



Jamie's foodie trip

By Liz O' Brien

THE Good Guys Mildura is excited about the arrival of Jamie's Ministry of Food.

Earlier this year, Mildura was named as one of 14 areas the celebrity chef's mobile kitchen would visit.

The campaign aims to reduce obesity by promoting healthy eating.

Details of the mobile kitchen's arrival are yet to be announced, however, Andrew Membrey, the Good Guys Mildura, said the store was already promoting the campaign.

"Diet-related diseases are the biggest killers today, which is why it's so important to promote the value of home cooking and healthy meals," Mr Membrey said.

"Jamie's Ministry of Food is

about local people, inspiring local people, with the use of local ingredients, which is something The Good Guys fully supports.

"We're excited to be a part of this new revolution.

"We actually donate 20 cents from every sale to Sunraysia Community Health Services, which is involved with Mildura Rural City Council's Healthy Communities Partnership – which is a prevention community model.

"We've been supporting Sunraysia Community Health Services for nearly five years.

"As far as healthy eating goes, we also, from every sale, make a donation to Jamie Oliver's Ministry of Food and we've been doing that for the last two years."

Mr Membrey believes the mobile kitchen will come to Mildura for 10 weeks and teach people how to cook healthy, nutritious meals.

At this stage, British chef Mr Oliver is not expected to visit Mildura.

The State Government has committed \$2.87 million to Jamie's Ministry of Food project, which will provide cooking courses and demonstrations for more than 10,000 Victorians.

Mildura was chosen as an area the mobile food kitchen would visit because it has the third highest obesity rate in Victoria.

Statistics show 56.9 per cent of people in Mildura are overweight or obese, topping the state average of 48.6 per cent.



HEALTHY LIVING: The Good Guys Mildura is promoting Jamie's Ministry of Food through cooking demonstrations. Store manager Andrew Embrey, Trish Sluiter, Sally Wight, Kylie Bath and Jeremy Brander get a piece of the action. Picture: Luke