

WASCA Team Profile



Michelle Riekie

Michelle has a Bachelor of Science in Nutrition and a Post-Graduate Diploma in Health Promotion.

Originally, Michelle completed some casual contract work for WASCA and officially joined the team in 2009. Michelle is the Project Manager of WASCA's Healthway funded projects including Sponsorship Services, Fuel to Go & Play and Healthy Sporting Club Grants.

Who inspires you and why?

Jamie Oliver as he is so passionate about encouraging people (including children) to eat healthy food. I admire him for taking his passion and skills beyond the restaurant and challenging authorities to implement school food reform in the UK and USA through his Food Revolution program. This has certainly had a positive impact on the health of many children and families.

What is your favourite cookbook, book or movie

- Cookbook: I love Jamie Oliver's cookbooks as I can identify with his style of cooking and I always seem to have the ingredients in the pantry or the fridge. I am a fan of keeping things simple and using local produce that is in season. I can also identify with his methods of cooking such as 'roughly chopping' 'blitzing' 'whacking' and 'chucking in' so I can get the dinner on the table as quickly as possible to feed my hungry clan
- Movie: Life is Beautiful, by Roberto Benigni.

What do you believe is your most important role at WASCA?

I hope that my nutrition knowledge and strategies are effective to put healthy eating on the agenda with the projects that I am involved in. Once it is on the agenda, it is about educating and empowering the community to create healthier food environments.

Tell us your top tip for promoting healthy food

Give it an enticing and catchy name, make it look appealing and be positive and enthusiastic about it.

WASCA recipe recommendation

I recommend [Anna Gare's Detox Salad](#). I love this recipe because it is colourful and tastes delicious. It makes me feel healthy.

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