



ANNUAL REPORT 2022

NUTRITION AUSTRALIA ACT INCORPORATED



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
2022 highlights.....	6
NDIS Cooking Clinic.....	6
Seniors Talk'n'Taste.....	6
Kids Cooking Classes.....	7
Canteen Day.....	7
Nourishing little MInds®.....	8
Nourishing little MInds® in early childcare.....	9
ACT Nutrition Support Service®.....	10
Community nutrition activities and partnerships.....	12
Advocacy and Partnerships.....	13
Media.....	14
National Healthy Lunchbox Week 6-12 February 2022.....	15
National Nutrition Week 2022.....	16
University of Canberra student placements and interns.....	17
Future Directions.....	18



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 comprises of volunteer committee members with experience in policy, education, regulation, clinical dietetics, research and health promotion.

Chair	Gillian Duffy
Secretary	Sarah Cooper
Treasurer	Vacant
Members	Brad Tarrant Elysha Nheu Lauren Resnick Michelle Minehan Julie Priestly Scott Smith Lynette Brown
Public Officer	Leanne Elliston
National Directors	Gillian Duffy Lynette Brown
NAACT Staff	Leanne Elliston APD, Program Manager (full time) Brittany Pennay APD, Project Officer (full time till October 2022) Courtney Best APD, Part time Ellen Bruce, APD, Project Officer (maternity leave) Freya Vos APD, Project Officer (casual)
Accounts	Mary Harrison, Bookkeeper
Financial Auditor	See Accounting

Our purpose

To enable people in the ACT to make informed food choices and create healthier communities.

Our strategic objectives for 2022 – 2024

Support, inform and engage

- Be a credible and independent voice of nutrition information
- Engage with individuals, organisations and members
- Collaborate with community groups and organisations
- Translate evidence-based scientific information into practical knowledge
- Provide consistent and timely messaging and information

Build a leading not-for profit

- Grow our profile in the region
- Demonstrate public health nutrition leadership
- Maintain awareness of the nutrition related issues for the region
- Encourage and empower staff to deliver quality services
- Maintain and build on existing governance structures

Advocate for sustainable healthy food environment

- Raise the profile on importance of nutrition
- Influence and encourage government and organisations
- Develop strategic alliances
- Influence policy direction
- Promote equitable access to healthy affordable food

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



2022 HIGHLIGHTS

NDIS COOKING CLINIC

NAACT 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 a NDIS registered service provider, NAACT delivered a total of 62 cooking clinics in 2022 to 14 NDIS participants.



Registered
NDIS
Provider

SENIORS TALK'N'TASTE

In 2022, NAACT launched a new seniors nutrition program. The Talk'n'taste series provided a range of blended nutrition information and cooking demonstration sessions addressing nutritional needs for our aging body with a focus on the following topics:

- Powering your brain
- Strengthening your bones
- Maintaining your Muscles
- Loving your gut
- Caring for your heart
- Making every mouthful count



KIDS COOKING CLASSES

In 2022, our popular kids cooking program was a great success with week-long cooking classes held each school holidays and an after-school cooking program held during term 2.



CANTEEN DAY

NAACT co-ordinated Canteen Day on 4 November in recognition of the hard work of our school canteens towards contributing to a healthy food environment for children at school.

In 2022 NAACT coordinated the inaugural 'Best Canteen Recipe Competition'. The winning canteen received a \$500 Sauvage Urbain voucher. Congratulations to Farrer Primary school for their steamed pork dumplings.

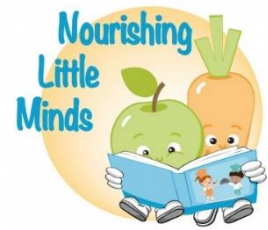
Canteen Day provides an opportunity to recognise and appreciate the work of school canteens.



NOURISHING LITTLE MINDS®

Funded by ACT Health Healthy Canberra Grant

Delivered in partnership with Libraries ACT, Nourishing Little Minds was a 4-week program that aimed to improve healthy eating habits for young children by making healthy food fun and enjoyable. Each of the four sessions involved a food-based Story Time followed by simple hands-on food and tasting experiences.



The 3-year program (that was extended by 12 months due to Covid disruptions) concluded in June 2022.

Key highlights:

- *Attended by 489 children.*
- *85% of children tried a new food.*
- *Up to 97% of parents reported improved confidence in providing healthy food to their children.*
- *Vegetable consumption increased by up to 38.5% among child participants.*
- *Parents reported decreased child 'fussiness' to food.*

A comprehensive data analysis is currently underway with a view to publish results in partnership with the University of Canberra.



NOURISHING LITTLE MINDS® IN EARLY CHILDHOOD SETTINGS

Funded by ACT Health, Healthy Canberra Grant

In 2021, NAACT launched Nourishing Little Minds Early Childhood Program for Canberra's early childhood education and care (ECEC) service providers. After significant delays due to Covid disruptions, the roll out of key deliverables within the ECEC sector occurred in 2022.

Aligning with the Early Years Learning Framework (EYLF) and the National Quality Standards (NQS), the NLM program aims to strengthen healthy food and drink culture and empower educators to help children become confident food explorers, while building healthy habits for life.

ECEC services that took part in the program received free on-site professional development for educators and their very own NLM resource kit comprising of an educator manual, templates and storybooks to help embed a range of healthy educational activities into daily programming.

By the end of 2022, NAACT delivered a total of 79 on-site staff professional development sessions to 959 early childhood educators.



ACT NUTRITION SUPPORT SERVICE®

The ACT Nutrition Support Service® (ACTNSS) provides locally targeted nutrition support and advice across the ACT.

Through multi-phased communication strategies, practical nutrition information is developed and disseminated among the ACT community via subscribers, social media and the ACTNSS website.

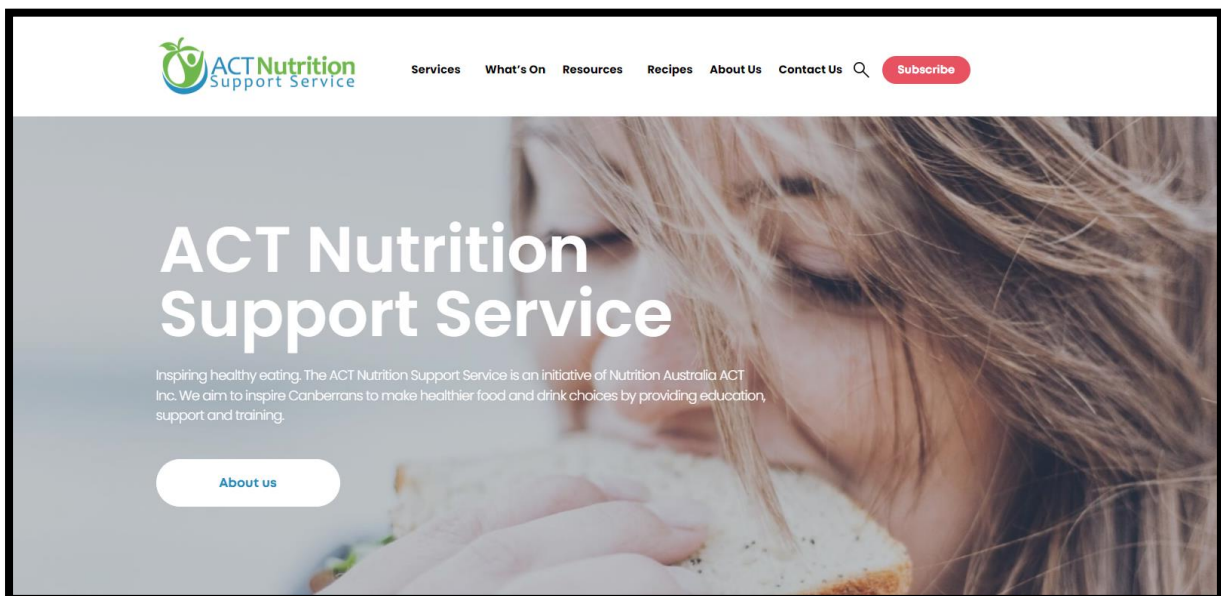


New Website

The ACTNSS website serves as a nutrition hub of information for the ACT community providing a suite of evidence-based nutrition fact sheets, practical healthy recipes and latest events. In 2022, we received an ACT Govt Technology Upgrade Grant to renew the ACTNSS website. The website received a full overhaul by Threesides Marking providing a fresh new look and becoming more user friendly.


2022 Website stats

- 12,259 Users
- 34,967 Pageviews
- 16,012 Sessions



Social Media

In 2022, the ACTNSS continued its active social media presence using Facebook as its key social media platform.

 Facebook @ACTNutritionSupportService
3,500 likes

2022 Facebook stats

- 102 Posts
- 90,442 Total Reach
- 1,183 Engagements



E-newsletters

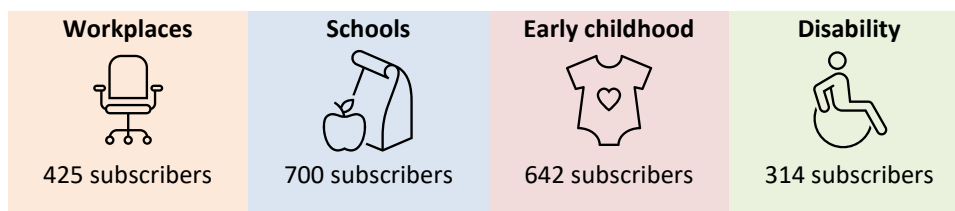
Organisations and individuals that subscribe to the ACTNSS receive a weekly 'Newsbite' e-newsletter, containing topical nutrition information.

Newsbite stats

- 1,488 subscribers.
- 48 Newsbite's authored
- 22,872 Newsbites were opened
- The most popular Newsbite topic for 2022 was 'Healthy Celebrations' with an open rate of 41.4%



Sector specific e-newsletters are distributed quarterly to subscribers across four key sectors in the community.



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

COMMUNITY NUTRITION ACTIVITIES 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 2022, we worked with and delivered a range of tailored nutrition services for the following community organisations:

- ACT Health Directorate – Ngunnawal Bush Healing Farm
- Barnardo’s ‘Cook-a-long, play-a-long’ program
- Canberra Development Clinic
- Carers ACT
- Telopea Park Out of School Care - weekly afterschool cooking club
- Warehouse Circus - ‘Spin Out’ program
- Ngunnawal Primary School – ‘Deadly Lunchboxes’ program



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 2022 included:

- ACT Health, Preventative and Population Health, ACT Government
- ACT Health, Health Protection Service, ACT Government
- Barnardos
- Carers ACT
- Community Services Directorate, ACT Government
- Education Directorate, ACT Government
- Libraries ACT, ACT Government
- University of Canberra
- Warehouse Circus

NAACT staff participate in networking events and meetings to improve the health of the ACT population. In 2022, this included representation at:

- Healthy Schools Network ACT
- 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 Nutrition Network for early childhood education and care
- Food Environment Policy Index
- Food Environment Policy Index Australia (Global Centre for Preventive Health and Nutrition Research)



MEDIA

In 2022, NAACT experienced its largest media presence to date with 48 media appearances across 23 media outlets.

Radio



- ABC Radio Canberra
- ABC Radio Tasmania
- ABC Radio North Qld
- ABC Radio Sydney
- ABC Radio Melbourne
- ABC Radio Perth
- 6PR radio Perth
- 2NM Hunter Valley Today
- Mix 106.3 Canberra
- 2 NUR FM 103.7 Newcastle
- Bathurst Radio and Central West

Online



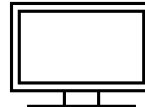
- ABC News online
- The Daily Mail
- The Guardian
- House of Wellness
- Kindicare
- Hello Care
- Aged Care Guide and Baptist Health WA

Print



- The Australian
- The Daily Telegraph
- Herald Sun
- Mercury

Television



- Win News

14 MONDAY JULY 4 2022 DAILYTELEGRAPH.COM.AU

A microwave master

Young miss out on cooking skills

WILLIAM TYSON & TAMARITH INGLETON

THE popularity of ready-made microwave meals has Australian dietitians fearing younger generations will miss out on acquiring valuable cooking skills.

While the experts say many of the ready-made options lining supermarket shelves are "nutritionally balanced" and a "good alternative" for time-poor workers, they say there is really no substitute for the satisfaction of a home-cooked and home-prepared meal.

Research on the growth of the ready-made meal segment in Australian supermarkets reveals consumer demand has led to a 15 per cent increase in the number of microwaveable meals available, and the market will grow to \$1.4bn by 2022.

Coles general manager dairy, frozen & convenience food, Gordon said: "Coles has seen strong growth in chilled ready meals over the past year."

Mr Gordon said the demand was driven by workers returning to the office post-pandemic, with increased demand for convenient, nutritious meals with minimal preparation.

Senior dietitian at Nutrition Australia, Leanne Ellinson, said some ready-made meals "can actually be quite nutritionally balanced and a good alternative for people who don't know how to cook or physically struggle in the kitchen, such as the sickly or disabled."

But she said despite the convenience and nutritional value of some microwaveable meals, younger generations who rely on them may lose the ability to cook or put together a meal from scratch.

"They're not learning anything from it or understanding how to prepare and balance a meal," she said.

"The ability to gather raw ingredients, the chop, wash, and prepare the food yourself will save you a bit of money down the line."

Marco Moretti, 21, says he can prepare a normal dish from scratch but will often just heat up a microwaveable meal for convenience.

"I often have an rush off to work or factory training, so they work with any schedule."

Marco Moretti often chooses a microwaveable meal rather than cooking. Picture: Justin Lloyd

Travel app grounded at arrivals

TOM HINEAR

TRAVELLERS arriving from overseas will have to return to filling out paper forms after the government suspended the use of a new digital passenger declaration app.

Three and a half months since the digital system was switched on, Home Affairs Minister Clare O'Neil said it was not yet fit for purpose.

It will be suspended from Wednesday as part of the removal of all Covid-related border restrictions, also in challenging mandatory vaccination rates for all travellers entering the country.

Federal Health Minister Mark Butler said the decision had been made after considering the latest medical advice.

"The chief medical officer has advised it is no longer necessary for travellers to declare their vaccine status as part of our management of Covid," he said.

Ms O'Neil (pictured) said suspending the digital passenger declaration would ease the crush in airports.

"It needs a lot more work to make it user-friendly," she said.

NATIONAL HEALTHY LUNCHBOX WEEK 6-12 FEBRUARY 2022

NAACT coordinates the national Healthy Lunchbox Week (HLW) campaign which aims to inspire Australian families to create healthy and enjoyable lunchboxes.



In 2022, Healthy Lunchbox Week was another great success across the National Nutrition Australia website and social media channels.

WEBSITE

- 10,300 website sessions
- 7,900 unique visitors
- 32,400 page views

Page Type	Views (Approx.)
Recipes	8,500
Home page	7,500
Fact sheets	2,500
School resources	1,500

SOCIAL MEDIA

64 posts distributed across Nutrition Australia social media platforms.

Total reach 139,000

Platform	Percentage
Facebook	62%
Instagram	26%
LinkedIn	9%
Twitter	3%

Facebook

- 85,600 reach
- 4,100 engagements

Instagram (Includes additional 35 stories)

- 36,500 reach
- 965 engagements

LinkedIn

- 12,700 impressions
- 640 engagements

Twitter

- 4,200 impressions
- 120 engagements

2022 Supporters



NATIONAL NUTRITION WEEK 2022

In 2022, Nutrition Australia continued its National Nutrition Week theme of 'Tryfor5' by encouraging Australians to add an extra serve of vegetables to their day.

In the ACT, we put the call out to Canberran's to tell us about their most ordinary vegetables. This provided us the challenge to create delicious and simple recipes using the most rated ordinary vegetables. National Nutrition Week concluded with a public cooking demonstration at Ziggy's Fresh at Fyshwick Food Markets launching our three new recipes using peas, turnips and cabbage.



UNIVERSITY OF CANBERRA STUDENT PLACEMENTS AND INTERNS

In 2022, 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:

- Program planning for Seniors' nutrition program
- Scoping and development of food security nutrition support for people facing financial hardship.
- Feeding Healthy Futures – evaluation strategy

In 2022, NAACT supervised one intern dietitian graduate and three Bachelor of Nutrition internships under the UC Work Integrated Learning program.



FUTURE DIRECTIONS

Guided by our new Strategic Plan 2022-2024, NAACT will continue to serve the ACT community by providing credible, evidence-based nutrition information that will enable Canberra's to build the skills and knowledge they need to make healthy food choices.

In line with the *National Preventive Health Strategy 2021 – 2030* and the *Australian National Obesity Strategy 2022-2032* we will identify gaps and explore opportunities to reach disadvantaged population groups who have higher health risks.



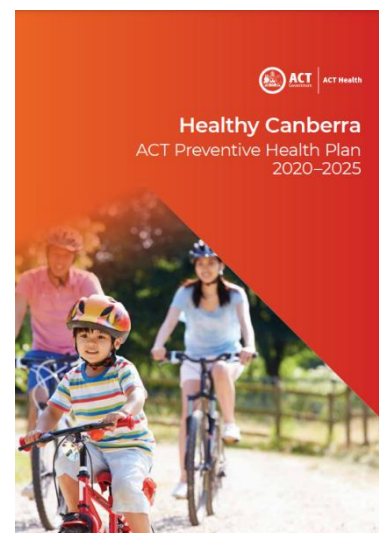
National Obesity Strategy

2022-2032

Enabling Australians to eat well and be active



In recognition of the ACT Preventive Health Plan 2020-2025, NAACT plays a crucial role in partnering with the ACT Government to reduce the prevalence of chronic disease and support good health across all stages of life. Through consultative processes and key deliverables, NAACT will seek to ensure the plan effectively addresses the priority area of 'increasing healthy eating' through equitable and sustainable activities reaching population groups with the most to gain from such program activities.



New projects for 2023 and beyond

NAACT has an excellent track record of delivering effective community nutrition programs that result in improved nutritional outcomes among participants. This has been recognised by ACT Health with the success of two grant proposals for new innovative projects that aim to improve the nutritional outcomes of children and young people as follows:

- **Feeding Healthy Futures**
A first 1000 days program that aims to improve maternal and infant nutrition and establish lasting healthy eating habits in children.
- **Fuelling Everybody Every Day (FEED)**
A practical food and nutrition program that targets children and young people experiencing atypical eating behaviours

NDIS Paediatric Consultation Service

Using the expertise of our Accredited Practising Dietitian's in combination with our community nutrition experience in the early childhood sector, NAACT will be launching a NDIS children's Dietetic Service. This service will deliver behavioural nutrition therapy for children with atypical food selectivity. Taking advantage of our fully accessible facilities at the Chifley Health and Wellbeing Hub, these services will take place in our consultation room, kitchen and/or meeting spaces.





Thank you to our Committee of Management, staff, partners, supporters, students and volunteers. Your generous contribution of time, expertise and support provide an important part of the success of Nutrition Australia ACT.

