



MEDIA RELEASE  
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## **GOLD COAST'S *FULLER TUMMY* DOING WHAT JAMIE OLIVER DOES IN HIS NEW TV SHOW *JAMIE OLIVER'S MINISTRY OF FOOD***

Last night more than 700,000 viewers tuned into the first episode of Jamie Oliver's Ministry of Food and it was alarming to see just how little the people of Rotherham knew about cooking.

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

Owner and professional Chef Duncan Fuller says Fuller Tummy essentially does what Jamie Oliver 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. We help them make healthier 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 saving 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," he said.

In a quote from last night's show Jamie Oliver says "I am positive that with a little bit of hand holding, home lives around the dinner table can be drastically changed".

Fuller Tummy has already received success with this with a number of Gold Coast families reporting dramatic changes to meal times. They even had one father phone them after completing Level 1 of the Fuller Tummy program to thank Duncan & Michelle 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. Prior to commencing 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," said Duncan.

*Fuller Tummy's* in house cooking program consists of six levels and customers will be cooking up a storm even after the first session.

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.

Family involvement is the key in the success of the *Fuller Tummy* program and Duncan has already received some terrific feedback from families who have benefited from the *Fuller Tummy* experience.

As well as the six levels of the in home *Fuller Tummy* program, Duncan and his wife Michelle who is also a professional chef, have created the *Fuller Tummy Lunchbox* program, the *Fuller Tummy Lunch & Learn* program and soon to be released *Fuller Tummy Baby* program.

For more information on *Fuller Tummy*, visit [www.fullertummy.com.au](http://www.fullertummy.com.au).

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