

2020 Impacts: Pilbara Strategy



FOOD SENSATIONS® PROGRAM HIGHLIGHTS


 **86**
SESSIONS

 **1,071**
PARTICIPANTS

 **36**
SCHOOLS &
ORGANISATIONS

 **21,691**
KM TRAVELLED



 **THEY'VE [FOODBANK WA] DONE A GREAT JOB AT DEVELOPING SOMETHING THAT IS APPLICABLE TO THE BROADEST RANGE OF PEOPLE. FROM METRO TO THE MOST REMOTE COMMUNITIES IN THE STATE.**

Teacher, participating Pilbara school

Includes data from Food Sensations, Fuel Your Future and Educator Training programs.

SCHOOL BREAKFAST PROGRAM

A total of **11** schools participated in the evaluation.

- **55 to 73%** (n=11) of respondents reported that students were positively impacted by the Program in 2020, in relation to nutrition knowledge and skills.
- All respondents rated the quality of products, ordering processes and communication relating to the Program provided by Foodbank WA as good.

 **14**
Pilbara schools
were registered
for the Program
in 2020

 **405**
Pilbara students
accessed the
Program in 2020

FOOD SENSATIONS FOR PARENTS PROGRAM - Parents of 0 to 5 year olds

A total of **27** parents and **9** stakeholders participated in the evaluation.

- As a result of attending the Program, parents reported learning about portion sizes, positive feeding strategies, healthy substitutions and understanding the importance of variety in a lunchbox.
- All stakeholders agreed the sessions were enjoyed by parents, and all agreed that parents gained valuable knowledge, skills and information.

FOOD SENSATIONS FOR SCHOOLS PROGRAM - School children

A total of **295** students and **20** teachers participated in the evaluation.

- **84%** (n=246) of school children recall the key message, "Everyday foods will give me a strong mind and healthy body" post-session, compared to **76%** pre-session.
- Around **94%** (n=278) of participants enjoyed the activities and the cooking.
- Teachers reported the best aspects of the Program were observing student engagement and inclusivity, the use of *Superhero Foods*® resources to enhance theoretical and practical elements, and the positive attributes of Foodbank WA staff.

FUEL YOUR FUTURE PROGRAM - Youth aged 12 to 18

A total of **134** youth and **25** stakeholders participated in the evaluation.

- Significant increases in ability to correctly identify key knowledge concepts, such as label reading, ranged from **62% to 92%** across all four workshops.
- Around **90%** (n=120) of participants enjoyed the activities and the cooking.
- All stakeholders agreed the workshop improved their students' skills in food preparation.

For more information on the
Pilbara Strategy, please visit:
foodbank.org.au/WA/pilbara-strategy



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Program Results

ABOUT THE PROGRAM

Since 2011, Foodbank WA has been proudly supported by BHP to deliver a range of nutrition education and cooking programs to 11 Pilbara communities shown on the map (over page). Working in partnership with local community members and organisations, the Pilbara Strategy addresses food literacy across the lifecycle through a suite of programs delivered by Foodbank WA's team of university qualified nutritionists and dietitians. Programs include the School Breakfast Program, *Food Sensations* for Schools program, Fuel Your Future program for disengaged youth, and the *Food Sensations* for Parents program for parents of 0 to 5 year olds.

DEFINING THE PROBLEM

Lifelong dietary attitudes and behaviours are established early in life.¹ *Food literacy* is used to describe the knowledge and skills required to empower people to select, prepare and eat healthy foods. Providing food literacy and nutrition interventions is critical to help achieve better health outcomes long term, including improved physical, mental and social health, and a reduced risk of chronic diseases.²

INVESTING IN THE SOLUTION

The Pilbara Strategy is funded by BHP to improve food literacy and health behaviours within the rural and remote Pilbara region of Western Australia. The current strategy has been operating since 2016.

RESEARCH AND EVALUATION

A mixed-methods design was employed to evaluate each program. Guided by the evaluation consultant and training workshop materials, program planning logic models provided a snapshot of each program, while evaluation plans included key questions, objectives and activities, and indicators of success specific to knowledge, skills and satisfaction. Quantitative data was selected to provide statistical evidence, while qualitative data provided an in-depth understanding of impact. Evaluation approvals were received from the WA Department of Education and Edith Cowan University's Human Research Ethics Committee 2019-2020.

COVID-19 IMPACT

Staff travel ceased between March and July 2020, resulting in 7 out of the usual 10 trips to the Pilbara region being conducted. Foodbank WA ensured each community, school and organisation received at least one visit; delivering on our promise of equitable service provision. COVID-19 impacted Term 2 School Breakfast Program deliveries, with difficulties linked to nation-wide market shortages caused by panic buying. Foodbank WA prioritised food items to be sent to remote schools in areas such as the Pilbara.

WHAT PEOPLE ARE SAYING

Students are prepared for the day in a positive way as they are happier when fed and able to learn. The skills they utilise in the kitchen help them to learn the appropriate manners for conversation as well as equipment safety.

Coordinator, School Breakfast Program

The kids responded well to the visual and hands on learning activity. I could see they had retained information about food groups and why a certain food was considered healthy or unhealthy.

Teacher, *Food Sensations* for Schools Program

The best part was seeing the students positively engage in the session and have the confidence to have a go at cooking some healthy recipes in the kitchen.

Teacher, Fuel Your Future Program

I like that it's made me actually think a bit more. Like the Health Star Rating. 'Cause I just grab what I think is healthy without actually looking at it, so it's made me actually think about it.

Participant, *Food Sensations* for Parents Program

WHY IT WORKS

Foodbank WA facilitators use best practice nutrition education to effectively reach and educate participants in food literacy.

The sustainability of the strategy is underpinned by the provision of tailored training delivered to, and with, local health and community organisations, aimed at building capacity to promote healthy eating in their local community. This ensures the continuity of key nutrition messages and promotion of positive health behaviour beyond Foodbank WA's reach.

Reference List:

- 1 Marneli, C., Mazzantini, S., & Zuccotti, G.V. (2016). Nutrition in the first 1000 days: The origin of childhood obesity. *International Journal of Environmental Research and Public Health*, 13(9), 838. Retrieved from <https://doi.org/10.3390/ijerph1309083>
- 2 Matwiejczyk, L., Mehta, K., Scott, J., Tonkin, E., & Coveney, J. (2018). Characteristics of effective interventions promoting healthy eating for pre-schoolers in childcare settings: An umbrella review. *Nutrients*, 10(3), 293. MDPI AG. Retrieved from <http://dx.doi.org/10.3390/nu10030293>

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