

## **POPULAR PROGRAM CONTINUES TO HELP AUSTRALIANS COOKING FOR ONE OR TWO**

Run by The Benevolent Society and funded by the NSW Government, **Cooking for One or Two** is a popular program that provides older Australians living alone or in a two-person household with the opportunity to learn cooking, shopping and dietary tips and tricks from experts.

Launched mid-last year, the 2019 series of Cooking for One or Two kicks off this February, with stops in Tamworth and Armidale NSW.

The five-week program includes educational workshops led by qualified health experts and hands-on cooking classes where participants practice cooking for one or two, before enjoying meals together at the end of each session.

“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,” said Andrew Collins, Executive Director, Ageing for The Benevolent Society.

“Cooking for One or Two is designed to 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 pick-up lessons in basic cooking and nutrition for healthy-ageing and it also provides a great opportunity to make new friends.

“We had many attend last year’s program with great feedback on its practical outcomes and we’re really thrilled to be able to continue Cooking for One or Two this year,” added Mr Collins.

Government data suggests that Australians now enjoy one of the highest life expectancies<sup>i</sup>. We also know that at least one quarter of older Australians live alone and almost three-quarters are at risk of malnutrition<sup>ii</sup>.

Member for Tamworth Kevin Anderson MP said the program will provide cooking techniques and an opportunity for seniors to forge lasting connections with their peers.

“This is great news for seniors in our community who will be supported to learn critical skills in order to lead healthier lifestyles.” Mr Anderson said.

“Under the program, older people can build confidence in meal preparation and can hone in essential cooking skills while meeting other seniors in a social setting.”

### **TOP TIPS FOR COOKING FOR ONE OR TWO**

- 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.

The weekly three-hour workshops start in the morning and 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 – 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](http://benevolent.org.au), on Facebook/thebenevolentsociety or on Twitter - @BenevolentAU

COOKING FOR ONE OR TWO PROGRAM 2019 – By The Benevolent Society						
WHERE		WK 1	WK 2	WK 3	WK 4	WK 5
TAMWORTH GROUP 1	Oak Tree Retirement Village Community Centre 17 Warwick Road Hillvue NSW 2340	TUE 19-Feb	TUE 26-Feb	TUE 05-Mar	TUE 12-Mar	TUE 19-Mar
TAMWORTH GROUP 1		WED 20-Feb	WED 27-Feb	WED 06-Mar	WED 13-Mar	WED 20-Mar
ARMIDALE GROUP 1	Oak Tree Retirement Village Community Centre 89 Martin Street Armidale NSW 2350	THU 21-Feb	THU 28-Feb	THU 07-Mar	THU 14-Mar	THU 21-Mar

<sup>i</sup> [aihw.gov.au/reports/older-people/older-australia-at-a-glance/contents/demographics-of-older-australians](http://aihw.gov.au/reports/older-people/older-australia-at-a-glance/contents/demographics-of-older-australians)

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

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