

connect

thumbs up for GOOD TUCKER app

A free healthy food app designed to help people living in remote Aboriginal and Torres Strait Islander communities make healthier food and beverage choices at the local store was launched in Darwin in November.

The GOOD TUCKER app was launched at the Michael Long Learning and Leadership Centre and attended by newly-sworn in Northern Territory Administrator, Mrs Vicki O'Halloran, local members Tony Sievers and Kate Worden, and Logie award-winning Territory actor Rob Collins as well as students from Galiwin'ku.

"The app is a free and easy way to make healthier food choices. It's not just for consumers in remote communities; it can help all consumers make healthier choices," Associate Professor Julie Brimblecombe from Menzies School of Health Research (Menzies) said.



The app, developed by Menzies with the University of South Australia (UniSA) and Uncle Jimmy Thumbs Up! built upon work promoting healthy diets to Indigenous children for more than a decade.

The app is a first for remote communities and anyone trying to find the healthiest tucker. The Thumbs rating is derived from a combination of the products' Health Star Rating and Australian Bureau of Statistics' discretionary food classification.

It works by scanning a products barcode and shows at a glance how healthy or unhealthy a product is with a simple thumbs up, sideways or down message.

The app is available for download from the Apple or Google Play Store. Visit <http://thumbsup.org.au/good-tucker/> for more information. ●

Left: Actor Rob Collins and NT Administrator Vicki O'Halloran with the Michael Long Learning & Leadership Centre students from Galiwin'ku at the Darwin launch of the GOOD TUCKER app.

Above: Actor Rob Collins with Michael Long Learning & Leadership Centre students from Galiwin'ku giving the thumbs up to good tucker.