

# MEDIA RELEASE

WEDNESDAY 14 DECEMBER 2016

## TASTE OF TASSIE: GOURMET FARMER AND DIETITIANS CELEBRATE LOVE OF FOOD

Gourmet farmer, Matthew Evans, is joining forces with Tasmanian dietitians to showcase high-quality, local produce to the nation's nutrition professionals.

More than 400 Accredited Practising Dietitians (APDs) from around the country will descend on Hobart next May to enjoy *Tasting Tasmania*, which will promote the enjoyment of delicious, healthy Tasmanian produce.

Matthew will speak about sustainability in food, promoting low food miles and a 'paddock-to-plate' approach, which aligns with *Tasting Tasmania*.

'Tasmania has some of the best produce in the country. While enjoying fresh, local foods, dietitians will share ideas about living and eating locally, to take back to their own communities,' said Matthew, a former chef and food critic, turned author, TV presenter and Tasmanian smallholder.

*Tasting Tasmania*, is an invite-only event to kick-off the Dietitians Association of Australia's 34th National Conference and a perfect opportunity for Tasmanian dietitians to showcase the great work they're doing in supporting locals towards better health.

Varitha Kinghorn, an Accredited Practising Dietitian at Launceston General Hospital and DAA National Conference 2017 Chair said: 'We are fortunate to have some of the freshest and healthiest food in Australia right on our doorstep, and our patients benefit from this.'

'Dietitians recommend plenty of whole foods, in line with the Australian Dietary Guidelines. And with the abundance of high-quality produce available here, Tasmania is the perfect place to focus on fresh, healthy eating – made easier by being able to cook with amazing local ingredients.'

DAA is the peak body representing the country's more than 6,200 dietitians, who are passionate about supporting people towards better health through good nutrition.

**ENDS**

**For further information, images or to organise an interview with Varitha Kinghorn, contact Felicity Curtain, Dietitians Association of Australia, on 0409 661 920.**



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## **Note for journalists: Nutrition Journalism Award**

Applications for the Dietitians Association of Australia's 'Nutrition Journalism Award' are open. The Award acknowledges and celebrates quality nutrition reporting by Australian journalists. There are now two categories – short-lead and long-lead. It's incredibly simple to submit an application – visit '[For the Media](#)' on the DAA website for more information.

## **DAA National Conference**

The Dietitians Association of Australia's 34<sup>th</sup> National Conference will be held in Hobart from 18 – 20 May 2017. For more information including a provisional program visit [www.daa2017.com.au](http://www.daa2017.com.au)

**Note to Editors:** The Dietitians Association of Australia (DAA) is the professional body representing dietitians nationally. Accredited Practising Dietitian (APD) is the only national credential recognised by the Australian Government, Medicare, the Department of Veteran Affairs and most private health funds as the quality standard for nutrition and dietetics services in Australia. For more information visit [www.daa.asn.au](http://www.daa.asn.au). For the Media section on the DAA website contains DAA's media releases and position on topical nutrition issues in the media.