



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.



Some of our activities in the community



May Rd School

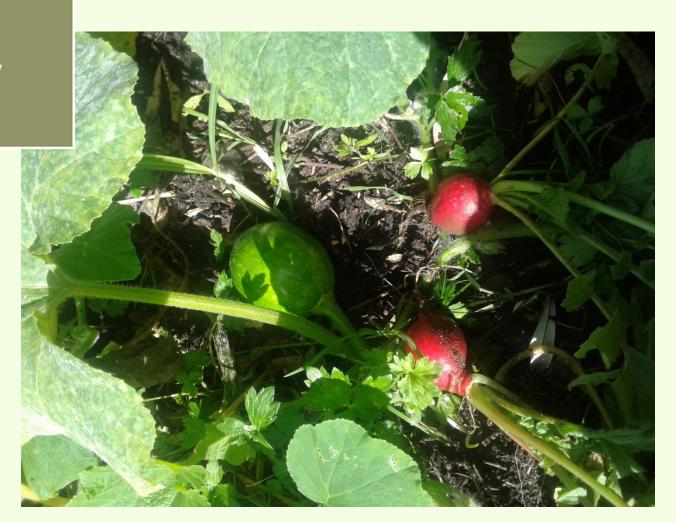
Kelmarna Gardens

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 ...





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

Contact us: Cookease project

103 Richardson Rd, Mt Albert

Auckland

Phone: 09 847 9202

Email: helen.falla@emergeaotearoa.org.nz

arno.grueber@emergeaotearoa.org.nz

Like us on Facebook:

https://www.facebook.com/CookEase2011

Questions?