



Nutrition Australia ACT Incorporated

Annual Report 2020

ABN 55 159 014 153

 **Nutrition
Australia**

Nutrition Australia ACT Incorporated - A05428

Chifley Health & Wellbeing Hub

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NA ACT is also the Registered office of the Australia Nutrition Foundation Incorporated

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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.

CONTENTS

Contents	3
About us.....	4
Programs and services	7
Workplace nutrition services.....	7
Childcare services	8
Project Dinnertime™.....	9
Community nutrition services and partnerships	11
Food Safety Supervisor training.....	13
Grant Projects.....	14
Nourishing little MInds™	14
Nourishing Little MInds™ in early childhood services	15
Nourish'n'nurture	16
healthy eats mobile workshop for seniors.....	17
Operation Dinnertime for Veterans	18
Operation Dinnertime for teens.....	19
ACT Nutrition Support Service®.....	20
Nutrition Advisory Service.....	21
National activities	23
National Healthy Lunchbox Week 19-25 January 2020	23
National Nutrition Week 2020	25
Advocacy and partnerships.....	26
National advocacy	27
Media.....	28
Students and volunteers	29
University of Canberra student placements and interns.....	29
Volunteers	29

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	Sarah Cooper
Treasurer	Open
Members	Brad Tarrant Allison Wood Kat Kavner (to 6 July 2020) Elysha Nheu Sarah Cooper
Public Officer	Leanne Elliston
National Directors	Gillian Duffy Allison Wood
NAACT Staff	Lyn Brown APD, Executive Officer Leanne Elliston APD, Program Manager Courtney Best, APD, Project Officer (to July 2020) Ellen Bruce, APD, Project Officer Kay Holmes APD, Project Officer Elizabeth Low APD, Consultant Brittany Pennay APD, Project Officer Rafia Adil, National memberships officer (to March 2020) Jelena Puskarica APD, Project Officer Jacqueline Bampton 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 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 has a professional 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 has an ongoing commitment to effective documentation, reporting and evaluation. Over the year, the committee of management met on a monthly basis.

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

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.



Message from the chair

Obviously 2020 was a challenging year for the organisation as for everyone. For all businesses, the impacts of COVID were significant. The abrupt change to workload and service delivery required the team to quickly re-assess the goals for 2020 and re-think how to reach the community to switch to new ways to deliver services across the range of sectors in the community. The team did a fantastic job, achieving so much despite the decrease and/or delays across some activities.

Pre-COVID, the year started well. NA ACT led the work for Nutrition Australia's Healthy Lunch Box Week. In ACT we held a well-attended workshop for families. Children of all ages have a chance to learn new skills and make several healthy and delicious lunch boxes.

We continued to support the ACT community through the ACT Nutrition Support Service (ACTNSS). The website, newsletters and social media had great reach throughout the year. The team created a range of social media content including some simple and easy to follow infographic recipes and video content. We continued to support the ACT Government in implementation of the Healthy Canberra plan. NA ACT provided expert nutrition advice and input into Fresh Tastes and Healthier Choices Canberra, working with school canteens and ACT business.

Despite the COVID shutdown, we did manage to deliver a number of workplace presentations and cooking demonstrations, our Project Dinnertime NDIS cooking clinics and holiday programs.

We were still able to collaborate with or support a number of fabulous local organisations. NAACT was proud to partner with the Canberra Relief Network to develop of a cookbook of recipes using the non-perishable ingredients found in food hampers. We also continued to work with a number of organisations, providing tailored nutrition services.

We were also able to continue to deliver services for several grants throughout the year. Activities were modified and shifted to online activities including webinars and cooking demonstrations where appropriate.

The Committee met every month throughout the year, keeping across the governance and organisational risks. We had some changes to the committee as the year got challenging, but maintained the committee structure.

My sincere thanks go to the staff and fellow committee members for their dedication, hard work and support this year.

Gillian Duffy
Chair, NAACT Committee of Management

PROGRAMS AND SERVICES

Despite the challenges of 2020, NAACT provided a range of nutrition services to the ACT community through fee for service programs and government funded activities. Due to COVID-19 restrictions, many of our planned activities were either suspended or modified to suit the changing environment. Highlights of our nutrition education programs are summarised in the following sections.

WORKPLACE NUTRITION SERVICES

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

In 2020, we delivered seven workplace services (seminars and cooking demonstrations) including two online webinars during COVID-19 restrictions.

Valued clients included:

- ACT Environment, Planning and Sustainable Development Directorate
- Australian National Audit Office
- Australian War Memorial
- Department of Finance
- Healthier Work ACT
- Royal Australian Mint
- Synergy



CHILDCARE SERVICES

NAACT provides evidence-based 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 2020 NAACT delivered 4 staff training sessions and one parent information stall.



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.

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.



PROJECT DINNERTIME™

Project Dinnertime™ aims to build skills and confidence in the kitchen, getting more people cooking more often. All of our Project Dinnertime hands on cooking activities take place in our custom-built kitchen equipped for individual sessions or classes for up to 8 participants.

In 2020, our key focus areas of Project Dinnertime were our disability cooking clinics and school holiday cooking programs.



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

Project Dinnertime™ NDIS cooking clinics

The Project Dinnertime™ cooking clinics have been specially designed for people living with a disability. Each cooking clinic is 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 18 individual cooking clinics in 2020.

Our cooking clinic service was suspended for a period of 6 months due to COVID-19 restrictions. During this time, we produced a short [You Tube video](#) of our kitchen and service to share.



Project Dinnertime™ Junior

Project Dinnertime™ Junior school holiday program is 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 in addition to a special Christmas holiday cooking day.



During the COVID-19 lockdown period, our Project Dinnertime™ Junior school holiday programs were suspended. To fill the gap, NAACT developed a 4-part video series on kitchen and food safety to support parents to cook safely with their children at home during the COVID-19 lock down period.



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 2020, we worked with and delivered a range of tailored nutrition services for the following community organisations:

- Australian Breastfeeding Association
- Bluearth Foundation
- Bosom Buddies
- Carers ACT
- Duntroon Community Centre
- LDK Greenway Views
- Migrant and Refugee Settlement Service
- Uniting
- Warehouse Circus



Dietitians Elizabeth and Leanne cooking at LDK with Nicole Lawder, Shadow Minister for Seniors

Bluearth Foundation

In 2020, NAACT continued its partnership with Bluearth Foundation delivering Grab'n'Go nutrition sessions as part of the Meet and Move program. These sessions focussed on helping families choose healthy snack options for their young children.

During COVID-19 we replaced the face-to-face group food activities with a Facebook live cooking demonstration and the following series of You Tube videos:

- [Feeding fussy eaters](#)
- [Food exposure through play](#)
- [Family mealtimes](#)
- [Choking hazards](#)
- [Meat alternatives for kids](#)
- [Iron fortified cereals](#)
- [Finger food](#)
- [Grab'n'go snacks](#)



Warehouse Circus Spinout program

In 2020, 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.

In term 4, we returned to weekly food exposure classes with Malkara Specialist School, Cranleigh School, The Woden School and Black Mountain School. We look forward to continuing this collaborative program in 2021.



FOOD SAFETY SUPERVISOR TRAINING

NAACT continues its partnership agreement with Nutrition Australia Qld (NAQ Training) 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

Over the year we delivered two Food Safety Supervisor courses to ten participants, with our courses suspended over two terms.



RTO Number 110074



**NATIONALLY RECOGNISED
TRAINING**



GRANT PROJECTS

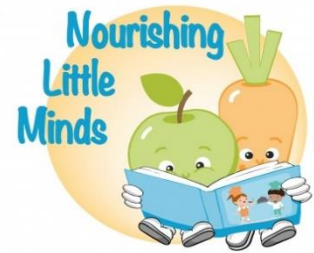
NAACT had significant grant activity in 2020 delivering against five separately funded grants. The COVID-19 restrictions limited many of our planned deliverables. Where possible, grant activity was modified significantly with the use of video streaming and online activities.

NOURISHING LITTLE MINDS™

Funded by the ACT Government Health Promotion Grants Program.

Nourishing Little Minds (NLM) is a three-year program delivered in partnership with Libraries ACT. Targeting children from 0-5 years and their families, our four-week food adventures involve a food-based Story Time followed by simple hands-on food experiences.

NAACT successfully delivered 2 x 4-week programs in 2020 until the COVID-19 pandemic hit. Due to libraries ACT COVID-19 restrictions, the program was suspended for the remainder of the year. ACT health have provided a 12-month extension for completion of the program which we look forward to resuming in 2021.



Nourishing Little Minds Facebook page



Whilst our NLM project was suspended we developed a private [Facebook group](#) for sharing tips on creating positive food exposure among young children. By the end of 2020 the group had reached over 340 members.



NOURISHING LITTLE MINDS™ IN EARLY CHILDHOOD SERVICES

Funded by the ACT Government Health Promotion Grants Program.

In 2020, NAACT received a 3-year grant to build the Nourishing Little Minds (NLM) concept of exposing children to healthy food in positive ways, into early childhood education and care (ECEC) services. Aligning with the Early Years Learning Framework and the National Quality Standards, NLM in early childhood services is designed to empower children to become confident food explorers, while building healthy habits for life.

Between 2020 and 2022, NLM in early childhood services will involve the delivery of free site-wide professional development for early childhood educators and provision of a NLM resource kit. Each kit includes an educator manual, useful templates and a suite of story books to help embed a range of healthy educational activities into the participating services daily programming.



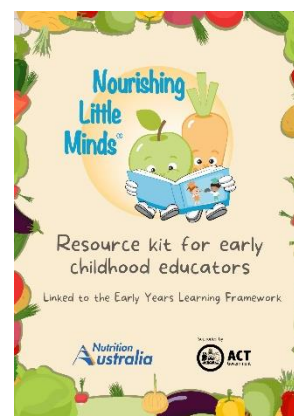
In 2020, a steering group was formed to provide professional expertise towards the progress of the program. The steering group includes representatives from the following early childhood services and agencies:

- Campbell Early Childhood Services
- Capital Region Community Services
- Communities at Work
- Early Childhood Australia
- Education Directorate, Children's Education and Care Assurance
- Woden Community Services
- KU Braddon

With input from University of Canberra Masters students alongside advice from the steering group the following formative program activities were completed in 2020:

- Evaluation framework
- Pilot of over 15 activities in selected early childhood services.
- Development of educator manual featuring purpose-designed activities, songs, take home recipes, parent resources, and a detailed guide linking each aspect to the EYLF outcomes.
- Development and pilot of staff professional development session.

We look forward to rolling out the program with 80 ECEC services and eight family day care services across the ACT over the next 2 years.



NOURISH'N'NURTURE

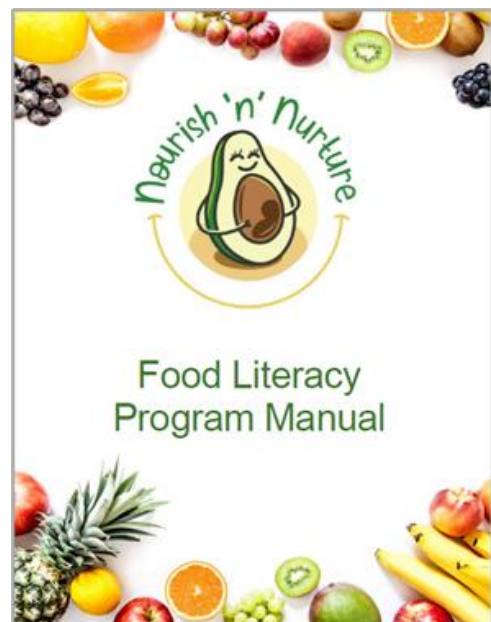
Funded by ACT Government Healthy Canberra Grant: Focus on preventing Diabetes.

Nourish'n'Nurture was a food literacy program addressing the rising rates of gestational diabetes. The project targeted the nutritional well-being of women of reproductive age and their families.

Due to COVID-19, all of our planned group cooking and face-to-face professional learning activities were cancelled as we transitioned to online alternatives that focused on providing support workers in the community with tools and resources to deliver their own food literacy programs.

A series of professional development webinars were developed to upskill support workers on gestational diabetes and to deliver food literacy programs among their clientele. A comprehensive food literacy program manual was developed and made available to download freely by the community.

Furthermore, a total of ten easy read fact sheets were developed for pregnant and breastfeeding mothers to access freely from the Mums and Bubs section of the ACTNSS website.



HEALTHY EATS MOBILE WORKSHOP FOR SENIORS

Funded by ACT Government Seniors Grants

This grant project aimed to provide opportunities for seniors to come together, learn more about healthy eating and try new foods in an interactive and social environment. The workshops promoted healthy eating on a budget; explored ways to overcome physical limitations that act as barriers to meal preparation and food choice; and encouraged new thinking and enthusiasm for cooking at home.

We delivered five cooking workshops to 80 seniors among the following seniors groups:

- Edison day club
- Meridan Mature Aged Gay Network (MAGNET)
- The Canberra Blind Society
- YMCA
- Centre of the Ageing ACT (COTA)

"Really great program that I hope is refunded and continues"

"It was great and informative."

"Had a fantastic time and learnt new skills thank you"



In place of our planned attendance at the 2020 Seniors Expo (which was cancelled due to COVID-19 restrictions), we delivered two live Facebook cooking demonstrations in association with COTA ACT. One of these demonstrations featured special guest Gordan Ramsay ACT Minister for Seniors and Veterans.



OPERATION DINNERTIME FOR VETERANS

Funded by ACT Government Veterans Grants

Operation Dinnertime for Veterans was a lifestyle focused nutrition and food skills cooking program giving contemporary Defence veterans and their families the opportunity to build healthy cooking skills and engage with others in similar situations or with similar experiences.

The program aimed to enhance social connectedness within the veteran community and increase confidence and skills in preparing nutritious meals.

Throughout the year we delivered 3 x 4-week cooking programs to 21 Defence veterans and partners. Due to COVID-19 restrictions we could not complete the fourth program, instead partnering with Soldier on to create a series of seven cooking videos that were shared with Soldier On Facebook Group - Operation Dinnertime.



"Great social experience, and learned new techniques along the way"

"Leanne was passionate about the program and was an enthusiastic presenter. The recipes were quick, simple and delicious. I would love to do other cooking events in the future."

"This program is a great social and education activity."



OPERATION DINNER TIME FOR TEENS

Funded by Defence Community Organisation Family Support Funding Program

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

The project started in Term 4, 2020 in which 8 teenagers between 12-17 cooked together each week for 8 weeks in our Food Skills Kitchen.

We look forward to continuing these sessions in 2021.



Federal Member for Bean, David Smith MP, awarded NAACT with a Certificate of Congratulations for receiving the FSFP grant to deliver Operation Dinnertime for Teens. David visited our kitchen to learn more about our fantastic program.



ACT NUTRITION SUPPORT SERVICE®

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.

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.

In 2020 the website received 31.6K page views with over 8.3K users. The most popular page was recipes followed by the nutrition info hub.

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=616
- Disability n=333
- Early childhood n=619
- Schools n=717
- Mums and Bubs n=68



In 2020, NAACT authored 50 weekly News Bites, to over 1500 subscribers.

Out most popular Newsbite was 'Cooking with a Cause' presenting the *Quick and Easy Meals cookbook* with a 35% open rate.

Social Media

In 2020, the ACTNSS continued its active social media presence with followers receiving local updates and activities from the NAACT office.



Facebook – 3.4K likes @ACTNutritionSupportService

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

NUTRITION ADVISORY SERVICE

Funded by ACT Health Directorate

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 2020, the NAS achieved the following:

- Completed 71 ACT Public school canteen menu assessments – 30 site visits and 41 desktop menu assessments.
- 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, coordinated and chaired the ACT at the National School Canteen Network meeting.
- In association with ACT Health, coordinated the 2020 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 2020, NAACT assessed over 5,000 individual school canteen food and drink items of which:

- 57% were classified as **GREEN** (healthy food and drinks that should dominate the menu)
- 42% were classified as **AMBER** (occasional food and drinks that should make up less than half of the menu)
- 1% were classified as **RED** (unhealthy foods to avoid on canteen menus)

Of the 71 public school canteens that received menu assessments, 42 (59%) were compliant with the Policy, this represents a 4% improvement from canteens in 2019.

After completing compulsory action plans 100% of ACT public school canteens fully complied with Policy requirements by the end of 2020.

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, assess menus and provide nutrition expertise at various HCC events.

In 2020, NAACT completed 24 menu assessments of eating out venues and identified healthier food and drink options within 3 local supermarkets.

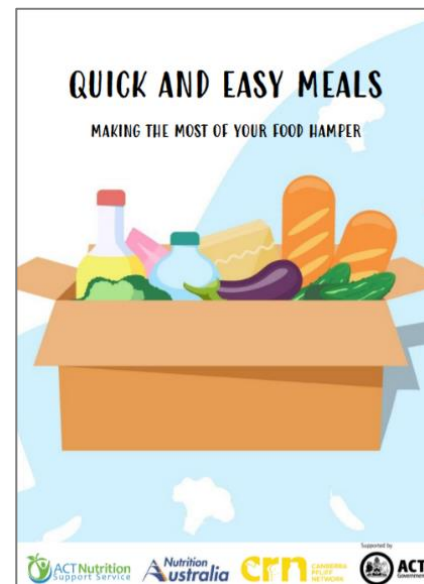
Our dietitians also delivered healthy inspiration stalls with two local sporting clubs.



Canberra Relief Network – Quick and Easy Cookbook

NAACT partnered with the Canberra Relief Network (CRN) to develop a cookbook using core ingredients available from the CRN emergency food hamper. The food hamper contains a selected range of non-perishable items distributed to Canberran's who experienced food insecurity.

The cookbook was launched at the CRN warehouse by Minister for Community Services, Christine Orr and has since been distributed to 18 charities across the ACT who have assisted up to 4000 people who have been impacted by the COVID-19 pandemic.



The CRN is a collaboration of community service organisations in the ACT supported by the ACT Government in response to the increasing demand for food relief and non-perishable household essential items that has occurred following the COVID-19 Pandemic.

NATIONAL ACTIVITIES

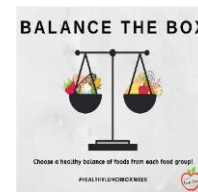
NATIONAL HEALTHY LUNCHBOX WEEK 19-25 JANUARY 2020

In its third year running, NAACT led the National Healthy Lunchbox Week campaign in 2020. The campaign continued to build recognition in the community with increasing engagement from supporters, parents and schools to inspire healthy lunchboxes.



In 2020, the Healthy Lunchbox Week key messages were:

1. Balance the box
2. Involve the kids
3. Reduce waste



Key activities for 2020 included:

- Develop and disseminate HLW communication toolkit.
- Social media campaign.
- Engage new & existing supporter organisations to amplify campaign messages. Note that all support was in kind.
- Direct email notice to all 5375 public pre, primary and combined schools across Australia.
- Email notice sent to all Catholic and independent schools via Australian Parents Council.
- Develop post card and post to all (192) ACT schools.
- Developed nine new recipes and two fact sheets were added to the [Healthy Lunchbox Week website](#).

Videos

NAACT developed six videos with the Australian Parents Council on Lunchbox hacks for parents. The videos received a combined total of 6.5K views on Youtube with the most popular video being [“How to save time on prepping lunchboxes”](#).

Public event

NAACT hosted a family cooking workshop at Foodish cooking school which provided a showcase of lunchbox cooking activities for parents and children to partake.



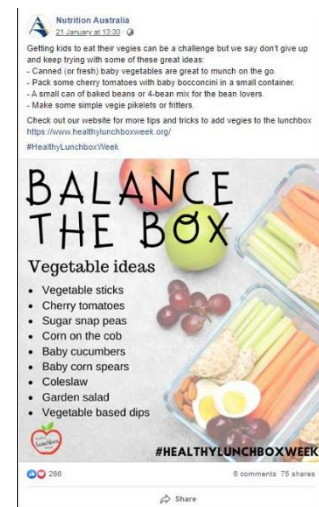
Website

- 31K page views
- 9.5K website sessions
- 7.7K unique website visitors
- Top visits:
 - Recipes (12.5K views)
 - Homepage (6.5K)
 - Fact sheets and guides: (2K)



Social Media

	Posts	Reach	Engagement
Facebook	21	273K	22K
Twitter	24	40K	278
Instagram	13	32K	993



General media

A total of 125 publications (print and online) containing article [“Thinking inside the box: taking the stress out of school lunches”](#) with mention of Nutrition Australia and key lunchbox messages on 4 Feb. Total reach 3.06 million.

Thanks to our supporters



NATIONAL NUTRITION WEEK 2020

In 2020, Nutrition Australia continued its National Nutrition Week theme of 'Tryfor5', by encouraging Australians to find their veg inspiration.



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 three workplace nutrition services and a parent information stall for a childcare service
- presenting a public webinar for parents and carers on helping young children learn to enjoy vegetables.



Our dietitian, Leanne Elliston was interviewed by WIN News Canberra sharing her advice on helping Aussies enjoy more vegetables.

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 2020 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
- Transport Canberra & City Services Directorate, ACT Government
- Libraries ACT, ACT Government
- WorkSafe, Healthier Work, ACT Government
- Canberra Relief Network (CRN)
- Centre of the Ageing ACT (COTA ACT)
- University of Canberra
- Australian Breastfeeding Association
- Bluearth Foundation
- Migrant and Refugee Settlement Service (MARSS)
- Soldier On
- Warehouse Circus



NAACT staff participate in meetings to improve the health of the ACT population. In 2020, this included representation at:

- ACT Healthy Schools Network
- Health Protection Food Regulation Advisory Committee, ACT Government
- ACT Food at School Collaborative Working Group
- University of Canberra Discipline of Nutrition and Dietetics Program Advisory Committee



NATIONAL ADVOCACY

NAACT participated in various activities to support the operations of Nutrition Australia's national body. In 2020, this included representation on the following:

- National Nutrition Australia Board
- Nutrition Australia senior staff forums
- National Nutrition Week coordination forums
- National website review committee
- Early childhood National Nutrition Network
- National School Canteen Network (coordinated and chaired the 2020 meeting)

In 2020, NAACT represented national participation in the following National advocacy activities:

- National Preventative Health Strategy Consultation
- Feedback on Pregnancy Care Guidelines review on Nutrition, Exercise and Physical Activity
- Feedback on the draft Health Star Rating (HSR) Calculator and Style Guide

MEDIA

NAACT continued to have media presence in the ACT in 2020 with 19 media appearances. Key highlights were:

- WIN News interview for Nutrition Week
- Six live radio interviews with ABC Canberra and 2CC
- Four pre-recorded interviews with Mix 106.3
- Nutrition commentary and advice provided on three occasions with the following print media:
 - The Canberra Times
 - Sydney Morning Herald
 - Sun Herald
- Nutrition commentary provided on three occasions with the following online media:
 - Crikey
 - House of Wellness
 - Now to Love



STUDENTS AND VOLUNTEERS

UNIVERSITY OF CANBERRA STUDENT PLACEMENTS AND INTERNS

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

- Developing evaluation framework for an early childhood nutrition education program
- Development and pilot testing early childhood nutrition related activities
- Development and pilot of early childhood educator professional development program

NAACT supervised five Bachelor of Nutrition internships under the UC Work Integrated Learning program.



VOLUNTEERS

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

In 2020 five 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

