



Helen Falla & Arno Grueber

The COOKEASE Project

How a unique community mental health project nourishes whaiora, school children & community



How Cookease began



What Cookease's focuses are



What we do

HOW



BEGAN

Est. in 2011

Giving back to our
local community

Providing free school
lunches

Fundraising and
gardening

RECOVERY focus: CHIME

Connectedness

Hope

Identity

Meaning in life

Empowerment

WELLBEING focus

FIVE WAYS TO WELLBEING



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.



Mental Health Foundation

miuri tā, miuri ora

OF NEW ZEALAND

Some of our activities in the community



May Rd School

Kelmarna Gardens



Wesley market



Community gardens

Identity



Bollard Ave Garden



Empowerment





Kelmarna
Gardens

What a
harvest!



Catering for community events

Hope



Recovery conference



Touch tournament

Community lunches



Wesley market

Connectedness



School lunches May Rd Primary School ...



Meaning in life



**May Road
School**

Value yourself, value your
learning and respect all
others

... with some ingredients from Cookease gardens



NUTRITION GROUP MEETINGS

- Group learning sessions on food for mental health.
- Members researched foods to reduce symptoms such as anxiety, depression, poor concentration.
- Focus groups to discuss their findings.

Example:

Foods that help reduce Depression

- **Fatty Fish:** rich in Omega 3 fatty acids – salmon, herring, mackerel, tuna
- **Omega 3 alternatives:** flaxseed, walnuts, dark green veges
- **Chicken/turkey:** produce serotonin, L- Tryptophan
- **Dark green veges:** also produce serotonin
- **Sweet potatoes:** - contains folate & vitamin B6 – both support our brain's neurotransmitter balance
- **Iron rich foods**
- **Vitamin C rich foods**

Nutritious treats: brown rice salads, hummus, lentil cottage pie, omelettes and smoothies

Food & Mood group by Cook 'n Kiwi



Relationship between gut and mood

- Gut effects how we think & feel
- Plant based foods and fermented foods lift our moods and address sugar cravings
- Limit processed foods
- Probiotics to reduce anxiety:
yoghurts, kefir, sauerkraut, symbio



References

- Professor Julia Rucklidge (University of Canterbury):
<https://cwea.arlo.co/course-catalogue/75-plains-fm-podcasts>
- MENTAL HEALTH FOUNDATION
- Dr Andrew Saul: That Vitamin Movie www.doctoryourself.com
- Dr James M Greenblatt MD: Breakthrough Depression Solution – mastering your mood with Nutrition, Diet & Natural supplementation
- Cook'n Kiwi DIABETES PROJECTS
TRUST – Diana Anderson



Ngā Mihinui

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Questions ?