



**Gold Coast Mail**  
**Thursday 23/10/2008**  
Page: 8  
Section: General News  
Region: Gold Coast QLD, AU  
Circulation: 56585  
Type: Regional  
Size: 530.22 sq.cms.



press clip

# How to relate to the food on your plate

KIRSTY NOFFKE



CHEF DUNCAN FULLER: bringing families together through the process of preparing meals.

DUNCAN Fuller is the Gold Coast's own Jamie Oliver.

Well, not exactly, but the professional chef said his "Fuller Tummy" program is essentially what Jamie Oliver does on his new show, *Ministry of Food*.

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

"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, Duncan and his wife Michelle show families how to master their kitchen and prepare delicious and healthy meals.

"Our programs teach them how to eat properly while at the same time saving money."

Duncan said Fuller Tummy has helped a number of Gold Coast families make dramatic changes to meal times.

"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 we spoke to was they felt separated from each other and they were lacking companionship and communication within the household."

Fuller Tummy's in-house cooking program consists of six levels and Duncan said customers will be cooking up a storm 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 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.

For more information, visit [www.fuller-tummy.com.au](http://www.fuller-tummy.com.au).