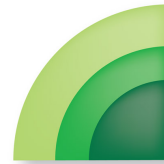




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Getting back to basics

THERE would have been a few shocked viewers when the first episode of Jamie Oliver's *Ministry of Food* aired recently, but Jamie was preaching to the converted when it came to Gold Coasters Duncan and Michelle Fuller.

The TV series reveals in this era of convenience foods, many people don't even know basics, such as how to mash a potato, and follows Jamie's efforts to introduce some UK families to the joys of home cooking.

There are many similarities to what Jamie is doing on this show and the philosophy behind Duncan and Michelle's Fuller Tummy programs.

A professional chef, Duncan says Fuller Tummy essentially does what Jamie is doing in the program, but with tailor-made programs for individual families.

"We go into people's homes and help them change the relationship they have with food," he says.

"We help them make healthi-

er food choices and get the whole family involved in planning and preparing meals for the week.

"With some basic knowledge and planning, we show families how to master their own kitchen and prepare delicious and healthy meals in their homes.

"Our programs teach them how to eat properly, while at the same time save them money by eliminating the need to spend money on fast food and stopping them losing hundreds of dollars on throwing out wasted produce each month."

In the first episode of *Ministry of Food*, Jamie says he's positive that, with a little bit of hand holding, home lives around the dinner table can be drastically changed.

Fuller Tummy regularly receives feedback from Gold Coast families reporting dramatic changes to their meal times after they've completed the program.

Duncan tells of one father who phoned them after level one of the program to thank them for turning his family's life around.

"Some of the best comments we've heard from our clients are about the positive changes they have experienced within their family dynamics," he says.

"Prior to starting Fuller Tummy, the general message from families that we spoke to was that they felt separated from each other and they were lacking companionship and communication within the household.

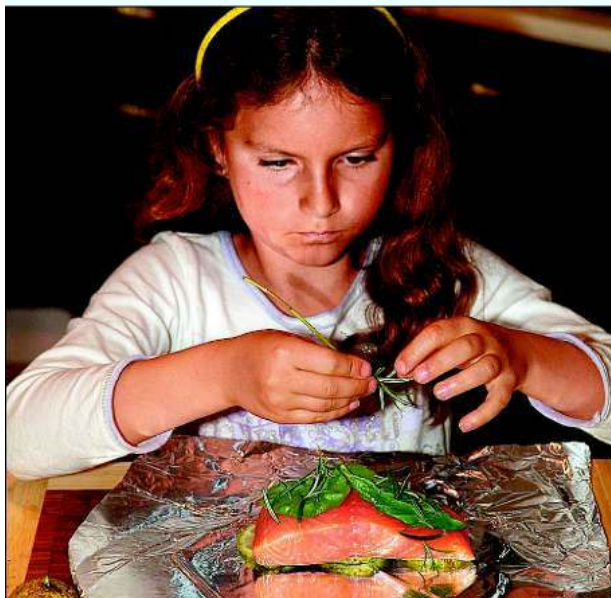
"Take-away food was eaten regularly and the kitchen was the most neglected and the least appreciated room in the house."

Fuller Tummy's cooking program consists of six levels.

The culinary adventure begins with 16 hours of in-house training with Duncan. Level one includes recipes for breakfast, lunch and dinner, as well as weekly menu planners.

Customers also learn kitchen basics, such as personal and kitchen hygiene, kitchen set-up and knife handling.

Duncan also takes the family on a trip to the supermarket, where they get expert tips on what to look for when buying groceries.



Spending time together preparing a meal can help families bond