

Arnhem Land Progress Association, Northern Territory

Good food

The Arnhem Land Progress Association (ALPA) has been working to improve the health and nutrition of the communities it represents, and has teamed up with the Australian Government through an SRA.

The SRA will enable ALPA to hire a nutritionist to implement a healthy-food strategy in five communities: Galiwin'ku, Gapuwiyak, Ramingining, Milingimbi and Minjilang. In addition, local community members will be appointed to part-time 'Good Food' positions at the stores in each of the five communities.

The Australian Government will provide funds to hire and accommodate a nutritionist as well as the first year's salary for each 'Good Food' person.

To assist the nutritionist, the communities will form a working group to make people aware of traditional Yolngu approaches to diet and health. They will promote healthy cooking practices at take-aways. Store committees will work with the schools and health clinics to develop a holistic approach to nutrition in the communities.

Individuals will take part in healthy activities including training in the store, and community members will attend ALPA Board meetings. Men and young mothers in particular will learn how to prepare healthy foods.

Key Facts

Five remote Indigenous communities in eastern Arnhem Land

Population: Around 5175

Focus of the SRA: Health improvements

What the SRA provides: Nutrition program and coordinator

ICC: Nhulunbuy

