



Supporting Communities,
Strengthening Voices

East Web

PROJECT FACTS

Bilingual Nutritional Educators Project

Nutrition is an important part of ensuring the health and well being of all communities. Understanding nutrition in the Australian context and access to information on good nutrition require a number of competencies that may seem inherent but are actually learnt through experience.

For newly arrived communities, maintaining good nutrition in a new and unfamiliar place can be a challenge. Tasks as essential as buying fruits and vegetables at the market or reading packaging and nutritional information on foods in the supermarket require language and recognition.

A challenge to newly arrived refugees, asylum seekers and communities as a whole, is the difference in available produce – often traditional foods are not available and it is not always easy for people to negotiate and learn new fruits and vegetables and how to prepare them. By boosting confidence, understanding and recognition of foods and nutrition in Australia, the nutrition of newly emerged communities can be significantly improved.

The Bilingual Nutritional Educators project is a follow up to a successful project run by the **Western Region Health Centre** to train up women from newly arrived communities as bilingual nutrition educators. 10 women were trained initially and between the years 2000-2005, these educators have used this training to then lead and educate groups of their peers in nutrition.

EastWeb, has provided funding to train 8 further educators from communities which are currently not represented. These women will run market tours and cooking classes for others in their communities. Educators will be trained from the:

- Burmese;
- Sudanese;
- Burundi; and
- Liberian communities.

The project:

- works with women from newly arrived communities, who make the key nutrition and food decisions, to buy and prepare new fruits and vegetables;
- fosters community leadership; and
- enhances women's roles by equipping women with the skills to continue their work within their own communities.

The EastWeb Fund

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