

Get to know your neighbours



Media alert

11 October 2004

Event: Running on Empty - October Picnic
Where: Hart Park, Warwick Farm
Time: 12.00pm – 4.30pm
When: Saturday 23 October, 2004

Liverpool Health Service is inviting the community to pull out a picnic blanket and come along to a FREE fun-filled picnic at Hart Park in Warwick Farm on Saturday 23 October.

There will be healthy and multicultural foods to eat, as well as activities for all the family including frisbee, balloons, parachute and ball games, races and displays.

Liverpool Health Service community nutritionist Alicia Fendick said the picnic is hosted by the *Running on Empty* program which is looking at nutrition issues in the Warwick Farm community.

“We are working directly with the Warwick Farm community to improve supply and access to affordable, safe and quality food in the suburb,” Alicia said.

“The October picnic aims to bring residents together and build a sense of community while promoting happy and healthy living.

“We hope families and neighbours will take this opportunity to come out and get to know each other in a happy and safe environment,” she said.

The youth of Warwick Farm will be collating a short documentary on food issues in the suburb and there will be art workshops including mosaics and tile painting, funded by Liverpool City Council’s *Living Streets in Warwick Farm Project*.

The *Running on Empty* team also produces the *Our Neighbourhood* newsletter delivered to Warwick Farm residents every two months.

Other projects to date include: fresh fruit and vegetable taste testing events at Warwick Farm Primary School, a healthy BBQ at the Warwick Farm Neighbourhood Centre Open Day last year and a first successful picnic day this year in May.

Running on Empty operates throughout Warwick Farm, Villawood, Rosemeadow and Ambarvale, and is supported by South Western Sydney Area Health Service.

The program aims to improve food security, a relatively new term that refers to the ability of individuals and households to access a nutritious and culturally acceptable diet at all times.

For more information or photo opportunities please contact Alicia Fendick on 9828 6760