



MasterChef Julie Goodwin's Neighbour Day message

We Aussies love our food, and in my view there is no better way to bring people together than over a good meal. Food is at the heart of all our celebrations. It connects us, it nourishes us, and the sharing of it creates wonderful memories and strong communities.

Building community is what Neighbour Day is all about, and on the tenth anniversary of this wonderful event, I would like to invite everyone to gather with their neighbours and share a meal. Whether you have a sausage sizzle, a cuppa and cake, a street party or a small dinner with the next-door neighbours, Sunday 31st March is a time to reach out and make a connection with the people around you.

When I was away from home with MasterChef, my family were supported by our community. It was a great comfort to me to know that they were surrounded by people who were looking out for them.

Neighbour Day is the opportunity to create or strengthen a connection with the people near our homes. It's a chance to build a relationship which lasts long beyond the day. It's a time to stop and look at the people around us, to be a part of a community, and to celebrate.

However you choose to celebrate your community, good food will make it all the more special! To help get the ideas flowing I have posted some of my favourite recipes for gatherings on the Neighbour Day Facebook page and on the website www.neighbourday.org

I wish you, and those around you, a happy and delicious Neighbour Day!

Julie Goodwin
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Australia's annual celebration of community, Neighbour Day, was founded in Melbourne in 2003. Always held on the last Sunday in March every year it has five principal aims -

1. Strengthen communities and build better relationships with the people who live around us.
2. Create safer, healthier and more vibrant suburbs and towns.
3. Promote tolerance, respect and understanding.
4. Break down community barriers.
5. Protect the elderly, the vulnerable and the disadvantaged.

Julie Goodwin's recipes can be download for free at www.neighbourday.org along with a free Neighbour Day kit containing invitations, name tags, posters and a 'how to' guide. Julie's recipes will also be published on the Neighbour Day Facebook page.



NeighbourDay



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