

WISHIN Women's Well Being Program

Healthy Eating

Lunch for the women to sit and share together has been provided for each Well Being session.

When WISHIN was sited in Brunswick and the Well Being sessions took place in the St. Ambrose Church Hall, lunch was bought each time from the Green Refractory Cafe in Sydney Road, Brunswick and consisted of quiches, frittatas, vegetarian tarts, salad sandwiches

Since WISHIN has moved to Glenroy and the program is not sited in Glenroy, WISHIN has used two women's businesses who are based in the northern suburbs - Brunswick and Oak Park – for the catering.

Food that has been provided from one business includes quiches, roast vegetable salads, soups, fruit platters while the other business specialises in organic gluten free and often sugar free food ie. quiches, roasted vegetables, salads and gluten-free/sugarless cakes.

This is a reciprocal and educational relationship as the women in the businesses have become more aware of the circumstances of these women and the women coming to the program have been more exposed to very healthy and sometimes new food.