

A taste of the good life

CLARE PEDDIE

SHARING the joy of fresh, tasty food and raising the standards of meals in aged care settings is on the agenda at a food festival in Adelaide this week.

In 2014, much-loved Barossa cook and author Maggie Beer launched a foundation to improve food in aged care, promising to fight for "a generation who never complained".

On Wednesday at 11.15am she will join a panel of experts for a facilitated discussion on "Creating an Appetite for Life" at the Tasting Australia Town Square, in the northern half of Victoria Square. Mrs Beer says the Foundation is working to "give beautiful food to people without the ability to cook for themselves ... to sustain them not only nutritionally but emotionally as well".

TASTING AUSTRALIA

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Free cooking demonstrations will follow the panel discussion, with a challenge between Mrs Beer and the "nonnas" from the community-based home meals delivery service PISA Italian Meals and Services at 1.15pm.

At 2.30pm, ACH Group chef Katie Otto will join HammondCare's executive chef and food ambassador Peter Morgan-Jones for a session called "It's All About The Food, Not The Fork".

Each will present dishes suitable for those with dementia, including Ms Otto's high-energy protein balls containing chocolate, prunes and pistachios.



AGED CARE AMBASSADORS: Cook Maggie Beer and chef Katie Otto.

Ms Otto said ACH Group was 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."

Ms Otto won the Every Dollar Counts competition

against five other chefs from aged care organisations at the last Tasting Australia event. It was a mystery box challenge to cook meals on a budget of \$4 a person.