

## MEDIA RELEASE

# 90 packets of INSTANT NOODLES

**DEB FITZPATRICK**

Australians eat 150 million packets of instant noodles every year – that's about 7 packets each. But Joel is a teenager who goes to extremes, and 90 packets may not be enough.

### About the Book

Joel and Craggs are in it together. They drink booze together, they flirt with petty theft together and, when Craggs turns violent, they face the consequences together too. That's when Joel's dad makes a deal with the police. Craggs is off to juvenile detention and Joel to solitary confinement.

90 days of fending for himself in a remote bush shack.

90 days of his own company and his own cooking.

90 days of instant noodles ...

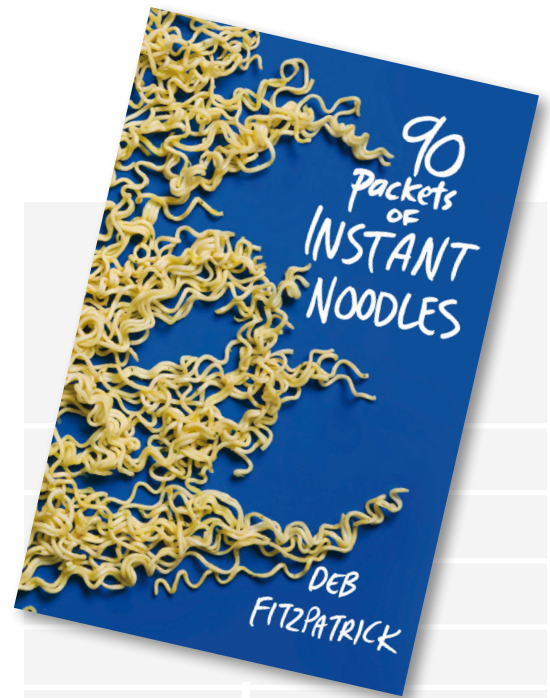
### In the author's own words

I was born in Melbourne, raised in the sand dunes of Perth, and, much later, spent four years living in a tiny rural village in the cloudforest of Costa Rica. I'm now a mother of two, and live in Fremantle, WA. Our house here has reliable running water, and electricity that is rarely cut off. I no longer hear the sickening thock of a scorpion falling onto my bed in the middle of the night, but also, monkeys and squirrels no longer pass by my study window. Coyotes don't come into the garden at night and howl, and it doesn't rain—very hard, for four or five hours—every day here.

Costa Rica was by no means a Garden of Eden. I struggled with the intense isolation and the loss of my identity, as I knew it, that came with living there. I couldn't speak Spanish; there was no telephone or internet connection in our shack; we were living on lean earnings indeed and I couldn't place myself in the tropical landscape at all. One of the last things I did in Costa Rica was devote myself to writing a manuscript for young adults, in which the protagonist is forced to live in a shack a very long way from anywhere, with no mod-cons. *90 Packets of Instant Noodles* is the story of Joel's journey as much as it is my own.

### Media Notes

- Deb Fitzpatrick lives and works in Fremantle.
- She is a freelance editor and writer.
- Her manuscript *Starfish* was shortlisted for the 2007 T.A.G. Hungerford Award.



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