

Had **Sam** and **Alana** come by for an in house demonstration on cooking nutritious and tasty meal ideas.

**Sam** demonstrated how easy it was to prepare a meal with no salt and a minimal amount of oil, the meal was chicken stir-fry using all fresh produce Carrots, Cabbage, Red Capsicum, Green Capsicum Zucchini and finally some Chicken pieces, when he served it up it looked amazing I hoped that it tasted as good as it looked, I was not disappointed. I wasn't the only one who thought it was great my grandchildren tucked into it like they have not eaten all day, I was shocked children eating vegetables without being forced to.

While **Sam** was cooking **Alana** explained about the types of foods we should be eating and why these were so important to help lose weight. I was very impressed with the depth of knowledge Alana had on nutrition and the effects of foods on our system, it was very informative I wasn't aware that you had to eat to lose weight, it just needed to be the right kinds of food "**NO MORE FISH AND CHIPS**".

I've only just started this diet on my first week I lost 5Kg it really excited me, my goal is to lose at least another 45Kg I am quite confident that I can achieve this now that I am more aware of the nutritional benefits of the foods I eat and coupled with exercise (for me swimming)

I am sure that I would not have done so good probably still thinking of losing weight instead of being on the road to achieving it if not for the commitment of the team from **POSITIVE DIRECTIONS TRUST**

I would like to express my gratitude to Sam and Alana for their home demonstration which I thought was a great way of introducing me to a better style of cooking and for the follow up nutritional sessions with Alana, I would also like to mention at this point that I had an invaluable ally in Annie who is also part of the team at Positive Directions Trust, we meet on Mondays and discuss my week and how it's going she keeps me motivated and on track.

I would like to thank the Positive Direction Trust team for all their support.