

Upfront

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HELP FEED OUR BATTLERS

Next week Leader Community News will launch our annual **Feed Melbourne Appeal**.

Leader is committed to helping build stronger communities and this appeal plays a vital role. It aims to help people in Melbourne who are struggling to feed themselves and their families.

The appeal achieves this by raising money for charities that provide nutritious food — often surplus or



LIFE&STYLE

DISHING OUT DELICACIES AT MEN'S SHEDS

Men's sheds are now turning to pots and pans, instead of hammers and drills. And members from the Langwarrin Men's Shed are honing their culinary skills as part of the Peninsula Health Community Kitchens Program. **PAGE 26**

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LOCAL FLAVOUR

BLOKES IN THE KITCHEN

Lisa Schefman visits a Men's Shed where chef's aprons are worn over hi-vis shirts

MEN are swapping their hammers for wooden spoons at men's sheds.

Members of the Langwarrin Men's Shed are sharpening their culinary skills as part of the Peninsula Health Community Kitchens Program.

The men's shed is one of 28 community groups, including schools and neighbourhood houses, taking part in Frankston and on the Mornington Peninsula.

Member Graeme Lawson, 74, joined the Cranbourne Rd club two years ago after he retired and has been enjoying the cooking classes.

"I have been married 52 years and my wife does most of the cooking, but when she's out now I can cook something at home myself rather than buying a pie," Mr Lawson said.

"Some of the guys live alone and the classes teach them how to eat healthier as they learn how to cook easy meals themselves – it's a fantastic program.

"The best thing about the cooking classes is the camaraderie. We pick a different recipe to cook each week, prepare it and then sit down to enjoy a meal together."

With the assistance of a volunteer the men cook a recipe from the *Community Kitchens Cookbook* or one someone has brought from home.

Peninsula Health Community Kitchens project officer Maddy Tatham said the program had been a huge success since it started 10 years ago and had been taken up by 55 groups across Australia.



Langwarrin Men's Shed members are getting in touch with their inner chefs and learning how to make tasty and nutritious meals.

"People usually see cooking as a women's activity," Ms Tatham said.

"However, the men are really enjoying it and we are looking at expanding the program into more men's sheds."

Last week, the men made rice paper rolls followed by a gluten-free lemon and blueberry cake.

For more details, go to communitykitchens.org.au

RICE PAPER ROLLS

■ Ingredients: 100g sliced snow peas, 1 finely chopped chicken fillet, 2 peeled and grated carrots, 8 spring onions, ¼ green cabbage shredded, 1 sliced red capsicum, 2 tbsp each fish sauce and sweet chilli sauce, rice paper sheets, 1 packet vermicelli noodles, 100g bean shoots, juice 2 lemons, 1 garlic clove finely chopped

■ Method: Marinate cabbage with ½ lemon juice and fish sauce, cook noodles and drain, brown chicken in pan with 1 tsp sweet chilli sauce, soak rice paper in lukewarm water for two minutes, place small amount noodles and vegies on edge of the paper, roll and tuck in the edges

frankstonleader.com.au

LOCAL FLAVOUR

BLOKES SWAP SHED FOR A KITCHEN

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