

SPECIAL EDITION



Australian Government

Department of Veterans' Affairs

DVA WA UPDATE

Western Australian Office

# SPECIAL EDITION VETERANS' HEALTH WEEK 2014

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### What is Veterans' Health Week?

Veterans' Health Week will be held between the **13<sup>th</sup> and 19<sup>th</sup> October 2014** and provides an opportunity for veterans, war widows, widowers, current and ex-Australian Defence Force members and their families to participate, connect and influence the health and wellbeing of themselves and their friends.

### What is the theme of this years Veterans' Health Week?

This year's theme is **Nutrition**. VHW will help to raise awareness of the benefits of **healthy eating** and drinking and promote activities that veterans can participate in to stay active and healthy, while helping others to be active, stay active and participate in veteran life.

### Can anyone participate?

All members of the veteran and service communities including current serving members, their friends, carers and families are welcome to participate. This year DVA is hoping that members of the veteran community will make a special effort to come along with friends, family and acquaintances who don't normally get involved in veteran activities.

### How can I get involved?

Invite friends, family and acquaintances and come along to events planned in your local area and take part in the fun. Contact your local Veterans' Access Network (VAN) office for event details.

### Can my organisation host its own event?

DVA encourages ESOs, Day Clubs, Men's Health Peer Education volunteers and community groups to organise activities throughout VHW.

**DVA offers limited grants to assist veteran groups with activities during VHW. Whilst the closing date for receipt of applications is 29 August 2014, applications will be considered progressively and organisations are strongly encouraged to submit applications at their earliest convenience.**



## LIMITED FUNDING IS AVAILABLE

**For more information and to register your interest please contact your local Veterans Health Week coordinators –**

**Fergus Beer on 9366 8348 or [fergus.beer@dva.gov.au](mailto:fergus.beer@dva.gov.au)**

**Gabby Ryan on 93668359 or [gabby.ryan@dva.gov.au](mailto:gabby.ryan@dva.gov.au)**

**You can access the Veterans' Health Week website by clicking on this link –**

**[www.dva.gov.au/vhw.htm](http://www.dva.gov.au/vhw.htm)**



## Event Ideas: Nutrition



### 'Cook Offs' - Cooking Competitions

Organise a competition to discover the best cook(s) in your area. If you don't have a kitchen facility to use, participants can prepare the food at their home and the audience can taste test at an independent venue. For the best results, work with a minimum of four to five meals to taste varying from entrée, main or dessert.

Have numbered placards to score and an independent person to add the scores and declare the winner. A prize for the winner would be a nice thing to do if monies allow.

### Cooking Demonstrations

Demonstrate how to make easy and healthy meals. This can include different cultural foods, cooked or raw. Local hotels, clubs or cafes may have a qualified chef with great communication skills who may like to take on this role. They may prefer to demonstrate at their own venue due to the kitchen facilities and so they may promote themselves.



### Healthy BBQ's

How about a healthy BBQ? BBQ's don't necessarily have to only involve meat. Savoury pancakes, spinach and ricotta sausages, char grilled corn on the cob and grilled lean meat are some healthy options. There are also, lightly fried fruit skewers. Don't rule out preparing a wok meal as some BBQ's have the facility for this style of cooking.

BBQ's are often available at your local park where there may also be a playground for the kids. This could be a great family fun day.

What about a *Nutritional Quiz*?

Easy to compile from a reputable website or research from articles in magazines, cookbooks etc.

A very good way to dispel myths about certain foods





**Guest Presentations**

Nutritionists and/or dieticians can provide interactive nutritional information using visual aids.

*Eating for your health* can be covered in partnership with key organizations

e.g. Alzheimer’s Australia, Diabetes Australia ,Heart Foundation to name a few.



**More Event Ideas: Nutrition**

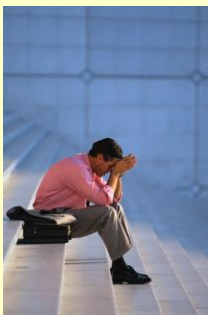


**Themed Tours**

What about a tour, breakfast or brunch at a local farmer’s market? This can be done in small groups with the assistance of a nutritionist, dietician or health professional.

**Food Handling**

Food handling is an important component of food safety. Laws and regulations can assist community groups and organisations with what they need to do when providing food for public consumption. You could organise a speaker from your local council or community centre to talk about the requirements of handling food correctly and safely.



**Your Food Your Mood**

Eating for your mood can be beneficial to your health and well-being.

This activity can be organised in conjunction with VVCS or Alzheimer’s Australia.



### Safe Drinking

Promotion of the 'Right Mix' material at events coupled with an interactive safe drinking information session could be organised.



### Recipe Sharing

Why not consider a recipe sharing activity?

All the recipes could be collated, swapped or put together as a cookbook.

The cookbooks could then be sold as a fundraiser or simply given to all who contributed to enjoy the benefits of their combined efforts.

### Food and Culture

Australia's culture tapestry allows for many activities to be designed around the different types of cuisine on offer.

### Grow your own fruit, vegetables or herbs

Assistance can be given by an avid gardener around how to grow your vegetables and herbs through an interactive information session for example, a fruit tree pruning demonstration.

### Community kitchens

Community kitchens allow groups to cook affordable nutritious meals together. Some run cooking classes. Enjoy the results of your cooking all together. Check with your local community centre, RSL/ESO, Council or 'Meals on Wheels' who have kitchens available and may be able to assist for a small fee. For more information check out: [www.communitykitchens.org.au](http://www.communitykitchens.org.au)

### Community gardens

Community gardens are becoming more and more popular. They are social spaces for the community to come together and share the food they have produced.

<http://communitygarden.org.au>

### **Wine and cheese and local produce tasting**

A popular activity for a group to visit a wine region and share a meal together over a glass of wine sampling the local produce, or to provide produce on-site.

### **Themed tours (e.g. cheese making shop) or Restaurant/Cafe tours**

Themed tours can be a delicious way to discover the different places to eat your favourite food.

### **Nutrition for Carers (VVCS and National Carer Support Service)**

The nutritional wellbeing of carers can often be overlooked. There are several activities that can be designed using food and nutrition as a central theme.

### **Fishing - from catching to cooking;**

A social activity that involves catching the fish and then preparing and eating it together.

### **Cooking for 1 or 2 classes**

Cooking for 1 or 2 classes can be run during VHW or you can ascertain if there is a need in the community. This can be expanded to different types of cuisines if some people are looking for another level.

### **Food in art**

Organise an art competition with food as the focus and celebrate the winning pieces at a catered event. Contact your local art gallery for a tour of food in art.

### **Have a healthy picnic**

Pack a healthy picnic basket and invite family and friends. Involve some ball i.e. bocce or other games to incorporate physical activity.

### **Design your own activity involving food and give it a name; for example**

- Fun, Not Fuss with Food
- Edible Antics – Having fun with food

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