

NEW PROGRAM TO HELP AUSTRALIANS COOKING FOR ONE OR TWO

For some – particularly older Australians who are accustomed to cooking for a household of several – adapting to cooking for only one or two can take training. Not only do food quantities require adjustment but learning to make nutritional choices to best suit mature-aged health needs can also call for professional guidance.

A new program called **Cooking for One or Two** provides older Australians living alone or in a two-person household with the opportunity to learn cooking and dietary tips and tricks from experts.

Run by The Benevolent Society and funded by the NSW Government, the five-week program sees qualified health experts feature in a series of educational workshops focused on developing participants' knowledge and skills of how to shop and cook for one or two people.

Recent government data suggests that Australians now enjoy one of the highest life expectanciesⁱ. We also know that at least one quarter of older Australians live alone and almost three-quarters are at risk of malnutritionⁱⁱ.

"In my experience – and in-fact as the statistics show – this program is particularly important nowadays," said Accredited Practising Dietitian involved in The Benevolent Society's program, Jamil Tuazon.

"It'll equip participants with practical knowledge to help their health as well as budget, and the program is designed to be just as much fun as it is educational. Participants will pick-up lessons in basic cooking and nutrition for healthy-ageing and it also provides a great opportunity to make new friends," added Jamil.

When it comes to cooking for one or two, Jamil's top tips include:

- Prepare a shopping list of the foods you need to buy before you leave home. Top three pantry items should include canned tuna, tinned tomatoes and canned beans
- Buy canned fruits or fruits in a cup as they can last in your pantry for longer. Add fruits to yoghurt or custard for a delicious and nutritious snack
- Count frozen and canned vegetables as your vegetable intake, and easily add them to your meals without much work needed.
- Add extra protein to your meals by adding beans and lentils. They will not hurt your budget!
- Always wash your hands regularly when preparing food.

Minister for Ageing Tanya Davies said the NSW Government will provide more than \$285,000 to The Benevolent Society for the new Cooking for One or Two program.

"We want older people to live active and healthy lives, and the Cooking for One or Two program will support seniors to improve their physical and mental wellbeing while also providing a great opportunity to make new friends," Mrs Davies said.

"The Cooking for One or Two program will support older people to prepare healthy, cost-effective meals while they create social connections in the group sessions."

The weekly three-hour workshops held from 10.30am cost just \$7.00 per session (or \$35 for the full five weeks) charged purely to cover the costs of ingredients. Highly-interactive and inclusive of practical cooking lessons, participants cook together before enjoying their culinary creations together as a group.

Places are limited and bookings are essential. For more information – including booking details – visit www.benevolent.org.au or call 1800-236-762.

FOR ALL MEDIA ENQUIRIES, PLEASE CONTACT:

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About The Benevolent Society - Australia's first charity, working as a catalyst for social justice and change for over 200 years. Founded in 1813, The Benevolent Society advocates for a better life for all Australians, and provides in-home services for older Australians, and people with disability, as well as providing programs in Family support and early intervention. We help people age well and live their best lives, staying in their homes wherever possible. For more information, please visit benevolent.org.au, on Facebook/thebenevolentsociety or on Twitter - @BenevolentAU

COOKING FOR ONE OR TWO PROGRAM – By The Benevolent Society						
WHERE		WK 1	WK 2	WK 3	WK 4	WK 5
LITTLE BAY GROUP 1	Mirrabooka Village 1409a Anzac Pde Little Bay NSW 2036	MON 13-Aug	MON 20-Aug	MON 27-Aug	MON 03-Sep	MON 10-Sep
LITTLE BAY GROUP 2		WED 15-Aug	WED 22-Aug	WED 29-Aug	WED 5-Sep	WED 12-Sep
LITTLE BAY GROUP 3		THU 16-Aug	THU 23-Aug	THU 30-Aug	THU 6-Sep	THU 13-Sep
BATHUST GROUP 1	Kelso Parish & Community Centre 24 Bonnor St Kelso NSW 2795	TUE 18-Sep	TUE 25-Sep	TUE 02-Oct	TUE 09-Oct	TUE 16-Oct
BATHUST GROUP 2		WED 19-Sep	WED 26-Sep	WED 03-Oct	WED 10-Oct	WED 17-Oct
BATHUST GROUP 3		THU 20-Sep	THU 27-Sep	THU 04-Oct	THU 11-Oct	THU 18-Oct
WESTERN SYD GROUP 1	Erskine Park Community Centre 57 Peppertree Drive Erskine Park NSW 2759	MON 29-Oct	MON 05-Nov	MON 12-Nov	MON 19-Nov	MON 26-Nov
WESTERN SYD GROUP 2		TUE 30-Oct	TUE 06-Nov	TUE 13-Nov	TUE 20-Nov	TUE 27-Nov
WESTERN SYD GROUP 3		THU 1-Nov	THU 8-Nov	THU 15-Nov	THU 22-Nov	THU 29-Nov
NEW ENGLAND GROUP 1	TBA closer to event-date	MON 7-Jan	MON 14-Jan	MON 21-Jan	MON 28-Jan	MON 4-Feb
NEW ENGLAND GROUP 2		TUE 8-Jan	TUE 15-Jan	TUE 22-Jan	TUE 29-Jan	TUE 5-Feb
NEW ENGLAND GROUP 3		WED 9-Jan	WED 16-Jan	WED 23-Jan	WED 30-Jan	WED 6-Feb

ⁱ aihw.gov.au/reports/older-people/older-australia-at-a-glance/contents/demographics-of-older-australians

ⁱⁱ Data obtained via the Australian Government, Australian Institute of Health and Welfare (AIHW) 2017 and [Nutrition Australia data](#)