

Kimberley Community Update

Connecting to Country for Healthy Eating

Community Update 2024

Welcome to the Community update of the **Connecting to Country for Healthy Eating** project.

This project was known as the Bush Tucker, Safe Sun Exposure and Vitamin D project. However, Community asked, "Why just look for vitamin D? What other vitamins and nutrients are in traditional foods and why are they good for us?"

The research team listened to the voice of Community and was successful in applying for funding from the Medical Research Future Fund (MRFF). In 2024, the project name was changed to Connecting to Country for Healthy Eating, allowing researchers to work with Community to:






- See what vitamins and nutrients (goodness) is in the fish, bush fruits, land and sea animals that Community hunts, gathers and eats
- Find out from Community what is the best time (season) and way to hunt and collect traditional foods so that land and sea animals are fat and bush fruit is ripe
- Collect stories from Community members about how traditional foods have been hunted, gathered and cooked in the past and present
- Find out what helps, and what makes it harder for, Community to eat traditional foods in season
- Work with Community to design, develop and share resources to promote connection with Country for healthy eating



Cooked (steamed) cockles

The project will continue until 2026.

What has happened so far:

-  The Kimberley team has been working with a number of Communities in the West Kimberley
-  Around 50 samples of traditional foods like fish, land and sea animals, and bush fruits have been collected from the West Kimberley region
-  Vitamin D and fat have been measured in around 20 of these samples at the National Measurement Institute in Melbourne. Protein, sugars and other key nutrients have also been measured in some samples.
-  By invitation, the team has walked on Country with Elders and Community members to feel and experience their Liyarn
-  Community members have shared their stories about traditional and current practices and lifestyles. One of the aims is to help preserve these stories and to formally feedback to Community. The Community can then decide how they would like to use these stories



White raisin fruit



What the Kimberley team is doing next:



Developing and building relationships with Communities at all levels



More visits to Community to collect stories



More walks/trips on Country with Community members



Seeking more donations of small samples of traditional foods from Community to measure for nutrients



More yarning with Community around resources they feel would be useful to encourage connection with Country for healthy eating



Informing Community about early results for the vitamins and nutrients found in traditional food samples

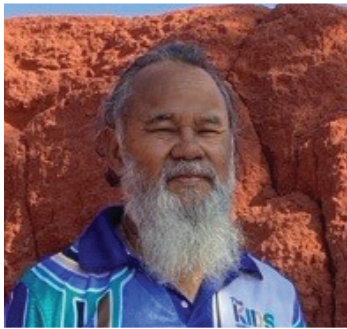


Meeting regularly with the Community leaders and members who are guiding the project



Boab fruit

Key Kimberley team contacts:



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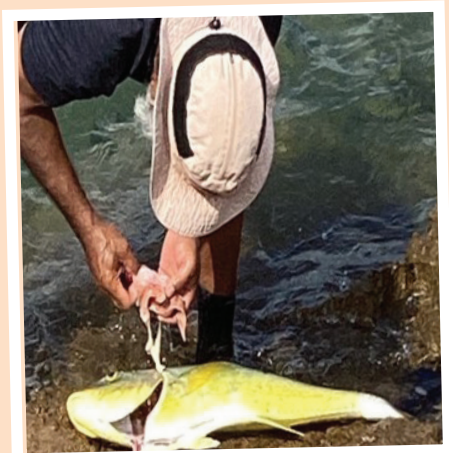
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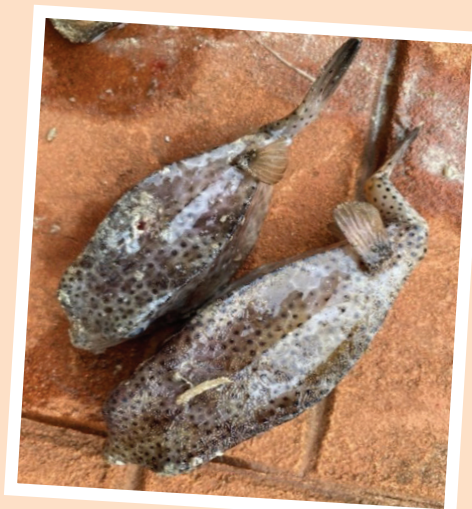
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Preparing Golden Trevally intestine for eating



Box fish



Cooked box fish