

2022 Aboriginal and Torres Strait Islander Scholarship Recipient: Verna Kennedy

Child and Adolescent Health Services



About Me

I am fairly new to the Aboriginal Health Team (AHT), Child and Adolescent Community Health. I have been working with AHT for almost over 10 months now and enjoying it. I am an Aboriginal Health Worker and have been given the opportunity to work in Health Promotion. I am now in the position of Health Promotion Officer for 6 months and hoping in the near future to proceed onto bigger and better opportunities in Health Promotion. A parent and I completed a 5-week Food Sensation for Parents program run by Foodbank WA in 2021. We discussed the idea of co-designing the program to be more suited to Aboriginal families. I took the idea to the Health Promotion Co-ordinator who helped me apply for the Health promotion scholarship which was approved.

About my Scholarship Project

This project is a co-design process that will involve Aboriginal parents/carers of the Aboriginal Health Team, Foodbank staff, Elders and AHT staff. Foodbank staff, Elders and I will present cooking sessions to show and provide parents how to increase their knowledge, skills and confidence to plan, manage, select, prepare and cook for their families. To ensure they develop a healthy relationship with food and become lifelong, competent eaters. We also want to include the children at the end of the cooking sessions, so they can be introduced to different types of smell and tastes of all different foods. At the completion of the program participants receive a number of resources including recipe booklets, a child size healthy eating plate, comprehensive education resource book that supports program content called Let's Feed the Family and a re-useable shopping bag. Parents are given details how to link to an agency so they can obtain a card which enables them to shop at Foodbank or Foodbank's mobile food vans. All the sessions will be held at Foodbank as our partner for this project.