



**Nutrition Australia  
ACT Incorporated  
Annual Report  
2018**

 **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.

<b>Chair</b>	Gillian Duffy
<b>Secretary</b>	Lauren Salvestro (to August 2018)
<b>Treasurer</b>	Kate Paul
<b>Members</b>	Brad Tarrant Elysha Nheu Allison Wood Andrea Fritschy (to May 2018) Anne Christie
<b>Public Officer</b>	Leanne Elliston
<b>National Directors</b>	Gillian Duffy Allison Wood
<b>NAACT Staff</b>	Lyn Brown APD, Executive Officer Leanne Elliston APD, Program Manager Kasey Bateup APD, Senior Public Health Nutritionist Rebecca Rees APD, Project manager (to June 2018) Sarah Cooper APD, Project Officer Kay Holmes APD, Project Officer
<b>Accounts</b>	Mary Harrison, Bookkeeper
<b>Financial Auditor</b>	Duesburys Nexia
<b>Legal Advisor</b>	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

Once again, it has been an extremely busy year. Like many other not for profit organisations we have faced some challenges in 2018. Our achievements are a testament to the positive attitude, dedication and hard work of our small team of staff and volunteers. I would like to thank you all for everything that you do.

This report provides just a snapshot of the year and the work that we have been involved in across the ACT. We have been able to work with a great range of groups, organisations and individuals in the community including early childhood settings, schools, community groups, food business and workplaces.

We are proud to continue to work with the ACT Government to improve the nutrition and food environment in the ACT. Our involvement in the regular monitoring of school canteen menus and support to school canteens as part of the Nutrition Advisory Service (NAS), has again been a highlight this year. 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.

We are also excited about the implementation of the Healthier Choices Canberra program, which helps consumers to identify healthier food and drink options across a range of settings. We look forward to continuing involvement in this important work in 2019.

Some of our successes for the year include:

- The additions to our Project Dinnertime programs this year have been another great achievement utilizing our food skills kitchen. The junior program and disability program have received fabulous feedback.
- I'm also happy to report that our Betterbites business has continued to grow, providing healthy and delicious foods to school and sporting canteens.
- We were also lucky to be successful in receiving a community grant to improve our kitchen garden and enable us to grow more of our own fresh produce for use in our Betterbites products as well as our cooking classes.
- NA ACT once again had a strong media presence in the ACT. We have provided simple, factual information on a number of topics for radio, television, print and social media.

The Committee of Management has been active in oversight of the governance of the organisation. The Committee met regularly throughout the year, regularly monitoring progress against our strategic objectives and continuing to work on reviewing and updating our governance policies. I would like to acknowledge our outgoing treasurer Kate, who is stepping down from the Committee after many years. I would like to thank her for all of her valuable involvement over a number of years.

I look forward to a successful 2019.

Gillian Duffy

Chair, NAACT Committee of Management

## SUPPORT, INFORM, EDUCATE THE COMMUNITY

In 2018, 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 a four-week cooking class or a more intensive one-on-one cooking clinic with a Dietitian.

In 2018 we focussed our attention on providing cooking classes for people with a disability and children.



#### Project Dinnertime™ for people with a disability

In 2018, Project Dinnertime for people living with a disability grew significantly, continuing to deliver one-on-one Cooking Clinics and launching the first group cooking series.

Project Dinnertime Cooking Clinics and group classes enable participants to develop confidence and skills to prepare nutritious meals, make healthy food choices and manage individual dietary requirements.

NAACT is a registered NDIS registered service provider.

In 2018, our disability cooking clinics doubled with the delivery of 60 cooking clinics and 4 group cooking classes among 18 individuals.



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*"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."*

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## Project Dinnertime Junior

In 2018, NAACT launched Project Dinnertime Junior, a fun and interactive cooking program for children to increase kitchen confidence and develop lifelong healthy eating habits.

Throughout the year, our dietitians delivered three series of weeklong cooking programs in school holidays, including classes tailored for children with type 1 diabetes and coeliac disease.



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*“Fantastic program. Kids absolutely loved it and felt confident afterwards about their ability to cook themselves.”*

*“Thanks for making it so much FUN for the children. They really looked forward to each day”*

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



## WORKPLACE NUTRITION SERVICES

In 2018, NAACT delivered a variety of nutrition seminars, cooking demonstrations and attended expo's across many local workplaces.

In 2018 NAACT maintained the level of growth achieved in 2017 with:

- 11 cooking demonstrations
- 15 healthy eating seminars
- 5 combined seminar and cooking demonstration workshops

Valued clients in 2018 included:

Evo Energy  
Australia Federal Police  
ACT Health  
Chief Allied Health Office  
Australian National Audit Office  
Australian National University  
Animal Health Australia  
Bradley Allen Love Lawyers

Department of Jobs and Small Business  
Healthier Work  
National Archives of Australia  
National Australia Bank  
National Library of Australia  
Australian Defence Force Academy  
Lend Lease  
Education Directorate



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*"[The presenter's] extensive knowledge and guidance was valuable to all who attended. The AFP would highly recommend Nutrition Australia services to any organisation looking to improve nutritional knowledge and general wellbeing."*

*"Wonderful team to work with- knowledgeable, informative, engaging and accommodating."*

*"Fabulous presenter and very engaging. Many staff have commented how valuable to session was (it woke many from the 3pm slump!)."*

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## SCHOOL NUTRITION SERVICES

In 2018, 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

NAACT prides itself on the success of Food&ME™ as ACT's leading curriculum linked nutrition education resource used by primary 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.

With support from ACT Health, NAACT delivered 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 2018 NAACT delivered:

- Five Food&ME™ primary school teacher professional learning sessions to 103 teachers
- Two Food&ME™ preschool teacher professional learning sessions to 25 teachers and early childhood educators



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*“The PL was relevant, linked to the Early Years Learning Framework and was highly engaging. I would recommend the PL to all early childhood and preschool teachers.”*

*\* I loved the way this PL was presented. Having a break in the middle with a cooking demo and showing how simple it can be to do with kids was a great learning experience.”*

*“I enjoyed attending this PL, and the children in my Learning Group have enjoyed learning about nutrition through the Food&ME™ unit.*

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

## Teaching nutrition in secondary schools

In 2018, NAACT received an ACT Health innovation grant to scope and develop a high school teacher Professional Development (PD) program utilising the Food&ME Years 7-8 resources.

The aim of the project is to 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.

Development of the PD program included:

- Scoping survey completed by 53 ACT secondary teachers
- Focus group session with University of Canberra (UC) pre-service teachers
- Delivery of three pilot sessions among Food Technology, Health and Physical Education and UC pre-service teachers
- Accreditation with the Teacher Quality Institute

To complete the project, NAACT will deliver two face-to-face TQI accredited teacher PD sessions freely available for all secondary teachers in 2019.

Supported by



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

## Australian Council for Health Physical Education and Recreation

NAACT has developed strong links with the Australian Council for Health Physical Education and Recreation (ACHPER) - the leading professional association for teachers and other professionals working in the health and recreation education fields.

NAACT has representation on the ACHPER committee, supporting the delivery of quality health education by Healthy and PE teachers. This year NAACT presented at the ACHPER ACT mini-conference and provided a hearty breakfast at the ACHPER breakfast symposium.



## School visits

NAACT offers support and advice to students, staff and parents across ACT schools. In 2018 NAACT undertook a range of activities:

- Delivery of two nutrition seminars to high school students at John Paul II College.
- Participated in a Year 6 student leadership program coordinated by Belconnen Community Services and former Raiders rugby league player, Alan Tongue.
- Delivery of professional learning to Food Technology and Hospitality secondary teachers at the Technow Conference at Daramalan College.
- Healthy lunchbox packing at Richardson Koori preschool (funded by Tuggeranong Child and Family Centre).



## Narrabundah Early Childhood School lunchbox program

This year NAACT partnered with Narrabundah Early Childhood School to deliver a series of 8 pack-a-lunchbox sessions for parents of children attending Koori preschool. Each week we showcased a range of healthy lunchbox ideas and recipes providing enough food to pack 20 lunchboxes.

As part of this program, we also delivered two healthy lunchbox stalls to inspire parents with some healthy lunchbox tips and ideas. These after school sessions were an absolute hit among the children who tasted and enjoyed many new foods.





## 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*.

Our early childhood services more than doubled in 2018 with the following activities delivered to early childhood organisations:

- 4 parent information sessions
- 3 staff training sessions
- 8 menu assessments including 2 for outside school hours care

### National Nutrition Network

In 2018 NAACT joined 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

Good nutrition and healthy eating is important for everyone in the ACT, which is why we love working with community associations and organisations to share our knowledge and expertise. In 2018, we tailored a range of nutrition services for community organisations. These included children's food activities, cooking workshops and targeted nutrition information sessions.

In 2018, NAACT delivered the following community nutrition services:

- Children's hands on nutrition sessions for:
  - Gungahlin Child and Family Centre
  - West Belconnen Child and Family Centre
  - Epilepsy ACT
  - Duntroon Community Centre
- Cooking workshops for:
  - CIT Student Association Fyshwick
  - Soldier On (Veterans Health Week)
  - Carers ACT Young Carers group
- Seminars and information sessions for
  - Woden Seniors
  - Carers ACT Seniors group



## Australian Breastfeeding Association

In 2018, NAACT continued our partnership with the Australian Breastfeeding Association ACT region to help breastfeeding mums achieve a healthy life balance for their families. We delivered two workshops on 'introducing solids', which were very well received among new parents. We also delivered feeding family sessions which provided practical meal ideas and opportunities for children to taste healthy family foods. Our Christmas themed 'feeding the family' session provided healthy festive food ideas for families to enjoy.



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*“This was really informative and answered so many questions and concerns I had!”*

*“Thank you for providing guidelines and advice practically and not being too strict about baby’s individual development and food journeys.”*

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## Warehouse Circus

NAACT collaborated closely with our neighbours at the Chifley Health Hub again in 2018, delivering nutrition services with two of their programs

### *School holiday program*

During each of the school holidays, a bunch of 'circus kids' leapt straight from circus training into the NA ACT kitchen for hands on cooking workshops. These sessions have been a great success and continue to be offered each school holiday.



### *Spinout*

NAACT also partnered with Warehouse Circus to deliver a healthy eating and food exposure program for children with disabilities within their existing Spinout program. The program aims to:

- Increase exposure of healthy foods
- Increase engagement and intake of healthy foods
- Build healthy relationship with food

Each week for an entire school term, classes from Malkara Specialist School, Cranleigh School, The Woden School and Black Mountain School visited NAACT to create healthy snacks and lunches together and participate in interactive and engaging food exploration activities. We look forward to continuing this collaborative program in 2019.



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*"Thanks so much for having us this term. We are so happy with our student's progress and was amazed to see some student trying foods I never thought they would! We very much look forward to seeing you again next year"*

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## FOOD SAFETY SUPERVISOR TRAINING

NAACT has an ongoing partnership agreement with Nutrition Australia Qld 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 2018 we began delivering a second Food Safety Supervisor course for people working with vulnerable populations, such as early childhood and aged care settings that delivers the following units of competency:

HLTFSE001: Follow basic food safety practices

HLTFSE007: Oversee the day to day implementation of food safety in the workplace

HLTFSE005: Apply and monitor food safety requirements

In 2018, NAACT delivered six face-to-face Food Safety Supervisor courses to a combined total of 31 participants.



RTO Number 110074



## BE ENGAGED WITH THE COMMUNITY

### NATIONAL HEALTHY LUNCHBOX WEEK 2018

In 2018, NAACT led the launch of Nutrition Australia's inaugural Healthy Lunchbox Week (HLW). The week aims to inspire parents and carers to create healthy lunchboxes their children will enjoy.

As a national week, it is timed to align with 'back-to-school' preparations in the last week of holidays – before the first state returns to school. A webpage on the Nutrition Australia website was established to house a suite of lunchbox factsheets and links.

We collaborated with the Grains and Legumes Nutrition Council (GLNC) and their 'bring back the sandwich' campaign – as the alignment between our organisations strengthened the key messages. The GLNC presented a free a webinar that focused on the importance of grains in children's diets.



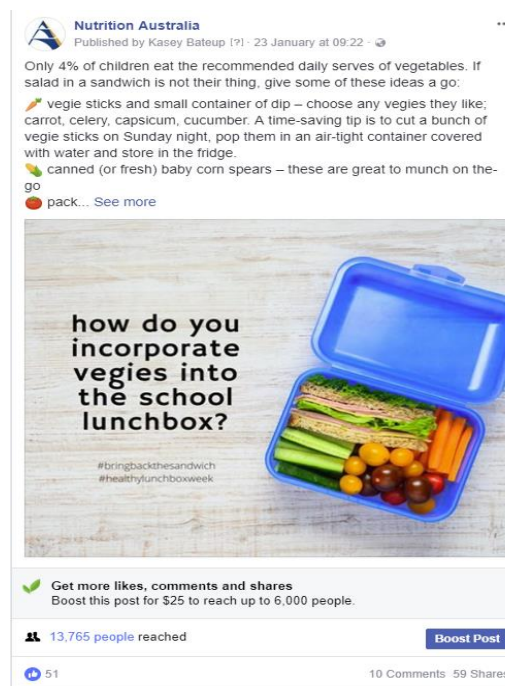
Media involvement included:

- 7 print articles
- 3 television news appearances
- 2 radio interviews

Social media reach during the campaign week hit the highest levels of organic reach that had been experienced by the organisation.

Key stakeholders who shared NA posts on Facebook during HLW included:

- Australian Healthy Food Guide (70K likes)
- NSW Public Schools (28.5K likes)
- Live Lighter (24K likes)
- Dietitian Connection (9.6K likes)
- Country Women's Association of NSW (8.3K likes)
- ACT Public Schools (4.8K likes)
- Meegan Fitzharris MLA (Minister for Health in the ACT) (1.4K likes)



## NATIONAL NUTRITION WEEK 2018

In 2018 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:

- 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.



### National Nutrition Week in the ACT

NAACT spread the 'Tryfor5' message in the ACT community at the following events

- Hosted NNW seminar Superfoods under Scrutiny by Catherine Saxelby
- Set up a 'Tryfor5' display at the Calvary Hospital health expo
- Attended the ACT Education Directorate mini health expo



## ACT NUTRITION SUPPORT SERVICE

Initially funded by ACT Health Healthy Canberra Grants, the ACT Nutrition Support Service (ACTNSS) has become the public face of community nutrition in the ACT. Targeting a range of community settings, the ACTNSS supports organisations to embrace healthy food and drink choices by creating healthy eating environments.



After the grant funding ceased in 2017, NAACT committed to maintaining public access to ACTNSS. Our aim is to continue to communicate key nutrition and health messages to Canberrans' resulting in strengthened food and nutrition programs and the creation of healthier eating environments. We do this by maintaining the website, social media accounts (Facebook and Twitter), weekly News Bites and seasonal e-newsletters to targeted 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. NAACT continues to seek avenues for ongoing funding and support.

### E-newsletters

Organisations and individuals that subscribe to the ACTNSS receive our weekly e-newsletter News Bites, containing topical general nutrition information. Sector specific e-newsletters are also distributed quarterly to subscribers of each sector. Weekly News Bites are designed to provide a 'bite' of interesting topical information with links through to further information. On average these had a click through rate of ~ 30-35%.

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

By the end of 2018, the ACTNSS had 1,545 subscribers with the following breakdown of sector specific subscribers:

- Workplaces n=404
- Disability n=321
- Early childhood n=582
- Schools n=653





## OPERATION DINNER TIME

In 2018, NAACT was successful in receiving its first Defence Community Grant in the 2018-19 Family Support Funding Program (FSFP) funding round to deliver a hands on cooking program 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.



The project involves delivery of 5 x 8 week cooking programs within the NAACT Food Skills Kitchen. To support family engagement, free childcare is made available for all participants.

We delivered our first cooking program in Term 4, 2018. It was well received within the Defence community and enjoyed by a range of Defence force personnel and their families.

We look forward to delivering the remaining four cooking programs in 2019.



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*"I really valued the program. I also felt a sense of belonging in a group"*

*"Great to have ideas about reducing fat, salt, sugar in meals and learning how to make everyday recipes more healthy"*

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## 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 2018, the NAS achieved the following:

- Completed 91 school canteen menu assessments – 76 for ACT Public Schools and 15 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 Brisbane.
- Presented on the barriers and enablers to creating culture change within school canteens at two national public health conferences:
  - The Australian Health Promotion Symposium in Canberra, and
  - The Food Futures Conference in Brisbane.
- Facilitated and hosted a canteen networking event, Canteen Connect 2018, for ACT school canteens.
- 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.
- Developed nutrition criteria for the 'It's Your Move: Healthier Product Design Competition' and provided nutrition expertise to participating teams over three workshops.
- Developed nutrition criteria to identify healthier choices for the pilot project, Healthier Choices Canberra: Junior Sports.
- Authored 50 weekly News Bites, to our subscriber list of over 1,500.



## School canteen success

NAACT prides itself in the positive role we have played to build healthier school canteens in the ACT region. The ACT continues to lead the nation when it comes to offering up healthy choices for students, guided by the *ACT Public School Food and Drink Policy* and the *National Healthy School Canteen Guidelines*.

In 2018, NAACT assessed over 5,000 individual school canteen food and drink items of which:

- 53% were classified as **GREEN** (healthy food and drinks that should dominate the menu)
- 44% were classified as **AMBER** (occasional food and drinks that should make up less than half of the menu)
- 2% were classified as **RED** (unhealthy foods to avoid on canteen menus)

Of the 76 public school canteens that received menu assessments, 40 (53%) were compliant with the Policy, this represents a 30% improvement from canteens in 2017.



## Healthier Choices Canberra

Healthier Choices Canberra was officially launched by the ACT Government, in partnership with the Canberra Business Chamber, in September 2018. The NAS has been involved in this exciting initiative since the pilot project in 2016.

Healthier Choices Canberra is about making it easier 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.

Throughout 2018, the NAS Public Health Nutritionist has provided nutrition advice to nine eating out venues and three children's entertainment venues, and identified healthier food and drink options within 15 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 stakeholders in 2018 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
- Australian Breastfeeding Association
- Warehouse Circus



NAACT staff participate in networking events and meetings to improve the health of the ACT population. In 2018, 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 School Canteen 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 its strong media presence in the ACT in 2018 with a total of 25 media appearances. Key highlights were:

- Fourteen live radio interviews, seven of which were invitations by ABC Canberra.
- WIN News filming on four occasions including the development of two healthy Christmas news features that aired nationwide.
- Nutrition commentary and advice provided on three occasions with print media including Nature Health Magazine and Defence Health magazine.
- Nutrition commentary provided on four occasions including with SBS food online



### Social media

The ACTNSS shares credible nutrition information on Facebook and Twitter.

By the end of 2018 ACTNSS Facebook likes increased by 28% reaching 3000 Facebook likes.



@ACTNutritionSupportService



@ACTNSS

## 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.

Accredited  
Practising  
Dietitian



In 2018 staff were supported to undertake the following professional development activities:

- Certificate IV in workplace training and assessment
- Dealing with people in difficult situations
- 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 2018, 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 2018, NAACT led national participation in the following National advocacy activities:

- National Women's Health Strategy consultation
- Health Star Rating 5 year review consultation
- Labelling of sugars on packaged foods and drinks consultation
- Obesity Epidemic in Australia inquiry

### National Conferences

Attendance and participation at national conferences provides a professional development and networking opportunity for staff and showcases the work the NAACT has undertaken. This year staff attended and presented at the following national conferences:

- **The Dietitian's Association of Australia Conference** in Sydney
  - Poster and mini oral presentation: *Combining Early Literacy And Food Exposure To Build Healthy Eating Habits In Children* by Leanne Elliston
- **The Australian Health Promotion Association Health Promotion Symposium** in Canberra
  - Rapid presentation: *Achieving and sustaining culture change within school canteens* by Kasey Bateup
  - Rapid presentation: *Food&ME™ - maintaining the momentum of effective nutrition education in the ACT* by Leanne Elliston
- **The Food Futures Conference** in Brisbane
  - Oral presentation: *Changing the culture of the school canteen* by Kasey Bateup





## UNIVERSITY OF CANBERRA STUDENT PLACEMENTS

In 2018, 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:

- Nutrition and healthy ageing literature review
- Program planning for a community based healthy ageing program for older Canberrans.
- Development of an evaluation plan for an early childhood nutrition education program.

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



## BUILD A LEADING NOT-FOR-PROFIT

### BETTERBITES™

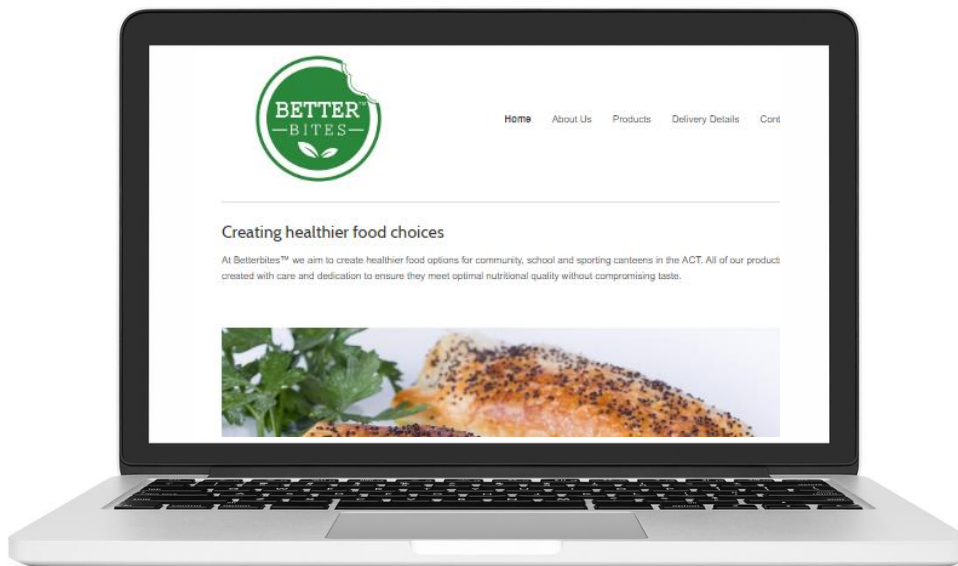
Betterbites™ is a business arm of NAACT which aims to supply canteens and food outlets across the ACT with healthier products that meet the GREEN or AMBER traffic light criteria according to ACT Food and Drink Policies.

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

Betterbites™ was established in 2016 and has maintained a strong relationship with its regular customers.

In 2018, our valued customers included:

- Gema catering at GIO stadium
- Aranda primary school
- Canberra BMX Club
- Weetangera primary school
- Forrest primary school
- Telopea Park School
- Giralang Primary School
- Harrison School
- Kingsford Smith School



[www.betterbites.org.au](http://www.betterbites.org.au)

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

## 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.

### Member engagement

In 2018, NAACT supported its members by delivering two engaging public seminars and discounted member rates.

## VOLUNTEERS

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

In 2018 ten 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

