

## Kidney Transplant recipient Valerie Twomey is honoured at Irish Healthcare Awards in Dublin

A very special project received a commendation award in the category of Best Patient Lifestyle Education Project at the Irish Healthcare Awards which were held in Dublin recently. Truly Tasty is a beautifully produced high quality cookbook for people following a renal diet and includes a selection of delicious recipes by the cream of Irish chefs including Rachel Allen, Derry Clark, Clodagh Mc Kenna ,Neven Maguire , Catherine Fulvio and Kevin Dundon. The brainchild behind this stunning book is Valerie Twomey, who received a kidney transplant in 2006 following a number of years on dialysis. ***“This gave me a second chance at life so to honour my donor I decided on this project”.***

This publication is unique as all recipes are created especially for Irish adults on a renal diet and have been meticulously analysed by the Irish Nutrition & Dietetic Institute (INDI). Valerie also wanted to highlight Organ Donor Awareness by including an Organ Donor Card into each copy. The project however would not have become a reality without the support of main sponsor, global health care company Abbott, as well as support from Bosch, Shire Pharmaceutical Ltd, National Lottery, Amgen Ireland Ltd, Shamrock Foods Ltd, and the Irish Kidney Association.

The calibre of projects submitted was extremely high with only the very best of projects in the Irish healthcare environment presented. It was a great achievement for *Truly Tasty* to receive this recognition and be listed among the most innovative healthcare projects in Ireland.

**Truly Tasty is widely available in all good bookshops nationwide as well as online through [www.trulytasty.ie](http://www.trulytasty.ie)**