

Media Release

IMMEDIATE RELEASE
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Katie Otto returns to Tasting Australia

ACH Group chef Katie Otto will demonstrate how to cook dishes for people with dementia as part of Maggie Beer's 'Food in Aged Care' Think Session at Tasting Australia next month.

Katie, who won the 'Every Dollar Counts' competition against five other chefs from aged care organisations at the 2014 Tasting Australia event, will join Food Ambassador Peter Morgan-Jones in a session on 'It's All About The Food, Not The Fork'.

Each will present dishes suitable for those with dementia, including Katie's high-energy protein balls.

Katie says ACH Group is a leader in preparing 'moulded' food – texture-modified food that is both nutritious and delicious.

"These foods are visually appealing and quite simple to prepare, with minimal ingredients," she says. "I am proud of the food we produce and I am looking forward to sharing this knowledge with other chefs, carers and the wider community."

The cooking session is open to the public and will be held on **Wednesday 4 May** from **2.30pm to 3.15pm** at Tasting Australia Town Square, in the northern half of Victoria Square.

The event will also include a panel discussion on 'Creating an Appetite For Life', an intergenerational choir performance, and a cooking challenge between Maggie Beer and the 'nonnas' from PISA Italian Meals & Services.

Katie will continue to share her knowledge as an instructor at TAFE SA Regency and Barossa campuses, where she will present a unit of the new short course 'Enhancing Your Cookery Skills and Nutrition Knowledge in Aged Care' that kicks off in June.

Enrol for the TAFE course here: https://www.tafesa.edu.au/xml/course/sc/sc_T519175549.aspx

Read Tasting Australia's full program at www.tastingaustralia.com.au/

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About ACH Group

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952.

As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities.

Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

For further information or comment, please contact Anna Randell on (08) 8159 3632, 0417 856 361 or ARandell@ach.org.au.