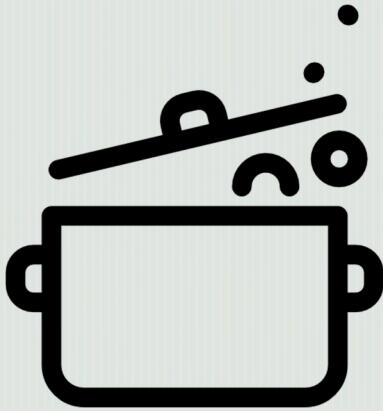
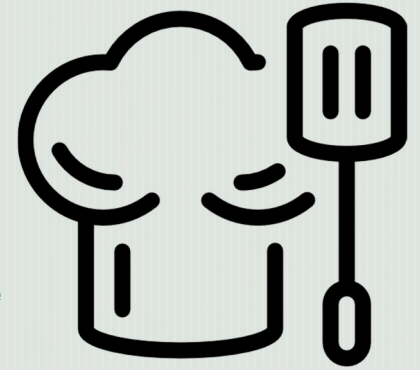


Too **Deadly** For Diabetes

Slow Cooker Demonstration



The Too Deadly For Diabetes (TDFD) slow cooker demonstration was designed to familiarise TDFD participants with slow cooker cooking techniques to allow them to create time saving, healthy and affordable recipes.

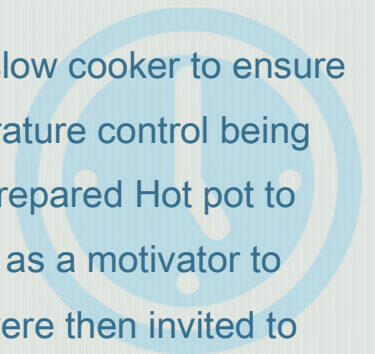


It was particularly relevant to hold the cooking demonstration this week as each TDFD participant has recently been gifted a slow cooker from WAMS as an incentive to complete the TDFD program. Using a recipe from the TDFD program, we demonstrated how the recipe should be adapted to be slow cooker friendly.

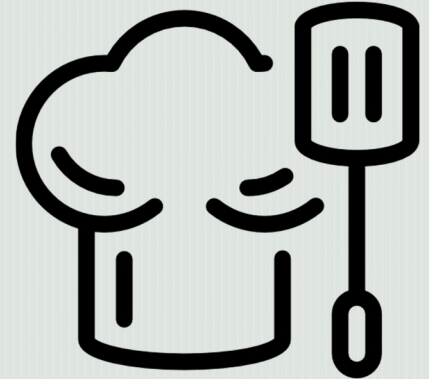
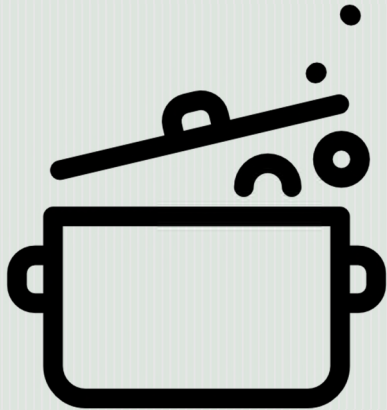


Participants were also given ingredient alternatives to tweak the master recipe to achieve different results easily and cheaply, for example; using different herbs and spices and additional healthy flavours.

Participants were advised on how best to layer ingredients in the slow cooker to ensure even cooking of the various ingredients with slow cooker temperature control being explained. The **14 participants** were offered a taste of a pre – prepared Hot pot to enable them to experience what the end result could taste like as a motivator to encourage them to try it at home for themselves. Participants were then invited to sample different add on flavours e.g. pesto.



Each of the participants that attended the demonstration were gifted a 'Hot Pot Take Home ingredients Pack' including vegetables, herbs and stock designed to add to their slow cooker with the meat of their choice to enable them to cook their first slow cooker meal with minimal fuss.



Participants were also given the choice of additional flavour options including, garlic, ginger, basil, chilli, celery, tinned tomato, and pesto to take home to use in their hot pot.

The participants were engaged during the demonstration and asking questions. Some have since said they now feel confident to use the slow cooker since the demonstration or are already using and enjoying their slow cooker.

Since the completion of the TDFD slow cooker demonstration two participants have advised that they used their slow cooker for the first time using the ingredients from the starter pack and were excited by the results that they were able to create.

These same participants said that they will definitely be using it more regularly in the future.

Another participant explained how they had been introduced to new flavours during the cooking demonstration (Pesto and rosemary) and they had enjoyed them and were looking forward to using them again at home in their own cooking.

Another participant said, *"I loved the slow cooked veggies. I wish I could cook them that way at home"*.

