



Nutrition Australia
ACT Incorporated
Annual Report
2017

 **Nutrition**
Australia

ABN 55 159 014 153

Nutrition Australia ACT Incorporated - A05428

Chifley Health & Wellbeing Hub

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Nutrition Australia ACT Incorporated is a registered Health Promotion Charity with the ACNC, and has deductible gift recipient status with the Australian Taxation Office.

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ABOUT US

Nutrition Australia ACT Inc. (NAACT) is a not-for-profit, non-government, registered health promotion charity. NAACT operates through a Committee of Management ensuring good governance practices and management.

Committee of Management

The Committee of Management is volunteer based and currently has 8 committee members with experience in policy, education, regulation, clinical dietetics, research and health promotion programs.

Chair	Gillian Duffy
Secretary	Lauren Salvestro
Treasurer	Kate Paul
Members	Brad Tarrant Elysha Nheu Allison Wood Andrea Fritschy Anne Christie
Public Officer	Leanne Elliston
National Director	Gillian Duffy
NAACT Staff	Lyn Brown APD, Executive Officer Leanne Elliston APD, Program Manager Kasey Bateup APD, Public Health Nutritionist Romy Doherty APD, ACTNSS Coordinator (to December 2017) Rebecca Rees APD, ACTNSS Coordinator/ Project manager Sarah Cooper APD, Project Officer Kay Holmes APD, Project Officer
Accounts	Mary Harrison, Bookkeeper
Financial Auditor	Duesburys Nexia
Legal Advisor	KJB Law

Our purpose

To support the people of the ACT region to make informed food choices to create healthier communities.

We will achieve this by: supporting and educating the community, developing strategic alliances, maintaining our engagement with the community, maintaining financial sustainability and raising our profile in the region. NAACT will encourage and empower its staff to deliver quality services.

Our objectives

- **Support, inform, educate the community**
 - to promote the prevention and/or control of lifestyle related diseases associated with overweight and obesity such as Type 2 diabetes, cardiovascular disease and some cancers.
- **Be engaged with community**
 - to be ACT's leading nutrition advocate in promoting health.
- **Build a leading not-for profit**
 - to be an independent and authoritative body that aims to promote the health and wellbeing of the ACT people.
- **Influence and encourage government and organisations to prioritise nutrition**

Our commitments

As an incorporated association, NAACT adheres to the obligations of the ACNC and is compliant with the ACT Incorporated Association legislation and regulations. We undertake independent financial audits and maintain appropriate insurance policies. In addition, all our staff and volunteers adhere to legislative requirements including the Working with Vulnerable People Act 2011.

NAACT is committed to continuous improvement of practice, management and governance ensuring:

- the application of evidence based and scientific information
- development of effective partnerships
- respect for individuals, cultural diversity and indigenous culture
- equity in access and participation

NAACT has a professional and diverse workforce that enables the organisation to achieve its goals. The organisation has a strong understanding of diet related health challenges and is committed to education in the community to address these health risks. NAACT employees hold current accreditation with relevant health professional bodies to ensure best practice guidelines are adhered to at all times.

Message from the chair

Every year when we review what has been achieved and prepare the annual report I am amazed at how much NA ACT has managed to accomplish. I know that I speak on behalf of the Committee of Management in saying that we have a fabulous group of passionate staff and volunteers. The growth and achievements of the last couple of years would not have happened without them.

Once again, it has been an extremely busy year of working towards our objectives and goals. This report provides a snapshot of the work that has happened across so many sectors of the ACT community - inspiring and educating people about healthy eating. Through our fee for service programs and government funded work we have worked with food businesses, workplaces, community groups, schools, and early childhood settings. Our Betterbites business has continued to grow, providing healthy and delicious foods to school and sporting canteens. We also continued to work closely with the ACT Government, with the ACT Nutrition Support Service (ACTNSS) and the Nutrition Advisory Service (NAS). The feedback we have received on this has been really positive, demonstrating the influence we have been able to make in the food and nutrition environment in the ACT.

I'm really excited by the media and social media presence of NA ACT in 2017. The staff have been active in mainstream and social media on a number of issues. In the era of social media health, nutrition & diet celebrity 'experts' and confusing information everywhere it is so important to have credible evidence based information available. NA ACT is able to disseminate this in simple easy to understand messages.

The Committee of Management has continued to be active to oversee the governance of the organisation and ensure compliance with the ACNC and ACT Access Canberra obligations. The Committee met ten times across the year, regularly monitoring progress against our strategic objectives and continuing to work on reviewing and updating our governance policies. Finally, I would like to formally thank our members and supporters, not-for-profit organisations like NAACT cannot survive without your support. And of course congratulate and thank our staff, contractors and volunteers for their sustained work, effort and commitment for another year.

The new year, 2018 brings some challenges for us as an organisation, to continue to grow and reach the ACT community we need funding. I am confident that we will continue to grow and develop.

Gillian Duffy

Chair, NAACT Committee of Management

SUPPORT, INFORM, EDUCATE THE COMMUNITY

In 2017, NAACT provided a range of nutrition services to the ACT community through fee for service programs and government funded activities. Some of the highlights of our nutrition education programs are summarised in the following sections.

PROJECT DINNERTIME™

Project Dinnertime™ aims to build skills and confidence in the kitchen, getting more people cooking more often. Our core hands-on cooking programs are offered to the general public in the form of a four week cooking class or a more intensive one-on-one cooking clinic with the Dietitian.

In 2017, NAACT delivered two four-week group cooking classes and three one-on-one cooking clinics to general members of the public.



“The classes have improved my approach to meals. Until now I was stressed out by the thought of preparing meals so this course has helped me approach things differently and overcome the intensity of weeks of stress. Thank you.”

“It was enjoyable and fun and I have learnt healthier cooking tips. Thanks!”

Project Dinnertime™ for people with a disability

In 2017 NAACT became an NDIS Service provider delivering cooking clinics for individuals who require more intensive support and guidance in the kitchen to suit their specific dietary needs.

Our specially tailored cooking clinics aim to help participants with a disability build their capacity to look after themselves by learning to cook with confidence and make healthy food choices.

In our inaugural year as a NDIS service provider, a total of 36 cooking clinics were delivered to 9 individuals.



"I like making berry sorbet and taco lettuce cups it was beautiful I can't wait to make it at home."

"I love the cooking classes. I miss it when I'm not here."

"You're a very nice teacher and we make nice food together."

Project Dinnertime™ is a registered trademark of Nutrition Australia ACT Incorporated.

WORKPLACE NUTRITION SERVICES

In 2017, NAACT experienced incredible growth in workplace nutrition services, doubling its service delivery from 2016. We introduced some new services this year with the favourite being a Nutrition Trivia session as a staff team building activity for employees. The one hour trivia session, complete with a healthy prize pack for the winning team, has been a resounding success that has driven NAACT engagement in the workplace sector.

Demand for NAACT's workplace services increased by 200% in 2017, with the delivery of the following services:

- 7 cooking demonstrations
- 24 healthy eating seminars

NAACT also coordinated a national seminar series for Department of Health staff across seven different work sites around the country.

Valued clients in 2017 included:

- Department of Health
- Chief Minister, Treasury and Economic Development Directorate
- ACTEW AGL
- Australian National Audit Office
- Department of Prime Minister and Cabinet
- National Library of Australia
- Healthier Work ACT



“Staff really enjoyed the session and were very interactive and were talking about it the next day.”

“Sarah did a great job!”

“Thank you so much! It was great fun”

SCHOOL NUTRITION SERVICES

In 2017, NAACT had a focus on activities in schools with Food&ME™ teacher professional learning as part of the ACT Health Fresh Tastes Initiative and specific school service deliveries.

Australian Council for Health Physical Education and Recreation Conference

NAACT has developed strong links with the Australian Council for Health Physical Education and Recreation (ACHPER) as the leading professional association for teachers and other professionals working in the health and recreation education fields. This year NAACT was invited to speak at the 30th International ACHPER Conference about teaching nutrition to primary students utilising national curriculum linked resources, showcasing Food&ME™ nutrition education resources developed by NAACT.

NAACT also delivered an interactive workshop titled 'navigating nutrition in the classroom'. This workshop focussed on helping teachers to confidently answer some of those tricky food questions students often bring up in the classroom.



FOOD&ME™ Professional Learning

NAACT prides itself on the success of Food&ME™ as ACT's leading curriculum linked nutrition education resource used by primary schools teachers. Written and piloted by NAACT, Food&ME™ aligns with the Food and Nutrition components of the National Curriculum for Health and Physical Education.

With support from ACT Health, NAACT continued to provide Teacher Quality Institute (TQI) accredited professional learning opportunities to primary school teachers as part of the classroom learning action area of the Fresh Tastes initiative.

In 2017 NAACT delivered:

- 5 Food&ME primary school teacher professional learning sessions
- 3 Food&ME preschool teacher professional learning sessions
- Food&ME™ training to pre-service teachers at the University of Canberra



"Thank you for your passion in communicating the need for appropriate nutrition in our lives"

"Very enthusiastic and positive presentation-thoroughly enjoyed it, thanks!"

"Loved the resources! Highly relevant and engaging, I will be sure to use them!"

Food&ME™ is a registered trademark of Nutrition Australia ACT Incorporated.

CHILDCARE SERVICES

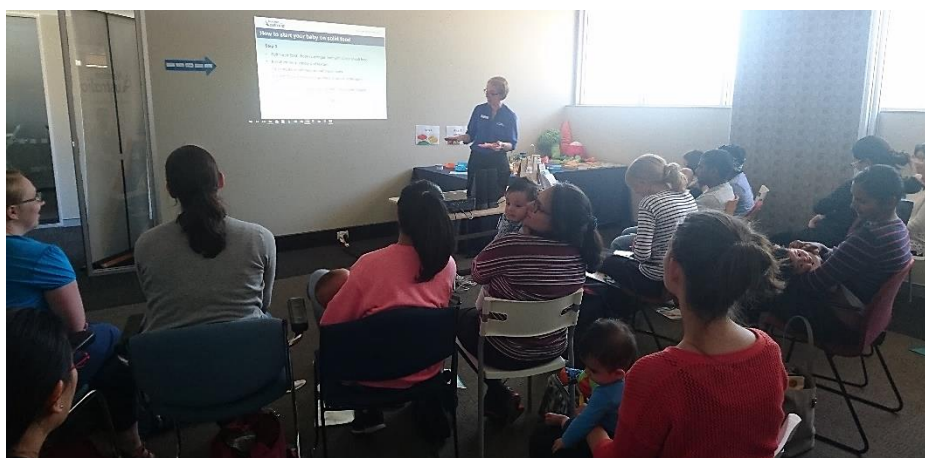
Early Childhood

NAACT offers several fee for service programs to early childhood organisations including menu assessments, parent information sessions and staff training.

We provide accurate and up to date nutrition information to support childcare facilities to meet food and nutrition requirements within the *National Quality Standard* and *The Early Years Learning Framework for Australia*.

In 2017, NAACT provided the following activities to early childhood organisations in the ACT:

- 3 parent information sessions
- 2 staff training sessions
- 3 menu assessments



Outside School Hours Care

NAACT offers services to outside school hours care (OSHC) services with the aim of inspiring healthy eating among school-aged children. We provide sessions that get children involved in preparing nutritious and delicious afternoon snacks and activities with a healthy theme.

IN 2017, NAACT delivered two hands-on sessions at OSHC services to inspire healthy eating among school-aged children.

COMMUNITY NUTRITION SERVICES AND PARTNERSHIPS

Because we believe that good nutrition and healthy eating is so important for everyone in the ACT, we love to work with community associations and organisations to share our knowledge and expertise.

We also service a wide variety of community sectors ranging from health and wellbeing programs for staff and volunteers, to food skills and cooking programs for clients.

In 2017 NAACT provided a range of tailored nutrition services for community organisations. These involved staff professional development as well as client specific workshops.

In 2017 NAACT delivered the following community nutrition services:

- Cooking demonstrations for:
 - Migrant and refugee service
 - Bosom buddies

- Staff professional development session for:
 - Premier Youthworks
 - YMCA
 - Red Cross

We collaborated and delivered tailored nutrition education programs with the following key organisations:

Australian Breastfeeding Association

NAACT has teamed up with The Australian Breastfeeding Association ACT region to help breastfeeding mums achieve a healthy life balance for their families. In 2017 NAACT developed and delivered healthy eating sessions on introducing solids, feeding family meals and managing food allergies and intolerances.



Tuggeranong Child and Family Centre

The Tuggeranong Child and Family Centre sought NAACT's expertise to deliver weekly cooking classes with families from the Narrabundah Early Childhood School Koori preschool program as part of its *Freshen it Up* program. Held in the school's hall, the 16 week program provided healthy cooking workshops for 12 families each week. We prepared enough food for each participant to take home and share with their families.



Alzheimer's Australia

NAACT partnered with Alzheimer's Australia to deliver a series of cooking demonstrations with a fully catered lunch for people living with Alzheimer's and their carers' as part of their *Give it a Go* program.

Canberra Institute of Technology Student Association

NAACT has been working with the CITSA towards developing a healthy eating culture among the apprentice students at the Fyshwick trades centre. This year we were able to inspire and motivate a range of trade school apprentices by teaching them how to whip up a healthy stir-fry in less than 30 minutes.

The 'Healthy in a hurry' sessions were well received with many attendees creating insta-worthy meals.



Warehouse Circus

For the first time in 2017, NAACT collaborated closely with our neighbours at the Chifley Health Hub to deliver a holistic school holiday program spanning five days. During each of the school holidays, a bunch of 'circus kids' leapt straight from circus training into the NAACT kitchen for hands on cooking workshops. These sessions have been a great success and continue to be offered each school holiday.



ACT Health - Ngunnawaal Bush Healing Farm

This year NAACT was engaged by ACT Health to plan, develop and deliver a hands-on food and cooking skills program for participants of the Ngunnawaal Bush Healing Farm (NBHF). The Healing Farm program supports Aboriginal and Torres Strait Islanders to reintegrate with their community following significant life events.

Piloted over a five week period, 14 hands on cooking workshops were delivered; during which participants prepared their own healthy meals to eat and enjoy together as a group. Through our informal and practical sessions, participants learnt cooking skills and nutrition know-how to give them the confidence to prepare simple, tasty and nutritious meals at home with their families.



FOOD SAFETY SUPERVISOR TRAINING

NAACT has an ongoing partnership agreement with The Australian Nutrition Foundation (QLD DIV) Inc., trading as NAQ Nutrition Training a Registered Training Organisation. The partnership enables NAACT to deliver units of competencies that meet Food Safety Supervisor requirements for ACT registered food businesses.

Upon successful completion of the course, students achieve a Statement of Attainment for the following units of competency:

SITXFSA002 Participate in safe food handling practices

SITXFSA001 Use hygienic practices for food safety

In 2017, NAACT delivered four face-to-face Food Safety Supervisor courses to a combined total of 32 participants.

In 2017 NAACT was successful in obtaining a capacity building grant from the Community Services Directorate to allow us to train and upskill two additional staff members to meet their Certificate IV in Training and Assessment qualification. This will build NAACT's capacity to offer more of our popular face-to-face Food Safety Supervisor courses.



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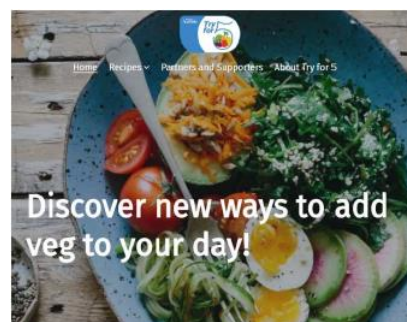
BE ENGAGED WITH THE COMMUNITY

NATIONAL NUTRITION WEEK 2017

In 2017 Nutrition Australia continued its National Nutrition Week theme of 'Tryfor5', by encouraging Australians to add an extra serve of vegetables to their day.

National activities supported by NAACT included:

- Establishment of a Tryfor5 website.
- Competition to win one of five Vitamix blenders, which invited people to share ways they were incorporating more vegetables into their day.
- Social media campaign and influencer engagement.
- Launch of NNW and Bayer Partnership at Australia's Parliament House in Canberra by Federal Assistant Minister for Health, the Hon David Gillespie. NAACT staff also attended the launch.



National Nutrition Week in the ACT

- In the lead up to National Nutrition Week and as a part of Mental Health Week, NAACT hosted a public seminar titled "Good food for a good mood". Presented by Dr Sarah Dash from the Food and Mood Centre within the School of Medicine at Deakin University in Melbourne, the seminar attendance exceeded expectations with over 80 participants enjoying an informative evening. NAACT would like to acknowledge the Mental Health Community Coalition ACT for helping to fund this event with a Mental Health Week Reimbursement Grant.
- During NNW, NAACT delivered five workplace nutrition seminars with a focus on the NNW Tryfor5 theme. During the week lucky door prizes (donated by NNW sponsor, SMASH) were given at each seminar.
- In collaboration with Nutrition Australia National, NAACT coordinated and delivered a Nutrition Week webinar titled "Eat to beat exams". This webinar was successful with 500 participants registering to listen in with over 150 participants attending live.



ACT NUTRITION SUPPORT SERVICE

The ACT Nutrition Support Service (ACTNSS) was a three-year project, funded by ACT Health Healthy Canberra Grants. Targeting a range of community settings, the ACTNSS supported organisations to embrace healthy food and drink choices by creating healthy eating environments.



All of the strategic activities of the ACTNSS worked to improve the nutrition literacy, motivation and capacity to implement changes within the target sectors of the ACT community. The ACTNSS delivered evidence-based food and nutrition recommendations, policy support and advocacy to community sectors to prioritise nutrition for their clients, staff and volunteers.

The project enabled the development of strong relationships with stakeholders and organisations from targeted sectors, resulting in the ACTNSS becoming the public face of community nutrition in the ACT.

Results from the evaluation found that the ACTNSS successfully communicated key nutrition and health messages to Canberrans' resulting in strengthened food and nutrition programs and the creation of healthier eating environments.

During the funded period, the ACTNSS achieved the following outcomes:

- An estimated community impact of 512,514
- 1,334 online subscribers
- Distribution of 110 specially tailored weekly 'News Bites' and 48 sector-specific seasonal e-newsletters
- 1,526 Facebook page 'likes'
- Delivery of nutrition workshops and training to staff from 44 community organisations
- Attendance at 13 public expos to inspire healthy eating in the community

Outcomes for engaged organisations:

- all engaged organisations reported higher priority level awarded to nutrition and introduced new nutrition-related programs or program content
- 75% of organisations reported increased confidence in delivering nutrition-related programs from the post program surveys
- 81% delegates attending professional development workshops reported application of newly gained nutrition knowledge and skills

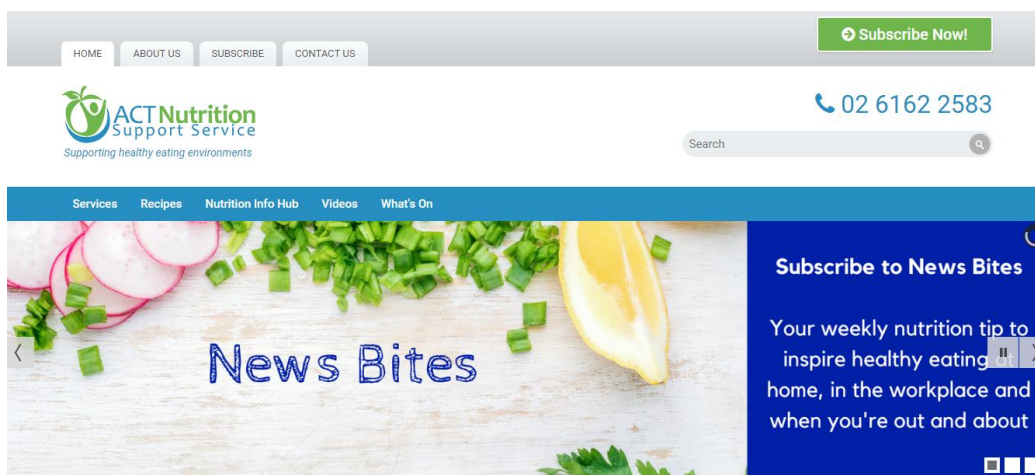
Outcomes for individual subscribers to the ACTNSS:

- 82% reported sharing the ACTNSS information with their networks
- 80% influenced their organisations to introduce healthier programs
- 96% indicated they had made, or intended to make, healthier dietary improvements for themselves and their families.

Website

The ACTNSS website serves as a nutrition hub of information for the ACT community. NAACT is committed to maintaining the website beyond the funded period and continues to seek avenues for ongoing funding and support.

By the end of 2017 the ACTNSS website had over 35 300 website visits. This represents a 76% increase from 2016.



E-newsletters

Organisations and individuals that subscribe to the ACTNSS receive weekly e-newsletter "Newsbites", containing topical general nutrition information. Sector specific e-newsletters are distributed quarterly to subscribers of each sector.



Following the success of sustainable community engagement, the ACT Government as continued to fund NAACT to deliver weekly News Bites to subscribers and maintain regular social media communication through Facebook and Twitter.

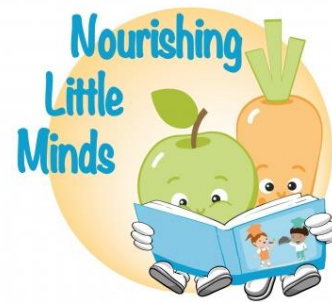
NOURISHING LITTLE MINDS

NAACT was successful in receiving an ACT Health Innovation grant to develop and pilot an early childhood food literacy program.

Nourishing Little Minds' takes on a healthy approach to children's story time using children's books that portray healthy messages followed by fun and engaging cooking activities for children and their families to enjoy. Designed to encourage healthy eating habits in children aged 3-5 years, the four week pilot program was delivered in partnership with Libraries ACT across four library locations.

Key outcomes of the project are as follows:

- 88% of children tried a new food for the first time
- 89% of children tasted each food item exposed to them over the four week program.
- Children's vegetable intake in the home environment increased
- Children's exposure to healthy foods at home increased
- Children became more willing to try new foods.



Collaborating with Libraries ACT provided an effective avenue to engage with this group by extending on the well-established and popular Story time program. This pilot demonstrates that combining child literacy and food exposure is effective at helping contribute to the establishment of healthy eating habits in children.

NAACT looks forward to sharing the program success at the 2018 Dietitians Association of Australia with a poster and mini oral presentation. Libraries ACT will be also presenting a poster at the 2018 Dietitians Association of Australia Conference.



FUEL UP WITH FOOD

In 2017 NAACT was also successful in receiving a second ACT Health Innovation grant to inspire and motivate trade-based workers to make healthy food choices – the 'Fuel up with Food' project.

The aim of 'Fuel up with Food' was to use social media to tailor messages to Tradies about their food choices. The project involved developing a suite of straightforward, quirky videos and social media messaging reflecting the nutritional needs of the target population and centred on choosing healthier take-away foods and choosing water as the preferred drink.

NAACT contracted video production company, Cheeky Creek, to produce two short animated video clips. The theme for the videos was "Get it right mate!" to help Tradies think twice about reaching for that greasy pie or sugar laden drink.

Infographics were also developed that supported the messages of the videos. Both videos and accompanying infographics were disseminated on social media and among the target group with assistance from key partners:

- CIT Student Association
- OzHelp Foundation
- Healthier Work ACT.



INFLUENCE AND ENCOURAGE GOVERNMENT AND ORGANISATIONS TO PRIORITISE NUTRITION

NUTRITION ADVISORY SERVICE

The Nutrition Advisory Service (NAS), operating under the umbrella name of the ACT Nutrition Support Service, is a broad and integrated nutrition service that contributes to key objectives within the ACT Government's Healthy Weight Initiative.

In 2017, the NAS has achieved the following:

- Provided advice on over 950 food and nutrition related queries to ACT Government staff, school canteen providers, ACT Public Schools, Fresh Tastes Catholic and Independent Schools, P&Cs, non-government stakeholders, food service outlets, food and beverage retail outlets, and caterers providing services for the ACT Government.
- Completed 75 canteen menu assessments for ACT Public Schools.
- Delivered one training workshop about the *National Healthy School Canteen Guidelines (Traffic Light System)* and *ACT Public School Food and Drink Policy* for school canteen managers and P&Cs representatives.
- Completed 71 vending machine assessments across six ACT Government directorates, as part of the *ACT Public Sector Healthy Food and Drink Choices: Vending Machine Management Policy*.
- Completed 12 catering menu assessments for the *ACT Government's Territory Catering Provider Multi-Use List*.
- Consulted with seven businesses participating in the second stage of the food environment project.
- Represented the ACT at the *National School Canteen Network* meeting in Darwin.

School canteen success

ACT public school canteens are leading the way when it comes to offering up healthy choices for students and the rest of the country is taking note.

In 2017, the NAS completed 75 canteen menu assessments for ACT Public Schools and provided individualised menu and product advice to various school canteen operators and P&Cs. We saw a huge shift in the culture of school canteens since undertaking the 2015-16 round of menu assessments. It's now widely accepted that the canteen plays an important role in supporting healthy food choices for students, which reinforces concepts that are taught in the classroom. This shift in mindset has resulted in significant improvements in the availability of healthy food choices in school canteens.

We think the results of the 2017 canteen menu assessments speak for themselves!



49% of all food and drinks sold at canteens were GREEN choices
up from 32% in the 2015-16 assessment period



RED food and drinks dropped to **3%** of all menu items
down from 23% in the 2015-16 assessment period



Leanne Elliston and Kasey Bateup with Minister for Education, Training and Youth Affairs, Yvette Berry, at the 2017 Canteen Connect school canteen event.

Food environment project to encourage healthier choices

Following the success of the 'Choose Healthier' pilot project in 2016, the ACT Government committed to expanding this exciting food environment project during 2017.

Working in collaboration with ACT Health, the Canberra Business Chamber and Threesides Marketing, in 2017 the NAS developed nutrition criteria which will be used to underpin the implementation of this project in 2018. The NAS also provided nutrition input into collateral for participating businesses to ensure nutrition messages are evidence based.

From October – December 2017, the NAS Public Health Nutritionist consulted with seven participating businesses, providing them with specific nutrition recommendations to suit their businesses.

Healthy Eating Videos

NAACT Dietitians were filmed for a series of positive healthy eating videos. Each video carried its own healthy theme.

The ACTNSS healthy eating video series was a resounding success receiving over 40,000 online views.

- **Simple meal preparation**
- Leanne shared her tips to get you cooking healthy meals in no time!



- **Healthy lunchboxes -**
Rebecca shared her go-to options to whip up a healthy school lunchbox.



- **Healthy shopping-**
Kasey shared her tips to help choose healthier packaged foods when shopping.



ADVOCACY AND PARTNERSHIPS

NAACT strives to work in collaboration with local organisations and Networks that share a common goal of supporting healthy eating for all Canberrans.

Our key stakeholders in 2017 included:

- ACT Health, Health Improvement Branch, ACT Government
- Chief Minister, Treasury & Economic Development Directorate, ACT Government
- Education Directorate, ACT Government
- Community Services Directorate, ACT Government
- Libraries ACT
- WorkSafe, Healthier Work, ACT Government
- University of Canberra



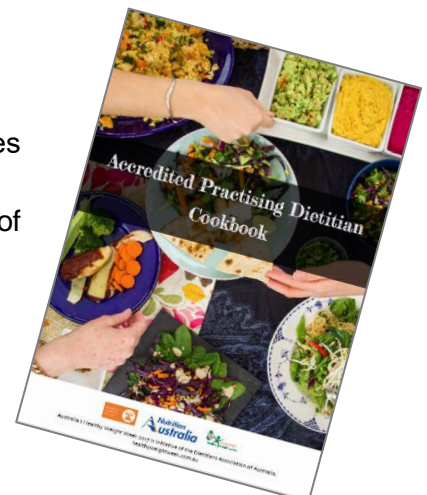
NAACT staff participate in networking events and meetings to improve the health of the ACT population. In 2017, this included representation at:

- ACT Healthy Schools Network
- Health Protection Food Regulation Advisory Committee, ACT Government
- Australian Council of Health, Physical Education and Recreation ACT Committee
- ACT Preventative Health launch
- Healthier Work ACT events



Australia's Healthy Weight Week 2017

NAACT partnered with the Dietitians Association of Australia to develop their Accredited Practising Dietitian cookbook. Launched during Australia's Healthy Weight Week in 2017 each of the recipes in the cookbook were tested and photographed in the NAACT kitchen. NAACT also contributed four of their own recipes as part of the cookbook and delivered a range of workplace activities during the week.



BE A CREDIBLE SOURCE OF EVIDENCE BASED FOOD, NUTRITION AND HEALTH INFORMATION

MEDIA

NAACT had a strong media presence in the ACT in 2017. Our exposure in the media increased significantly in 2017 with 25 media appearances. Key highlights were:

- 11 live radio interviews, eight of which were invitations by ABC Canberra.
- WIN News filming on six occasions including the development of a series of three healthy Christmas news features that aired nationwide.
- Nutrition commentary and advice provided on five occasions with print media including The Canberra Times and The Chronicle.
- Program Manager Leanne Elliston undertook a live national interview in the ABC television studio with ABC News 24.
- NAACT landed a regular weekend radio spot on 2CC radio.

In 2017, six of eight of our media releases were picked up by media outlets and resulted in further media engagement. The most popular media release was 'ACT school canteens are raising the healthy eating bar' which was picked up by four separate media outlets and resulted in 2 live radio interviews.

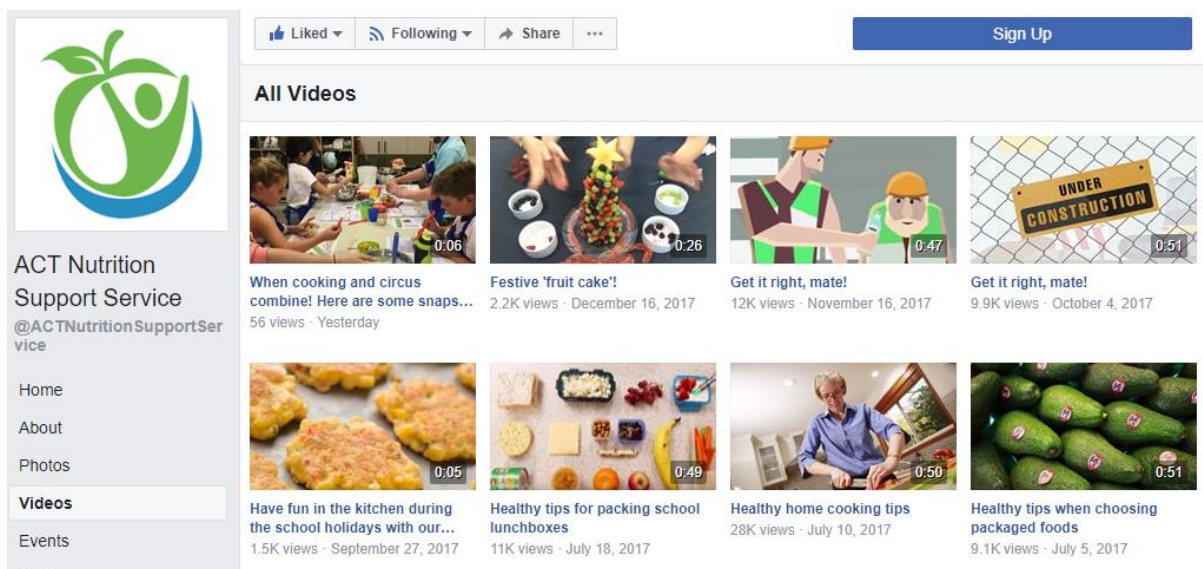


Social media

The ACTNSS shares credible nutrition information on Facebook and Twitter.

By the end of 2017 ACTNSS Facebook likes more than doubled to over 2350 Facebook likes

Our short educational videos were the greatest highlight on Facebook with over 88,000 views in 2017 alone.



The screenshot shows the Facebook profile for ACT Nutrition Support Service (@ACTNutritionSupportService). The page features a grid of eight video thumbnails. The top navigation bar includes 'Liked', 'Following', 'Share', and 'Sign Up' buttons. The video thumbnails are arranged in two rows of four. Each thumbnail includes a video player preview, a title, and view statistics.

Video Title	Views	Date
When cooking and circus combine! Here are some snaps...	56 views	Yesterday
Festive 'fruit cake'!	2.2K views	December 16, 2017
Get it right, mate!	12K views	November 16, 2017
Get it right, mate!	9.9K views	October 4, 2017
Have fun in the kitchen during the school holidays with our...	1.5K views	September 27, 2017
Healthy tips for packing school lunchboxes	11K views	July 18, 2017
Healthy home cooking tips	28K views	July 10, 2017
Healthy tips when choosing packaged foods	9.1K views	July 5, 2017

ENCOURAGE AND EMPOWER STAFF TO DELIVER QUALITY SERVICES

As an employer of Accredited Practising Dietitians, NAACT supports staff to maintain accreditation by attending local continuing professional development opportunities that align with professional goals and improve staff knowledge and capacity to deliver evidence based nutrition education.



In 2017 staff were supported to undertake the following professional development activities:

- Cultural Awareness Training via the Capital Health Network
- First Aid Training by CBD college
- Presentation skills workshop by Lighthouse Business Innovation Centre
- Pitching for funding workshop by Lighthouse Business Innovation Centre
- Communicating effectively with clients from diverse cultural backgrounds by Companion House
- Professional webinars delivered by Dietitian Connection, Education in Nutrition and Dietitians Association of Australia

NATIONAL REPRESENTATION

NAACT participated in various activities to support the operations of Nutrition Australia's national body. In 2017, this included:

- representation on the National Nutrition Australia Board
- representation at Nutrition Australia senior staff forums
- representation at National Nutrition Week coordination forums
- advocacy alongside the National Heart Foundation, Public Health Association and the Dietitians Association of Australia for the development of a National Nutrition Policy.
- attendance at the Australian National Breastfeeding Strategy – Stakeholder consultation workshop
- representation at the Public Health Association Health Start Rating Forum
- representation at the Alzheimer's Australia ACT Business Breakfast, Gather 'Round the Table.



From left, author Ngaire Hobbins, Cook and speaker Maggie Beer, NAACT Program manager Leanne Elliston, NAACT retired committee member Wendy Gray

National Webinars

NAACT developed and coordinated two webinars on behalf of National

- Eat to beat exams
- Festive Food Myths



UNIVERSITY OF CANBERRA STUDENT PLACEMENTS

In 2017, NAACT continued its strong relationship with the University of Canberra (UC) by supervising five Master of Nutrition and Dietetics students each undertaking six weeks of community nutrition placements. Placement projects included:

- Research, needs assessment and preliminary planning for a healthy cooking program targeting primary school aged children outside school hours.
- Plan, deliver and evaluation of children's healthy cooking program targeting primary school aged children outside of school hours.
- Evaluation of an early childhood nutrition program

NAACT also provided mentoring to six first year Masters students as part of the UC community nutrition unit requirements.



VOLUNTEERS

NAACT welcomes and appreciates the wonderful assistance that our volunteers provide to help deliver community projects.

In 2017 over 10 volunteers provided their time to assist on the following activities:

- workplace cooking demonstrations
- Project Dinnertime cooking classes
- school holiday cooking classes
- public events
- seminar preparation and set up
- community cooking programs
- tending to the NAACT kitchen gardening
- food preparation for catering activities
- recipe testing
- resource development and printing



BUILD A LEADING NOT-FOR PROFIT

BETTERBITES™

Betterbites™ is a business arm of NAACT which aims to supply canteens and food outlets across the ACT with healthier products that meet the GREEN or AMBER traffic light criteria according to ACT Food and Drink Policies.

All of the Betterbites™ products are hand-made in the NAACT food business registered kitchen incorporating selected produce from our own garden.



Following the launch of Betterbites™ in 2016, interest in products has steadily grown with the favourite product being our sensational Spinach and Ricotta rolls.

In 2017, our valued customers included:

- Gema catering at GIO stadium
- Aranda primary school
- Canberra BMX Club
- Weetangera primary school
- Telopea Park School

Betterbites™ is a registered trademark of Nutrition Australia ACT Incorporated.

HEALTHY CATERING

NAACT provides healthy catering options for small community events. In 2017 we provided lunch with an associated cooking demonstration at four Alzheimer's ACT sessions. We also prepared a healthy breakfast for Canberra's Health and PE teachers at the ACHPER breakfast seminar.



MAINTAIN AND BUILD ON EXISTING GOVERNANCE STRUCTURES

NAACT has an ongoing commitment to effective documentation, reporting and evaluation. Over the year, the committee of management met on a monthly basis with an additional strategic planning meeting day in January 2017.

All governance structures are maintained with regular financial audits and insurances kept up to date. As a Health Promotion Charity, annual reporting to the ACNC is undertaken.

Member engagement

In 2017, NAACT supported its members by delivering two engaging public seminars and two national webinars at discounted member rates.

