

So how does this help the community?

GTAR helps make fresh food more affordable and this makes it easier to provide a healthy feed for our families and look after our health. A healthy diet is important in preventing chronic diseases, like dia-betes, heart disease and some cancers.

This is a local program that can contribute to

'CLOSE THE GAP'

in health.



What is happening now?

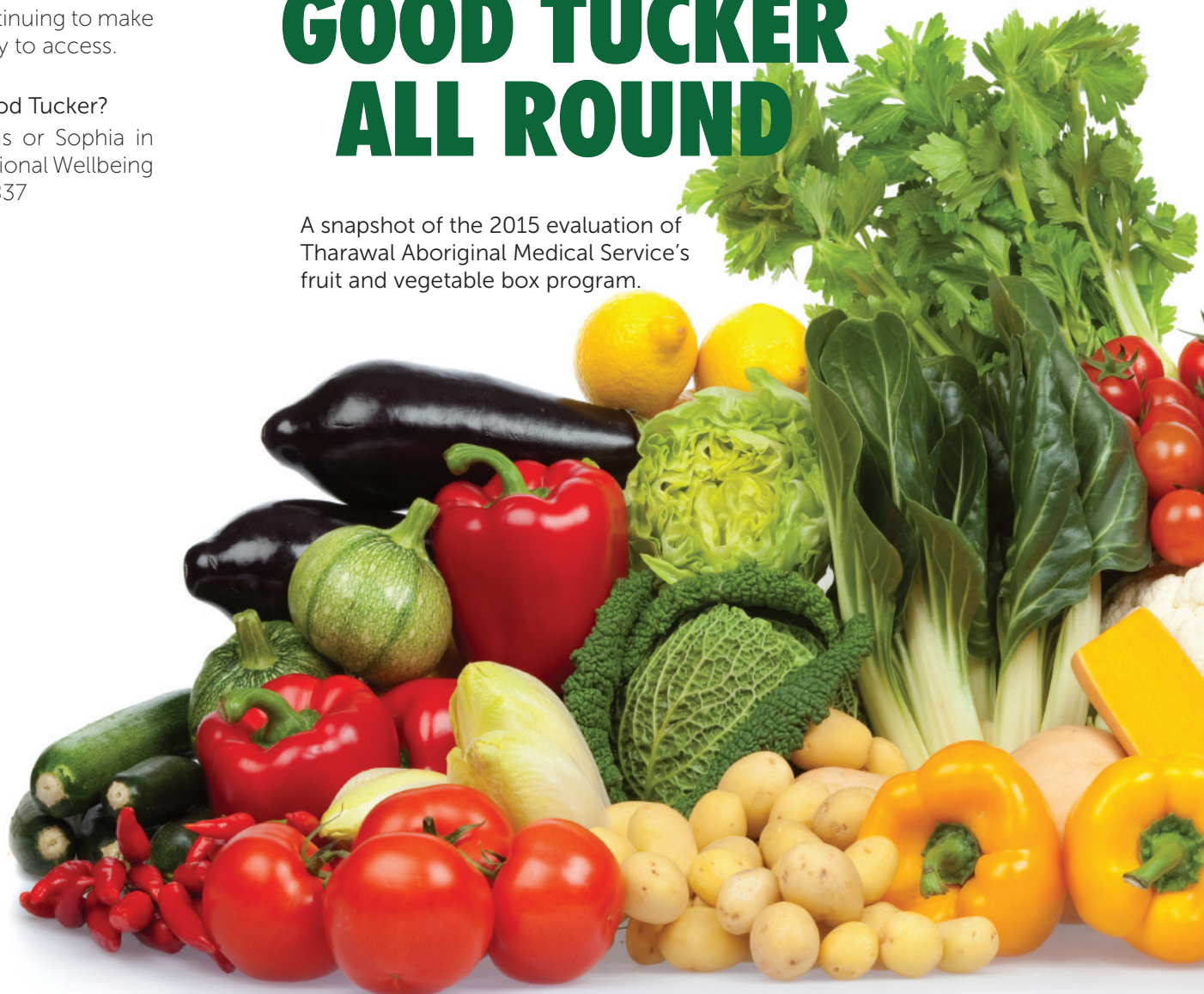
Good Tucker is continuing to make affordable food easy to access.

How do I order Good Tucker?

Please contact Paris or Sophia in the Social and Emotional Wellbeing area on 02 4628 4837

GOOD TUCKER ALL ROUND

A snapshot of the 2015 evaluation of Tharawal Aboriginal Medical Service's fruit and vegetable box program.



Acknowledgements

The evaluation project team — Julie McDonald, Research Student Dietitian, USyd. Tharawal Aboriginal Corporation - Sophia Malie, Community Nutritionist/ Dietitian and Karen Beeton, Family & Community Services. SWSLHD - Faye Southcombe, Early Childhood Dietitian and Nerida Deane, Health Promotion Service.

This evaluation was conducted with ethics approval from the AH&MRC .



During 2015 the Good Tucker All Round program was evaluated to measure if it was successful. This happened because it is important to know how we are going, what is being done well, what could be done better and to see what difference Good Tucker All Round is making to our community.

Tharawal Aboriginal Medical Service cares about the health of the community. We all know that what we eat is important to our health. We also know that if healthy food is more affordable, it is easier to feed our families and to eat well.

Healthy Eating

It is generally recommended that we eat MORE vegetables and a bit more fruit. This helps us to eat LESS of the foods we should try to avoid, like fast food and soft drink. The Good Tucker boxes are one way to increase the fruit and vegetables we all need to eat each day to help protect our health.

How would we know if the Good Tucker Program was successful?

So what were the questions we wanted to ask the community about Good Tucker All Round? We wanted to know were more people eating the recommended daily amount of fruit and vegetables and was fresh food more affordable – did less people run out of food and not have the money to buy more?



How did GTAR measure ?

The program ran for 35 weeks in 2015 and during that time 2,684 boxes of fresh fruit and vegetables were delivered to the community. The questions asked during the evaluation showed that buying the GTAR boxes meant that people were much more likely to eat the recommended amount of vegetables, when compared to other health surveys.

	Good Tucker All Round	ATSI Health Survey 2013
Eat recommended serves of fruit	42%	42%
Eat recommended serves of vegetables	25.7%	4.8%

What was in the boxes?

The type of fresh food in the boxes changed each week, with some regular items and others that were in season. Buying produce in season means they are cheapest and freshest. Over the year -24 different vegetables and 13 different fruits could be in the boxes. On an average week, 77 boxes were packed and delivered to households. An average box would have –

13 types of veg and
4 different fruits
Would weigh 12.5 kgs
\$20 per box = \$1.60 / kg.



How many serves of fruit & vegetables should I eat and what is a serve?

	19-50 years	51-70 years	70+ years
men	6	5½	5
women	5	5	5

	19-50 years	51-70 years	70+ years
men	2	2	2
women	2	2	2