

# Dietitians Australia

## NAIDOC Week Webinar

### Friday 10 July 2026

## Native Ingredients

# Resource Pack



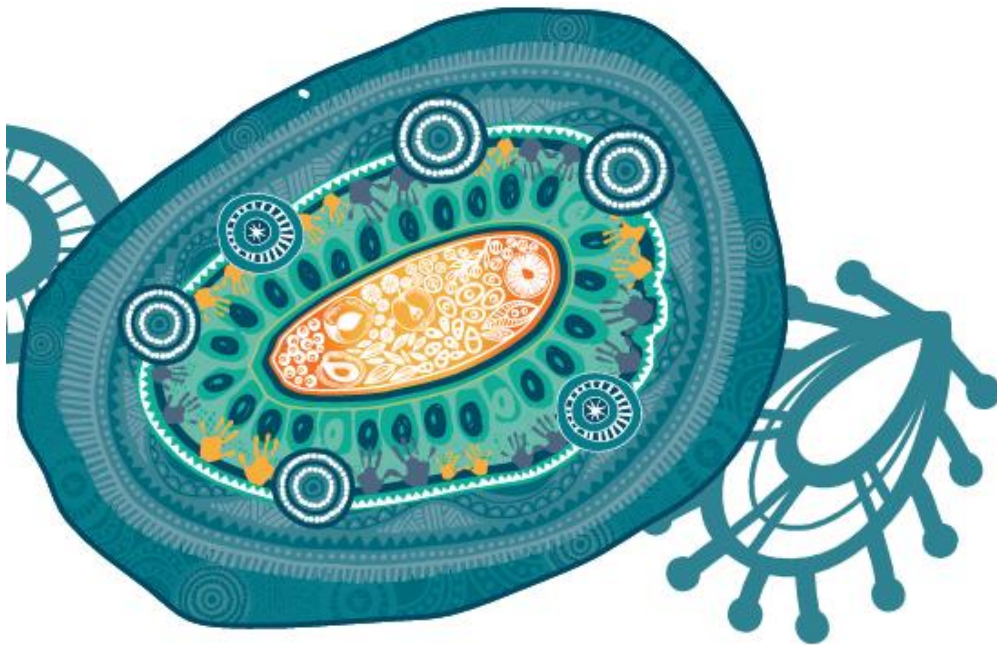
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Group

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### **Acknowledgement of Country**

Dietitians Australia acknowledges all traditional custodians of the lands, waters and seas that we work and live on across Australia.

We pay our respects to Elders past, present and future and thank them for their continuing custodianship.



Graphic artwork designed by: Leigh Harris, Igneous Studios.

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## Introduction

Welcome to the NAIDOC Week Native Ingredients Webinar Resource Pack.

As part of this NAIDOC Week initiative, this webinar is designed as an experiential learning opportunity—encouraging you to engage with Australian native ingredients through hands-on cooking and reflection prior to the session.

In preparation for the webinar, you are invited to:

1. Source one or more native ingredients from the list provided.
2. Prepare a recipe using these ingredients in your own time.
3. Reflect on your experience using the guiding questions included in this pack.

This resource pack has been shared ahead of the webinar to allow sufficient time for you to explore ingredient availability, experiment with cooking and consider your reflections.

During the webinar, we will:

- Explore the cultural and historical significance of native ingredients.
- Hear from our guest speaker on Indigenous food knowledge, food sovereignty and contemporary use.
- Share and reflect on participant cooking experiences and insights.

We encourage you to approach this activity with curiosity, respect and openness, recognising the deep cultural knowledge and connection to Country embedded in First Nations food systems.



## Participant Preparation Checklist

To support your participation in the upcoming webinar, please complete the following steps prior to the session:

### 1. Read the resource pack

- Familiarize yourself with the native ingredients overview.
- Review the recipe ideas and sourcing tips.

### 2. Source native ingredient(s)

- Select one or more native ingredients from the list provided.
- Allow time to source ingredients locally or online.
- Consider availability, cost, and substitutions if needed.

### 3. Prepare a recipe

- Choose a recipe from this pack or adapt your own.
- Incorporate your selected native ingredient(s).
- Cook in your own time prior to the webinar.

### 4. Capture your experience (optional but encouraged)

- Take photos of your ingredients and/or finished dish.
- Note any observations during preparation and cooking.

### 5. Reflect on your experience

- Use the guiding questions provided to consider:
  - What did you learn about the ingredient(s)?
  - What worked well or was challenging?
  - How did this experience influence your understanding of Indigenous foods and food practices?

### 6. Bring your reflections to the webinar

- Be prepared to share insights (if comfortable).
- Engage in group reflection and discussion.
- Learn from the experiences of others.



## Sourcing Indigenous Ingredients

### Aboriginal owned businesses

Company name	Contact details	Types of ingredients
Bent Shed Produce	<a href="http://Bentshedproduce.com.au">Bentshedproduce.com.au</a>	Dried herbs and spices
Indigiearth	<a href="#">Indigiearth   Home</a>	Dried herbs and spices
Kaiyu Superfoods	<a href="http://Kaiyusuperfoods.com">Kaiyusuperfoods.com</a>	Freeze-dried fruit, dried herbs, spices, and nuts
My Dilly Bag	<a href="#">Native Australian Herbs, Spices &amp; Bush Foods – My Dilly Bag</a>	Dried produce, dried herbs, and spices
Creative Native	<a href="http://Creativenativefoods.com.au">Creativenativefoods.com.au</a>	Dried herbs, spices and fruit, frozen native fruit.
Something Wild	<a href="#">Something Wild Australia - Game Meat &amp; Native Food Provider</a>	Dried herbs and spices, game meat
Kullilla Art	<a href="#">Aboriginal Shop Brisbane   Aboriginal Art for Sale Online</a>	Dried bush tomatoes, dried herbs and spices, croc jerky!
Bakarindi Bushfoods	<a href="http://Bakarindi.com.au">Bakarindi.com.au</a>	Nuts, herbs and preserves
Native Oz Bushfoods	<a href="http://Nativeozbushfoods.com.au">Nativeozbushfoods.com.au</a>	Dried herbs and spices

## Non-Aboriginal Owned Businesses

Company name	Contact details	Types of ingredients
Australian Superfood Co	<a href="#">The Australian Superfood Co – Aus Superfood Co</a>	Dried herbs, spices, powders, syrups
Bush Food Shop	<a href="#">Taste Australia Bush Food Shop   Discover Australia Through Her Food</a>	Dried herbs, nuts, and spices
Kakadu Plum Co	<a href="#">KAKADU PLUM CO. Australian native bush foods, kakadu plum and bush tea – Kakadu Plum Co</a>	Spices
Natif	<a href="#">NATIF Australian Native Fruit, Herbs Spices, Gifts, Blends, Chocolates – Natif Foods</a>	Herbs, spices and freeze-dried fruit powders
Diemen Pepper	<a href="#">Diemenpepper.com</a>	Fresh and dried pepper berry
Macro meats	<a href="#">Macro Group Australia</a>	Kangaroo meat
Marvick Farms	<a href="#">Desert Limes   Red Centre Limes   Finger Limes   Bushfoods   Oils and Relishes</a>	Native citrus fruits- frozen, freeze dried
Naturally Native	<a href="#">Kakadu Plum Powder (Wholesale) – Naturally Native</a>	Native ingredients, freeze dried powders

## Recipes

1. Damien's Damper

[Recipe: Damien's Damper | Warndu ©](#)

2. Barramundi Fillets with Muntrie Salsa

[Recipe: Warndu Mai's barramundi fillets with muntrie salsa | Warndu ©](#)

3. Wallaby shanks with bush tomato and native herbs

[Recipe: Warndu Mai's wallaby shanks | Warndu ©](#)

4. Strawberry gum brownies

[Strawberry Gum Brownies – Native Oz Bushfoods](#)



## Reflective questions

### 1. What stood out to you in your experience of sourcing, preparing, and tasting native ingredients?

*Prompts:*

- What recipe did you choose, and why?
- What native ingredients did you use? Were they new to you?
- Where did you source ingredients from and how easy or difficult was this?
- How confident do you feel that your ingredients were ethically and sustainably sourced, For example from an Aboriginal-owned food business?
- What did the ingredients look like, smell, or taste like?

### 2. What did you notice or learn through this process?

- For example, the ingredients, availability, local Aboriginal and Torres-Strait Islander food business and systems, or your own assumptions.

### 3. What questions did this experience raise? What would you like to understand more about?

- For example, around ethical food sourcing, cultural understanding, or local food systems.

### 4. What do you intend to do differently, or explore further, as a result of this experience?

- For example, how might this influence the way you engage in your practice and everyday life with food, or Aboriginal and Torres Strait Islander food knowledge going forward?

