

Healing, inspiring
and changing lives with food



Poh's Kitchen

lends a hand...

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In her third series, Poh brings a compelling and emotion-packed new twist to her culinary journey.

Out of her comfort zone, she pulls up her sleeves and lends a hand to people who are using cooking to help heal, inspire and change lives.

Through incredible human stories and dedicated individuals, Poh comes face to face with dramatic cooking challenges that are a million miles from anything she's done before. Travelling both around Australia and abroad, her eyes are thrown wide open as she witnesses how food can help get people's lives back on track.

Each episode sees Poh helping out in a different way. She joins a community program which is giving homeless youth a chance to come in from the edge of society. By receiving training in street cafés these inspiring young adults are finding their feet and their dignity in life. In another episode, she helps a team of cooks with intellectual disabilities, when they are given the huge responsibility of planning, cooking and serving a wedding banquet.

Poh also creates food for the homeless in her hometown, visits a town where food is helping to heal after devastating bushfires, and becomes the camp cook for troubled teens on an outback adventure. The series concludes with a dramatic and life changing trip to the slums of Cambodia, where children's lives are being turned around by food and education.

PRESENTER **POH LING YEOW**

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