of seafood and other dishes based on traditional recipes of the Aboriginal and Torres Strait Islander people of the Illawarra and Shoalhaven in NSW. For more information or to order additional copies of the cookbook contact the National Heart Foundation of Australia (NSW Division) – Illawarra on (02) 4232 0130 or 1300 36 27 87 or heartfoundation.org.au. To download the cookbook go to: <https://www.heartfoundation.org.au/SiteCollectionDocuments/Koori%20Cookbook.pdf>

Flour drum Stove Cookbook

A flour-drum stove can be used for cooking healthy family meals when camping or when there is no electricity. The Flour drum Stove Cookbook was developed by nutritionist Roy Price. It explains how to make and use a flour-drum stove, and includes recipes that are suitable for families in remote areas far from big supermarkets and specialty food shops. For more information and to view and download the Flour drum Stove Cookbook go to: http://www.ethicalnutrition.com.au/Flour-Drum_Stove.htm

Good quick tukka: cook it, plate it, share it

The Good quick tukka (GQT) program was developed by the Queensland Aboriginal and Islander Health Council. It offers a 10 week course, but it can be adapted to suit the needs of a community. The aim of the GQT program is to increase the number of meals being prepared at home among Aboriginal and Torres Strait Islander people. The philosophy of the project is to increase cooking skills, and to have fun gathering, preparing and consuming nutritious meals, and to pass on recipes to family and friends at home. A facilitators manual is also available. For more information go to: <http://www.healthinonet.ecu.edu.au/key-resources/programs-projects?pid=669>

Kat Kat Cookbook – for the urban hunter-gatherer

Kat Kat originated from a photovoice research project conducted with the Wathaurong Aboriginal Cooperative that asked people to take photos about their experiences of food. Kat Kat was created to give Aboriginal people a cooking show that supported urban hunter-gatherer identity, eating a healthy diet and having fun cooking. Hunting and gathering is about seeking out foods that are good for your body and the land, and getting exercise every day. For more information and to download the cookbooks go to: <http://www.wix.com/wathaurong/katkat#!goodies>

Kukumbat gudwan daga: really cooking good food (2009)

Kukumbat gudwan daga: really cooking good food is a cookbook of up to 100 healthy recipes for feeding ten or more people. The recipes are diverse, including traditional recipes such as kangaroo tail stew and introduced favourites such as spaghetti. Created by women from the women's centres of Manyallaluk, Gulin Gulin and Wugularr in conjunction with a chef and a nutritionist from the Fred Hollows Foundation, the cookbook uses local ingredients and provides step by step photographs. For more information and to order go to: <http://www.healthinonet.ecu.edu.au/key-resources/promotion-resources?lid=16869>

Living Strong Cookbook

The Living Strong Cookbook was developed in response to requests from many community members who over the years attended Healthy Weight and Living Strong Programs. The cookbook provides a variety of healthy recipe ideas and some traditional cooking for people and families to enjoy. The recipes encourage people to use more vegetables, fruit, lean meat and fish to make quick and easy nutritious meals. To view and download go to: <http://www.gofor2and5.com.au/LinkClick.aspx?fileticket=wJUclbDsfyo%3D&tabid=476>

Mangarri palya (cooking good food) (2010)

This recipe book was developed during the Mangarri palya community cooking and nutrition project in the four western desert communities of Kintore, Mt Liebig, Papunya and Ikuntji in the NT. It offers collection of recipes that can be used as a starting point from which to run healthy cook-up activities which engage and educate young people and adults, both men and women. For more information go to: <http://www.healthinonet.ecu.edu.au/key-resources/promotion-resources?lid=18613>

South East Queensland Bush Food Recipes

This cookbook contains a range of recipes using traditional bush foods of the south eastern region of QLD, plus many useful tips and information on the origins, characteristics, uses and sources of bush ingredients. It was produced by the Nutrition Promotion Unit, Metro South Hospital and Health Network – Queensland Health. For further information or to provide feedback contact Nutrition_Promotion_Unit@health.qld.gov.au. To download go to: <http://www.health.qld.gov.au/metrosouth/nutrition/docs/booklet-bush-food.pdf>