

HUME



Chef Nigethan with John Taylor at a cooking for men workshop. Picture: DENNIS MANKTELOW

New skills on the menu for men

MAN-MADE meals are on the menu through a new initiative encouraging males to step up to the plate.

A partnership between Dianella Community Health, Homestead Community and Learning Centre and the Hume Men's Shed has led to a 10-week course helping males learn how to prepare and cook healthy meals.

From Thursday, men who don't normally find themselves in the kitchen will be inspired to develop their skills and knowledge around food planning using fresh, healthy and easily accessible ingredients.

Dianella chief executive Neil Cowen said the program was a "fantastic opportunity for men in our region to take charge of their health

through being able to prepare fresh healthy foods in the kitchen and on the barbecue".

"Dianella Community Health has a priority to foster community engagement to improve the health outcomes across the population of (Hume)," he said.

Hume Men's Shed president Ron Kerwood said the program would be valuable for many of their members who had either become carers for their partners or were widowed.

Cooking for Men is run by a male facilitator at a cost of \$5 and starts on Thursday at Homestead Community and Learning Centre, Roxburgh Park. All men in the area are welcome to attend. To book a place, phone [9205 2760](tel:92052760).