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## Culinary medicine 'cookshops' win dietitian's innovation award

The prestigious Dietitians Association of Australia (DAA) President's Award for Innovation has been presented to a nutrition business with a passion for 'culinary medicine cookshops'.

The winning Sydney-based dietitians recently launched their innovative cooking and nutrition workshops – or 'cookshops' – to help Australians brush up on their cooking skills and further their nutrition know-how.

Sue Radd and her team of Accredited Practising Dietitians overhauled their nutrition practice in Castle Hill to incorporate their own 'eat to live' demo kitchen, where they have run cooking workshops to packed houses since February. The cookshops are the first cooking events in Australia to be offered directly from a dietitian's clinic.

Ms Radd, Founding Director of the Nutrition and Wellbeing Clinic in Castle Hill, which developed the cookshops, will be presented with the award at the DAA National Conference in Melbourne this month.

DAA President Julie Dundon said: 'Sue and her team have put 'food' back into 'nutrition'. They've taken something close to many of our hearts – food – and coupled this with good health and nutrition. Sue's cookshops are innovative and professional and her work is an inspiration to many dietitians in private practice.'

'The popularity of reality television cooking shows told us Australians were interested in reconnecting with food through cooking. Our 'culinary medicine cookshops' teach nutrition in a highly practical way which backs up the advice given by dietitians in individual counselling sessions,' said Ms Radd.

After several years of research and planning – from designing the kitchen, sourcing environmentally-friendly appliances and developing recipes – Sue launched the cookshops earlier this year. She said her team of Accredited Practising Dietitians find it rewarding to connect with the public through food.

'We teach nutrition gems between discussing topics like pressure cookers, cuts of meat and bruschetta toppings! To keep our cooking sessions interesting, we mix up the cooking and tasting with the latest research findings linking good food choices to better health, such as lower cholesterol or blood pressure and a healthier waistline.

'The cookshops are ideal to debunk myths, such as that healthy food is too expensive or takes too long to cook. And with many schools now focusing less on cooking skills, the cookshops are helping young people who have moved out of home to cook basic, healthy food,' said Ms Radd.

Sue said due to feedback from a Sydney-based Division of General Practice, she is looking into cookshops specifically for general practitioners and practice nurses, and has also had interest in the cookshops from workplaces wanting to improve employee health.

Ms Radd also has an interactive website, a monthly e-newsletter and her clinic runs virtual supermarket tours.

**For further information or to organise an interview contact Maree Garside,**

**Dietitians Association of Australia on 0408 482 581.**

**Note to Editors:** The Dietitians Association of Australia (DAA) is the professional body representing dietitians nationally. Accredited Practising Dietitian (APD) is the only national credential recognised by the Australian Government, Medicare, the Department of Veterans Affairs and most private health funds as the quality standard for nutrition and dietetics services in Australia. For more information visit [www.daa.asn.au](http://www.daa.asn.au)

**Ends**

**Background**

- The DAA National Conference is being held from May 27-29 at the Melbourne Convention and Exhibition Centre. For more information and program details, visit the conference link on the DAA website at [www.daa.asn.au](http://www.daa.asn.au)