

Fairfield Refugee Nutrition Project: Kids in the Kitchen

REPORT

21st January 2016

The *Kids in the Kitchen* school holiday program was run in partnership by Promoting Healthy Outcomes for Refugees (PHOR), Family Referral Service (FRS) and SPARK (St Vincent de Paul Society) on 21st January, 2016. There was a fantastic turn out on the day, including:

- 26 children aged between 3-15 years
- 5 staff (PHOR, FRS, SPARK)
- 3 bilingual workers (PHOR & FRS)
- 1 volunteer (PHOR)



Participants in the program were school-aged children from refugee communities in Fairfield LGA.

- Average age: 7.9 years old
- Countries of origin: Sudan, Egypt (some born in Malaysia and Australia)
- Languages: Sudanese Arabic, English
- Average length of stay in Australia: 5.5 years

The program involved children working together in groups doing fun practical activities, including:

- **Cooking of two healthy recipes: zucchini slice and sugar-free apple crumble**
- **Physical activity and sports in six different stations**
- **Eating the food they'd made**
- **Free play time with a fruit break**



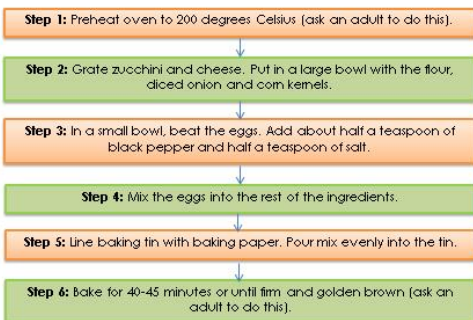
 **Wholemeal Zucchini Slice** 



Ingredients (serves 6 people)

- 1 cup zucchini, grated
- 1 cup low-fat cheddar cheese
- 1 cup wholemeal self-raising flour
- 1 cup onion, finely chopped
- 1 cup sweet corn kernels
- 6 eggs
- ½ teaspoon pepper
- ½ teaspoon salt

Method



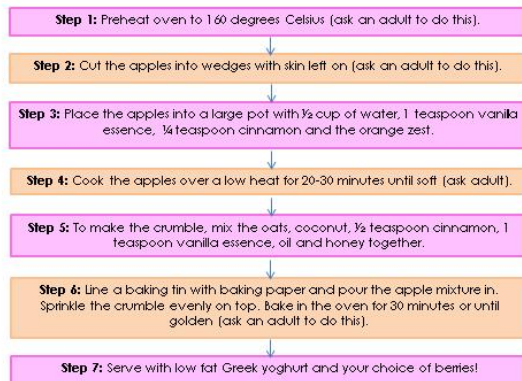
 **Sugar-Free Apple Crumble** 

Ingredients (serves 8)

- 6 medium apples (~1kg)
- ½ cup water
- 2 teaspoons vanilla essence
- 1 teaspoon ground cinnamon
- Zest from ½ an orange
- 1½ cups rolled oats
- ½ cup desiccated coconut
- 2 tablespoons vegetable oil
- 2 tablespoons honey
- Low fat Greek yoghurt & berries to serve



Method:





Each child got to take home a certificate of participation and a copy of each of the recipes they'd made on the day.

- All of the children said they'd had fun on the day, with almost all of them saying they'd enjoyed the day "a lot"
- The majority of children reported that they'd made new friends and would invite their friends along next time; those that did not make new friends were already friends with most of the kids in the program
- Most of the kids enjoyed the food, especially the zucchini slice, and said they would try to make it at home
- The majority of kids said that "cooking" was their favourite part of the day. "Sports" was another favourite.

Quotes:

- "Today was awesome!"
- "So happy. Such a great time!"
- "I love the elastic game."