Mandy Gilbert

Mandy Gilbert is the Community Kitchen Project coordinator.

After moving with her family to the Dungog Shire in 1999, Mandy became involved in the Community Centre in 2001 because ‘I wanted to give back to the organisation that had helped me and my family when we needed a hand’.

Mandy started as a volunteer and has been involved in many facets of the community centres programs and services in this time. Most recently Mandy has been involved in the development and continued growth and success of the Dungog Community Kitchen. This program started in 2010 in response to the high number of community members seeking financial assistance for food and essentials.

The Community Kitchen concept is simple: bring people together over the creation of good, cheap, healthy meals and watch the learning, sharing and confidence grow.

‘This is our third year and we have packed so much in but the best thing of all is witnessing the ladies confidences grow and to see the healthy choices being made by them for their families’.

Mandy is passionate about giving people the support, skills and information to allow them to make the best decisions and choices for themselves and their families, and the community kitchen gives her the opportunity to encourage and support her fellow community members to do this.