



Nutrition Australia ACT Incorporated

Annual Report 2019



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Nutrition Australia ACT Incorporated - A05428

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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 has eight committee members with experience in policy, education, regulation, clinical dietetics, research and health promotion.

Chair	Gillian Duffy
Secretary	Kat Kavner
Treasurer	Allison Wood
Members	Brad Tarrant Elysha Nheu Sarah Cooper Deanna Maine Anne Christie (to November 2019)
Public Officer	Leanne Elliston
National Directors	Gillian Duffy Allison Wood
NAACT Staff	Lyn Brown APD, Executive Officer Leanne Elliston APD, Program Manager Kasey Bateup APD, Senior Public Health Nutritionist (to May 2019) Courtney Best, APD, Project Officer Ellen Bruce, APD, Project Officer Sarah Cooper APD, Project Officer (to March 2019) Kay Holmes APD, Project Officer Brittany Pennay APD, Project Officer Rafia Adil, National memberships 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 aim to 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 strategic objectives for 2017 – 2019

- **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**

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.

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 employees hold current accreditation with relevant health professional bodies to ensure best practice guidelines are adhered to at all times.

Message from the chair

2019 was a busy, challenging but successful year for the organisation. Our strategic objectives for the last three years have been focused on engaging with the ACT community, providing support, information and education to help create healthier communities. We have had some great success in achieving these objectives, working with many community groups, other ACT organisations and the ACT Government throughout the year.

We've continued the vital work of providing information, training, evidence-based food and nutrition recommendations, and policy support to community organisations through the ACT Nutrition Advisory Service (ACTNASS). Key elements of ACTNASS are the newsletter and social media - which had a great reach throughout the year.

Through linkages with other community organisations and government grants we have been able to run a number of programs for different sectors of the ACT population. We partnered with many local organisations including Circus Warehouse, Tuggeranong Child and Family Centre and the Australian Breastfeeding Association. We started some great new programs through ACT Government grants and one through the Defence Community Organisation:

- Nourishing Little Minds - an early childhood food literacy program run with Libraries ACT for parents/carers and children.
- Nourish'n'Nurture - a cooking program for women with Aboriginal and Torres Strait Islander and CALD backgrounds focusing on preventing diabetes.
- Simple and Healthy Eats for Seniors – all about bringing people together to connect, cook and learn new recipes.
- Operation Dinnertime - bringing together families from the Defence community to learn new recipes and create new support networks.

We continued to support the implementation of government food and drink policies across the ACT. We have worked with school canteens as part of the Nutrition Advisory Service - assessing just under 5,000 individual food and drink items this year! We've also worked with local businesses in the implementation of the Healthier Choices Canberra. We continue to have a role in schools, by developing professional learning modules to better equip teachers in the ACT to teach nutrition and healthy eating to students.

I haven't even covered our programs like the Project Dinnertime cooking programs, workplace demonstrations and seminars, and all the media engagement throughout the year. We've had some staff changes this year but our small team of passionate people continue to achieve an extraordinary amount of work. The Committee of Management has met regularly throughout the year, regularly monitoring progress against our strategic objectives and continuing to work on reviewing and updating our governance policies. I'm sure I speak for the whole Committee in thanking the team for all their hard work. I particularly want to acknowledge our program manager, Leanne Elliston. She is a superwoman! Her energy and drive keeps everything running and always has a smile. Thank you Leanne!

Gillian Duffy

Chair, NAACT Committee of Management

SUPPORT, INFORM, EDUCATE THE COMMUNITY

In 2019, 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 hands-on cooking sessions are offered to the general public in the form of group cooking class or a more intensive one-on-one cooking clinic with an Accredited Practising Dietitian.

In 2019, we focussed our attention on providing cooking classes for people with a disability and children.



Project Dinnertime™ for people with a disability

In 2019, Project Dinnertime™ for people living with a disability continued to gain strength with its one-on-one cooking clinics. The cooking clinics are tailored to meet the needs of individual participants enabling them to build confidence and skills to prepare nutritious meals, make healthy food choices and manage individual dietary requirements.

As an NDIS registered service provider, NAACT delivered 32 cooking clinics in 2019

Project Dinnertime™ Junior

In 2019, NAACT continued the Project Dinnertime™ Junior school holiday program, a fun and interactive cooking program for children to increase kitchen confidence and develop lifelong healthy eating habits.

Throughout the year, our dietitians delivered two series of week-long cooking programs. The children had a wonderful time cooking two meals each day with leftovers to take home for their families.



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

WORKPLACE NUTRITION SERVICES

NAACT delivers staff nutrition for wellbeing education services to a wide range of ACT workplaces, from corporate departments to small businesses.

In 2019, NAACT delivered:

- 14 healthy eating seminars
- 6 healthy eating inspiration stalls

Valued clients included:

- ACT Education Directorate
- Australian Fisheries Management Authority
- Australian Federal Police
- Australian War Memorial
- BAL Lawyers
- Department of Finance
- Department of Infrastructure
- DXC Technology
- Environment, Planning and Sustainable Development Directorate
- Healthier Work
- National Archives of Australia
- National Museum of Australia
- Office of National Intelligence

“Amazing job done by both women! DXC have been very happy in working with Nutrition Australia”

“Brittany did a very good job at presenting and was very engaging and friendly”



SCHOOL NUTRITION SERVICES

In 2019, NAACT continued to focus its activities in schools with Food&ME™ teacher professional learning as part of the ACT Health Fresh Tastes Initiative and specific school service deliveries.

FOOD&ME™ Professional Learning

Food&ME™ continues to be a leading curriculum linked nutrition education resource used by ACT school teachers. Written and piloted by NAACT, Food&ME™ aligns with the Food and Nutrition components of the National Curriculum for Health and Physical Education and is supported by the ACT Government's *Fresh Tastes* initiative.

In 2019, NAACT delivered five Teacher Quality Institute (TQI) accredited professional learning opportunities to preschool and primary school teachers as part of the classroom learning action area of *Fresh Tastes*.

In collaboration with ACT Health and ACT Education directorate, the Preschool to Year 6 Food&ME™ units were updated to include cross-curricular links, achievement standard mapping rubrics and additional activities and recipes.



The *Food&ME* resources and accompanying PowerPoint lessons can be freely download from the [ACT Health Fresh Tastes website](#).



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

Teaching nutrition in secondary schools – ACT Health Promotion Innovation Fund

In 2018, NAACT received an ACT Government grant to scope and develop a high school teacher Professional Learning (PL) program utilising the Food&ME™ Years 7-8 resources.

Following the development and pilot of the teacher sessions in 2018, the project was completed in 2019 by delivering two face-to-face TQI accredited sessions to secondary teachers.

The PL sessions provide high school teachers with the knowledge and confidence to effectively teach nutrition across years 7-10. Providing teachers with this knowledge empowers high school students to make healthier food choices for themselves as they become more independent with their own food and drink choices.

Following the success of the PL sessions, ACT Health are developing an online course for secondary teachers to freely access. Ongoing face-to-face PL opportunities in 2020 will continue to be supported by ACT Health.

“Every aspect of the program is useful as it covers a number of different areas including, the risks associated with health if you do not eat right or exercise, what exactly is healthy eating, risk nutrients (saturated fats), the food environment and how advertising can be both informative and confusion just to name a few. Furthermore communicating nutrition to students and the key influences associated with a healthy life style compared with an unhealthy one.”

Supported by



Supported by the ACT Government under the ACT Health Promotion Grants Program.

Other school services

NAACT offers support and advice to students, staff and parents across ACT schools. In 2019, we undertook the following school based activities:

- Launch of our new lunchbox ‘inspo’ stands as part of our partnership with Narrabundah Early Childhood School.
- Provision of a healthy breakfast for the ACHPER ACT breakfast symposium.
- Active participation in Healthy Schools Network.
- Attendance at two ACT teacher wellbeing expos.



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 the food and nutrition requirements within the *National Quality Standard* and *The Early Years Learning Framework for Australia*.

In 2019 NAACT delivered:

- 2 parent information stalls
- 5 staff training sessions
- 5 menu assessments



National Nutrition Network

NAACT is a member of the early childhood [National Nutrition Network](#), a national group that informs the future strategic direction of research and collaboration activities that support food provision in the Early Childhood Education and Care sector.

The National Nutrition Network aims to promote best practice provision of food within Early Childhood Education and Care services to facilitate positive short and long-term nutrition, health and development outcomes for children who attend care.

As a representative on the group, NAACT participates in regular discussions sharing challenges and ideas that inform research and intervention development for continued improvement in food provision and nutrition education in the early year's sector.



NATIONAL NUTRITION NETWORK
Early Childhood Education and Care

COMMUNITY NUTRITION SERVICES AND PARTNERSHIPS

NAACT prides itself in building strong relationships with local government and non-government organisations to deliver successful services and programs that target healthy food choices among the ACT community.

In 2019, we worked with and delivered a range of tailored nutrition services for the following community organisations:

- ACT Deafness Resource Centre
- Australian Breastfeeding Association
- Bimberi Youth Justice
- Bluearth Foundation
- Carers ACT
- Chinese Women's Association
- Communities at Work
- Mental Health Foundation
- Tuggeranong Child and Family Centre
- Warehouse Circus
- Uniting

Australian Breastfeeding Association

In 2019, NAACT continued its partnership with the Australian Breastfeeding Association ACT region to help breastfeeding mums achieve a healthy life balance for their families. Our 'introducing solids' sessions became increasingly popular with all five sessions being fully booked and over 100 mums receiving valuable infant feeding advice.



Tuggeranong Child and Family Live Life Well program

Tuggeranong Child and Family Centre engaged NAACT to deliver the healthy eating component of their 'Live Life Well' program, a healthy lifestyle program for mothers and their children. NAACT delivered 20 engaging sessions including 12 cooking demonstrations with take home meal packs for all participants.



Image courtesy of The Canberra Times



Warehouse Circus Spinout program

In 2019, NAACT continued its partnership with Warehouse Circus to deliver a healthy eating and food exposure program for children with disabilities within their existing Spinout program.

Over two terms we had classes from Malkara Specialist School, Cranleigh School, The Woden School and Black Mountain School visit NAACT each week to engage in food exploration activities and create healthy snacks. We look forward to continuing this collaborative program in 2020.



FOOD SAFETY SUPERVISOR TRAINING

NAACT continues its partnership agreement with Nutrition Australia Qld to deliver units of competencies that meet Food Safety Supervisor requirements for ACT registered food businesses.

We offer two food safety supervisor courses that meet specific units of competency as follows:

- Food Safety Supervisor for retail and hospitality
 - SITXFSA002 – Participate in safe food handling practices
 - SITXFSA001 – Use hygienic practices for food safety
- Food Safety Supervisor for people working with vulnerable populations
 - HLTFS001 – Follow basic food safety practices
 - HLTFS007 – Oversee the day to day implementation of food safety in the workplace
 - HLTFS005 – Apply and monitor food safety requirements

In 2019, NAACT delivered three Food Safety Supervisor courses to 17 participants.



RTO Number 110074



BE ENGAGED WITH THE COMMUNITY

NATIONAL HEALTHY LUNCHBOX WEEK 2019

In its second year running, NAACT led the National Healthy Lunchbox Week campaign. Held at the beginning of the school year, Healthy Lunchbox Week inspires parents and carers to create healthy lunchboxes their children will enjoy.

NAACT developed and launched the new [Healthy Lunchbox Week website](#) in time for the week from 20 – 27 January 2019. The website is a hub of healthy lunchbox information including lunchbox videos, recipes and links to other useful information provided by our key supporters.

In 2019 the Healthy Lunchbox Week key messages were:

1. Have it healthy
2. Make it enjoyable
3. Keep it safe



A social media campaign included 15 posts distributed across the National social media platforms: Facebook, Twitter and Instagram.

Facebook: 84.5K reach and 5.5K engagements

Twitter: 53K impressions (times people saw the tweets) and 320 engagements

A media release, developed in collaboration with Cancer Council NSW, was picked up by News Corp resulting in extensive coverage in seven major national newspapers. The NAACT team were also interviewed by WIN News for a television News item aired across regional NSW.

Our key supporters for Healthy Lunchbox Week 2019 were:

- Grains and Legumes Nutrition Council
- Cancer Council NSW
- Life Education

Healthy Lunchbox Week website
www.healthylunchboxweek.org



Sandwich loses its bite for kids

Parents warned against taking the easy option

PARENTS are dumping the hamlet sandwiches from school lunch boxes as children become fatter with them. But they are being warned against resorting to highly processed packaged foods simply because these are quicker and more convenient to prepare. Nutrition Australia and the Cancer Council are joining forces to call on parents to use wholesome leftovers for school lunches and to consider other creative options. The Cancer Council is expanding its popular national Healthy Lunch Box website, which parents and children can use to create an interactive version of their ideal lunch. Wendy Watson said a child

SHOBA RAO would eat about 2000 lunches during a busy year of schooling, so keeping things simple was important. Leftover dinners could be repackaged into school lunches. "We have a range of multi-cultural things on offer, so we know not all people don't eat sandwiches," she said. "Some of them include baked bean maffins, lentil balls made from rolled oats and fruit, dabbas made with lentils, and dals." Nutrition Australia's accredited practising dietitian, Lesene Hinton, told the Herald Sun that lunches without sandwiches were not necessarily more expensive. And she urged parents to avoid food packaged in plastic.

"With a little planning and food preparation, you can save money while providing more nutritious options for your children, reduce any environmental impact, and limit the age-old playground litter problem all schools face," she said. The 2012-13 National Health Survey from the Australian Bureau of Statistics revealed almost one quarter of children aged 5-9 were overweight or obese. Alice Pryor, the campaign manager of online parent network Parents Voice, said only 3 per cent of children ate enough vegetables. She said the sandwich was being replaced or re-invented. "The pressure to keep up with the Joneses has been intensified by social media.

"It can be difficult to stay on top of latest lunch-box trends," Ms Pryor said. "Without lunch.com.au, which reaches one in two households a month, found the top five lunch sandwiches in the back-to-school period last year were not sandwiches but banana bread, zucchini alic, savoury and sweet muffins, and quinoa. For East Brighton siblings Miranda, 9, Emmett, 11, and Oliver, 11, quinoa is on the menu, along with fruit, pancakes, and Thermomix filled with soup, rice, and pasta. "They can't do the sandwich every day," mother Therese Johns said. "If you just eat give them variety, it's OK." shoba.rao@news.com.au [healthylunchboxweek.org](https://www.healthylunchboxweek.org)

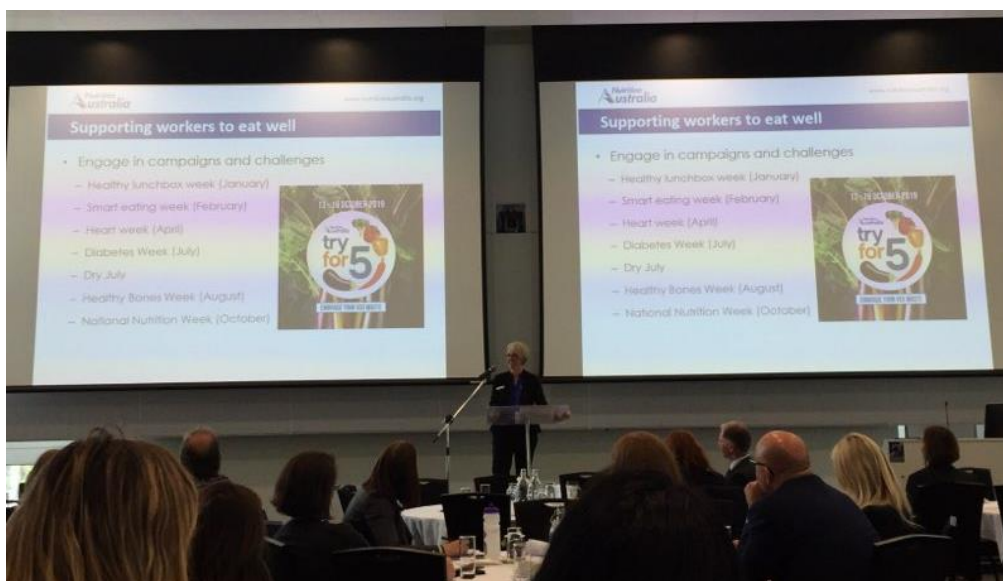
NATIONAL NUTRITION WEEK 2019

In 2019, Nutrition Australia continued its National Nutrition Week theme of 'Tryfor5', by encouraging Australians to add an extra serve of vegetables to their day. The key message in 2019 was 'embrace your waste'.



NAACT supported the National campaign by:

- sharing social media messaging among local stakeholders
- distributing e-newsletter articles to over 1500 ACT Nutrition Support Service subscribers
- delivering four workplace seminars
- delivering a healthy eating stall at a teacher wellbeing expo
- presenting to over 50 ACT workplace representatives at ACT Government Healthier Workday Forum.



ACT NUTRITION SUPPORT SERVICE®

Initially funded by ACT Health Healthy Canberra Grants from 2014 – 2017, the ACT Nutrition Support Service® (ACTNSS) provides a holistic nutrition support and advice service across the ACT.

Through multi-phased communication strategies, practical nutrition and healthy eating information is developed and disseminated to program subscribers, website and social media users and the broader ACT community.



In 2019, the ACTNSS continued to deliver evidence-based food and nutrition recommendations, policy support and advocacy to prioritise nutrition for clients, staff and volunteers within targeted community sectors.

Website

The ACTNSS website serves as a nutrition hub of information for the ACT community providing a suite of evidence-based nutrition fact sheets and practical healthy recipes.

Over the course of 2019, the ACTNSS website received up to 1000 users per month

www.actnss.org

E-newsletters

Organisations and individuals that subscribe to the ACTNSS receive our weekly e-newsletter News Bites, containing topical nutrition information. Sector specific e-newsletters are distributed quarterly to subscribers within each of the following sectors:

Workplaces n=592

Disability n=322

Early childhood n=643

Schools n=679

In 2019, NAACT authored 50 weekly News Bites, to over 1500 subscribers with an average open rate of 30%

Social Media

In 2019, the ACTNSS continued its active social media presence.



Facebook - 3,134 likes @ACTNutritionSupportService



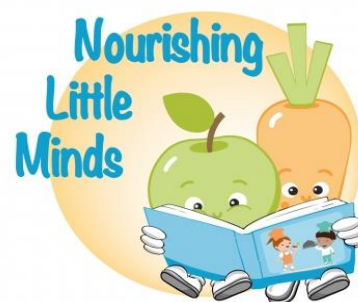
Twitter - 178 followers @ACTNSS

The 'ACT Nutrition Support Service' is a registered trademark of Nutrition Australia ACT Inc.

NOURISHING LITTLE MINDS™

Nourishing Little Minds is a three-year program funded by the ACT Government under the ACT Health Promotion Grants Program.

Delivered in partnership with Libraries ACT, the early childhood food literacy program puts a healthy spin on Story Time and Giggle and Wiggle helping children explore and enjoy healthy food.



The 4-week program aims to improve healthy eating habits for young children by making healthy food fun and enjoyable. Each of the four sessions includes a food based Story Time followed by simple hands-on food experiences.



In 2019, we delivered 20 x 4-week programs within seven ACT libraries to over 300 children.

“Magnificent initiative”

“We loved everything about this program. Thank you very much.”

“The ladies from Nutrition Australia are fab!”

To assess nutritional outcomes of the project, data is collected on children’s nutritional intake and exposure to healthy food prior to and 3-months after completing the program. The evaluation of the project has been approved by Human Research Ethics Committee of the University of Canberra. This project is funded until June 2021.



Nourishing Little Minds™ is a registered trademark of Nutrition Australia ACT Incorporated.

NOURISH'N'NURTURE

In 2019, NAACT was successful in receiving an ACT Government Healthy Canberra Grant: Focus on preventing Diabetes

Nourish'n'Nurture aims to increase self-efficacy in cooking skills among Aboriginal and Torres Strait Islander women and women of CALD backgrounds who are identified as at risk of developing diabetes. It also provides a multifaceted approach to diabetes prevention targeting the nutritional well-being of all women of reproductive age and their families.



In 2019, the following components of the project were achieved:

- Delivery of 2 x 8 week food literacy programs with mothers of CALD backgrounds at Gungahlin and Belconnen Child and Family Health Centres
- Developed a ['Mum's & Bubs'](#) section of the ACT Nutrition Support Service website which serves as a source of nutrition information for pregnant and breastfeeding mothers
- Established a 'Mums & Bubs' quarterly e-newsletter subscription

"Recipes were very scrumptious. My fussy toddler loves the one which I cooked again. Would like these activities to happen very often. You guys are awesome. Thank you so much"

"I like the way recipes are prepared and presented. It is really very good programme for families to 'be' aware about healthy nutritious meals"

"All of the food very very good and simple to make. Delicious. Thank you!"

In 2020, the project will progress to providing targeted food literacy programs to Aboriginal and Torres Strait Islander women in addition to a professional development program that will upskill support workers to deliver food literacy programs among their clientele on a regular basis.

Supported by



Supported by the ACT Government under the ACT Health Promotion Grants Program.

SIMPLE AND HEALTHY EATS FOR SENIORS

In 2019, NAACT received an ACT Government Seniors Grant to develop and deliver four hands on healthy eating cooking workshops targeted for ACT seniors.

Each of the seasonal two-hour sessions included interactive preparation of up to five dishes per session. A 43 page healthy eating handbook for seniors was also developed and distributed to all participants of the cooking workshops.

A total of 68 seniors participated in the workshops. Key highlights of the participant feedback are as follows:

- 93% felt more confident in preparing meals at home
- 96% were likely to try the recipes at home
- 88% had a greater understanding of healthy eating after coming to the session.

"So pleasant dealing with everyone involved. Suffering from depression and anxiety can make these sessions unbearable for me but I really enjoyed today and feel really relaxed and full!"

"In the past I have been put off by unusual ingredients; even to ask about how to treat various beans was great. Many thanks."

"It's great to receive expert advice"



OPERATION DINNER TIME

NAACT received a grant from the 2018-19 Defence Community Organisation Family Support Funding Program to deliver hands on cooking programs specifically targeting Defence families.

Operation Dinnertime aims to improve the food skills and kitchen confidence of Defence families enabling them to prepare healthy, affordable meals whilst creating social support networks and building resilience.

Commencing in 2018, the project involved delivery of 5 x 8 week cooking programs within the NAACT Food Skills Kitchen. To support family engagement, free childcare was available for all participants.

The program received a total of 36 registrations of which 29 families were represented.

Key findings of the program were as follows:

- The amount of cooking main meals from scratch increased with 64% reporting they cook 4-7 times per week in the pre-survey to 92% after the program.
- The proportion of vegetables in home cooked dinners where the aim is to achieve at least half of the meal to be vegetables increased from 55% to 77%.
- Level of confidence to cook meals from scratch increased from 41% to 69% reporting they were very to extremely confident.

“Gave me confidence to try a few different techniques I haven’t had the nerve to try before”

“Ability to try different recipes, socialising with lovely people, having childcare included! A wonderful program, thank you! And loved that you included food from your garden”

“Hands on experience, great people, and the ability to ask lots of questions about food and cooking methods”



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 supports the ACT Government's population health programs.

In 2019, the NAS achieved the following:

- Completed 84 school canteen menu assessments – 74 for ACT Public Schools and 10 for Catholic and Independent Schools participating in Fresh Tastes.
- Provided phone, email and face-to-face nutrition advice and support to ACT Public School Canteens to assist them to meet their requirements under the ACT Public School Food and Drink Policy.
- Represented the ACT at the National School Canteen Network meeting in Hobart.
- Developed a new texting service for canteen managers to easily contact our staff for quick product advice.
- In association with ACT Health, coordinated the 2019 Canteen Connect event delivering crucial networking and learning opportunities to canteen staff and volunteers.
- Developed a food and drink product list for HCC Junior Sports project.
- Reviewed nutrition education materials/resources for distribution among sporting club members and families.



School canteen success

NAACT has played a significant role in building healthier school canteens in the ACT region, guided by the *ACT Public School Food and Drink Policy* and the *National Healthy School Canteen Guidelines*.

In 2019, NAACT assessed just under 5,000 individual school canteen food and drink items of which:

- 54% were classified as **GREEN** (healthy food and drinks that should dominate the menu)
- 43% were classified as **AMBER** (occasional food and drinks that should make up less than half of the menu)
- 3% were classified as **RED** (unhealthy foods to avoid on canteen menus)

Of the 74 public school canteens that received menu assessments, 41 (55%) were compliant with the Policy, this represents a 2% improvement from canteens in 2018.



Healthier Choices Canberra

Healthier Choices Canberra is an ACT Health Initiative making it easy for Canberrans to find tasty, fresh and healthier food and drink options at the places we visit regularly like local supermarkets, cafes, club restaurants and kid's entertainment venues.

NAACT is funded by ACT Health to support businesses and assess menus.

In 2019, NAACT completed 48 menu assessments of eating out venues and identified healthier food and drink options within 16 local supermarkets.



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 partners and stakeholders in 2019 included:

- ACT Health, Preventative and Population Health, ACT Government
- ACT Health, Health Protection Service, ACT Government
- Education Directorate, ACT Government
- Community Services Directorate, ACT Government
- Libraries ACT, ACT Government
- WorkSafe, Healthier Work, ACT Government
- University of Canberra
- Australian Breastfeeding Association
- Warehouse Circus
- Tuggeranong Child and Family Centre



NAACT staff participate in networking events and meetings to improve the health of the ACT population. In 2019, 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 Food at School Collaborative Working Group
- University of Canberra Discipline of Nutrition and Dietetics Program Advisory Committee



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

MEDIA

NAACT continued to have media presence in the ACT in 2019 with 25 media appearances. Key highlights were:

- WIN News filming on two occasions
- Two live radio interviews with ABC Canberra and 2CC
- Nutrition commentary and advice provided on four occasions with the following print media:
 - The Canberra Times
 - The Canberra Weekly
 - Canberra City News
 - Women's Day magazine
- Nutrition commentary provided on three occasions with the following online media:
 - SBS food online
 - Now to Love

NEWS

Healthy options shine in canteens

A RECORD 91 per cent of public school canteens now provide more than 50 per cent of their menu with healthy "green" items and no unhealthy "red" items, according to a recent school canteen menu analysis.

Undertaken by Nutrition Australia ACT, the survey has found that the change has occurred since the introduction of the ACT Public School Food and Drink Policy four years ago.



Leanne Elliston, program manager of Nutrition Australia ACT.

"This is a huge improvement from the baseline menu assessments we first undertook in 2015," says dietitian Leanne Elliston, program manager of Nutrition Australia ACT.

"Back then not a single canteen met the policy of majority 'green' and no 'red'."

She says that across all ACT public school canteens, 54 per cent of menu items are 'green', which means children visiting their school canteen are now more likely to consume nutritious foods to support their growth, learning and mental wellbeing.

"We are so proud to see our schools making fantastic progress in providing healthier food and drink options to our kids," says Leanne.



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 2019 staff were supported to undertake the following professional development activities:

- Certificate IV in workplace training and assessment
- First Aid training
- 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 2019, this included representation on the following:

- National Nutrition Australia Board
- Nutrition Australia senior staff forums
- National Nutrition Week coordination forums
- National Nutrition Policy advocacy collaboration group alongside the National Heart Foundation, Public Health Association and the Dietitians Association of Australia.
- Early childhood National Nutrition Network
- National School Canteen Network

National advocacy

In 2019, NAACT represented national participation in the following National advocacy activities:

- Coordination of federal government submission for National Obesity Strategy response.
- Coordination of Nourishing the Nation Q and A panel in support of a National Nutrition Policy.
- Attending the stakeholder consultation on a draft Policy Guideline on food labelling to enable consumers to make informed healthy choices.
- Attending the roundtable on Trade and Health at ANU.
- Attending DAA National Nutrition Policy breakfast at Parliament House.

UNIVERSITY OF CANBERRA STUDENT PLACEMENTS AND INTERNS

In 2019, NAACT continued its strong relationship with the University of Canberra (UC) by supervising four Master of Nutrition and Dietetics students each undertaking six weeks of community nutrition placements. Placement projects included:

- Evaluating an early childhood nutrition education program
- Food literacy program focussed on preventing diabetes in culturally and linguistically diverse (CALD) women of reproductive age and their families

NAACT supervised one intern dietitian graduate and two Bachelor of Nutrition internships under the UC Work Integrated Learning program.



BUILD A LEADING NOT-FOR-PROFIT

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 2018.

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.

VOLUNTEERS

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

In 2019 six 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
- Food preparation for catering activities
- Recipe testing
- Resource development and printing

