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HAYDEN QUINN JOINS LIFESTYLE FOOD

The Dinner Project premieres
Sunday, November 2 at 7.00pm

Aussies face a variety of speed humps in their kitchens every day, but **Hayden Quinn** shows us that it's possible to put a healthy meal on the table, no matter what the circumstance. Hayden makes life easier and a whole lot tastier, when **The Dinner Project** premieres Sunday, November 2 at 7.00pm on LifeStyle FOOD, only on Foxtel.

Cooking is more than throwing a few ingredients in a pan. Time, budget, skills, ideas, knowledge and nutrition play a huge factor in our everyday lives and meals. In the six-part half-hour series, Hayden – the newest member for the LifeStyle FOOD family – tackles every angle. He'll move in with six families around the country, to develop an understanding on what their lives entail. With meal plans and recipes for breakfast, lunch and dinner, Hayden will equip them with the tools they need to create quick, easy and nutritious meals, no matter their circumstances.

There are six common issues that hinder Australians in the kitchen. Hayden researches the lifestyles and nuances of everyday Australians to inspire and create delicious meals in the kitchen. There's the 'skill's poor' with Lani, a young Melbourne foodie who eats out more than in; the 'budget conscious' with Digby and Daniel, a couple of struggling students from Geelong; the 'time poor' with Kath and Seb, a busy family of 5 from Hammondville; the 'knowledge poor' with Chris, a Mine Rescuer and his family from Newcastle; the 'nutrition poor' with Lyn and Pete, the Gold Coast empty-nesters and the 'ideas poor' with Sally and Peter, cattle and sheep farmers from Armidale.

Hayden – a Northern Beaches surfer found his love for cooking at a young age watching his mum cook in the family kitchen. He shot to fame, after appearing as a popular contestant on MasterChef Season 3 in 2011, and since then he has continued to share his love for travel, fresh, healthy produce, cooking, the ocean and people through his blog and cookbooks.

The Dinner Project is produced by Ensemble Australia in conjunction with Meat & Livestock Australia, exclusively for Foxtel's LifeStyle FOOD channel.

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