

**MEDIA RELEASE**  
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## **Spoonfuls of Gratitude to Help Feed Hungry Children**

**“If you were to throw a dinner party for all the people you are grateful for in your life, what would you cook?”**

Melbourne entrepreneur Beatrice Imbert is calling budding cooks, and family guardians of recipes to come together to express their gratitude and share their love of food, to raise money to feed hungry families in Broome.

One May 7, this year A Spoonful of Gratitude feast will draw 200 people from all walks of life to the old school house at 33 Saxon Street in Brunswick to share a dish, a recipe and a story, that may become part of the A Spoonful of Gratitude Cookbook.

Former chef and owner of Star Anise in Kyneton, Emma James will be tasting and photographing dishes on the day, and speaking with people about ingredients and how they prepare their recipes.

“It is a community project and everyone is invited to take part”, Ms Imbert said

Profits from the Feast, Cookbook and a crowd fund run in parallel with the event, will be donated to Feed The Little Children, a charity in Broome WA which provides 300 meals twice a week to young children mostly under 10, many of whom come from single parent indigenous families.

Feed The Little Children aims to offer hot nutritious food 365 days of the year and Ms Imbert and the Spoonful of Gratitude Community are committed to helping them to increase their reach.

“In a country of plenty it is difficult to imagine that children are still going hungry. Food is an important part of bringing community together, and this event comes from that ethos of being grateful for what we have and sharing with others.” Ms Imbert said.

When Ms Imbert began the A Spoonful of Gratitude project earlier this year, people of all ages and cultures, began to send her recipes and with the recipes came stories filled with tradition and memories.

One Hungarian family passed on their “Grandfather’s bread” recipe, which had been handed down through generations. Another woman shared recipes that her Nanny had given her on the night of her wedding 50 years ago. More recent recipes included a reinvention of a classic to become Vegan Bolognese.

Ms Imbert added. "I wanted to lend a hand to an Australian charity. We may not be able to be in Broome but our work over here on the east coast can help them achieve their target of delivering hot nutritious food every day of the year."

'Above all, we want the children and their parents to know that half way across this country, a group of people are coming together and making a stand for them simply because we care and we can.' Ms Imbert added.

This is Ms Imbert's second book. In 2012, she published 'The Secret Diaries of Inspirational Women' short stories of courage and inspiration from some of Australia's leading ladies Maggie Beer, Michelle Bridges, Gill Hicks and Moira Kelly.

Donations can be made via GoFundme/A Spoonful of Gratitude and Tickets can be booked on the website and Facebook page of the same name. 'A Spoonful of Gratitude'.

**For More Information or Interview Contact:**

Beatrice Imbert

M: 0408 566 071 or 0466 408 823

Email: [bi@beatriceimbert.com](mailto:bi@beatriceimbert.com)

Website: [www.aspoonfulofgratitude.com.au](http://www.aspoonfulofgratitude.com.au)

Charity: [www.feedthelittlechildren.org.au](http://www.feedthelittlechildren.org.au)