

Pilbara Strategy: 2021 Impacts



HIGHLIGHTS OF THE PROGRAM



35

**ORGANISATIONS
AND SCHOOLS**



95

SESSIONS



1,105

PARTICIPANTS



376

MEALS COOKED



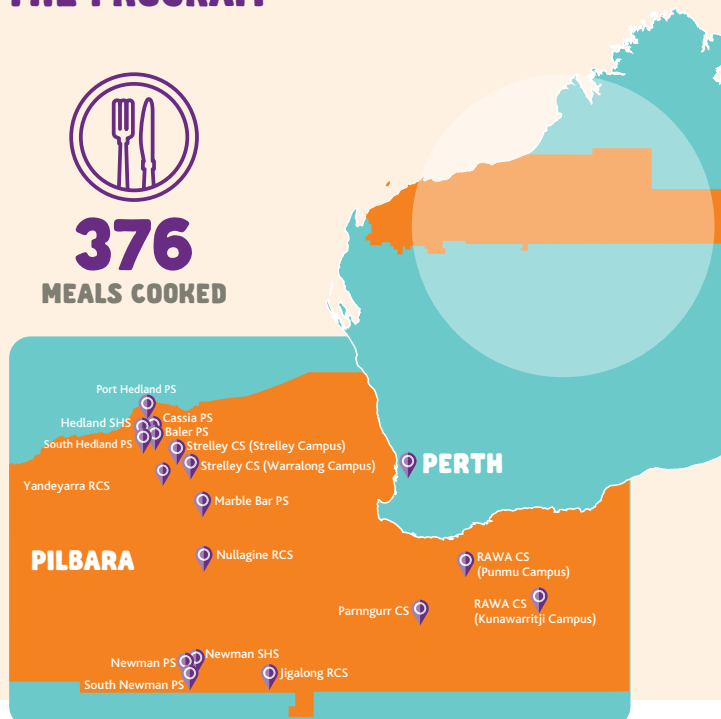
8,528

**MINUTES OF NUTRITION
EDUCATION AND COOKING**



23,802km

TRAVELLED



SCHOOL BREAKFAST PROGRAM

473 students were provided with breakfast each week.

15 schools ran breakfast clubs and participated in the evaluation.

- The Program had a positive impact on students' nutrition knowledge and skills (50 to 64% agreed).
- 92% rated product quality and selection as good or very good
- 100% rated the ordering process and program communication as good or very good.

FOOD SENSATIONS® FOR SCHOOLS

School aged children

364 students and **15** teachers participated in the evaluation.

- Recall of the key message "everyday foods will give me a strong mind and healthy body" increased from 77% pre-session to 83% post-session.
- 96% of students enjoyed cooking and 94% enjoyed the education activities.

FUEL YOUR FUTURE

Youth aged 12 to 18 years old

124 youth and **14** stakeholders participated in evaluation.

- 65% to 97% of youth demonstrated improvements in key knowledge concepts for example, serve sizes and food safety across all workshops, and stakeholder evaluation supported this.
- Over 90% of stakeholders agreed or strongly agreed that the activities and cooking were suitable for the youths' literacy, numeracy and age.

FOOD SENSATIONS® FOR PARENTS

Parents of 0 to 5 year olds

20 parents and **9** stakeholders participated in the evaluation.

- Majority of parents reported that the skills learned were new and useful to them and indicated intent to apply the recipes and knowledge learned at home.
- Majority of parents were able to identify key nutrition concepts such as the Australian Guide to Healthy Eating, reading food labels, fussy eating strategies and nutritious lunchbox ideas.

Feedback showed the best aspects the programs were the tailored resources and teaching methods, active engagement of participants and the expertise and professionalism of Foodbank WA staff.

FEED. EDUCATE. ADVOCATE.



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DEFINING THE CHALLENGE

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 long term health outcomes, including improved physical, mental and social health, and a reduced risk of chronic diseases.²

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 education and training with local health, school and community organisations, aimed at building capacity in their local community. This ensures the continuity of key nutrition messages and promotion of positive health behaviours beyond Foodbank WA's reach.

WHAT PEOPLE ARE SAYING

The ability to provide breakfast to the students assists them to identify healthy food choices and builds skills in food preparation and cooking...this is further consolidated by the schools' involvement in the Food Sensations student workshops.
Coordinator, School Breakfast Program

The best part was that students were actively involved in fun and healthy eating activities. They were encouraged to try new things and found that they liked them. We have used the [Superhero Foods] resources in our classroom, which the students remember and engage with.
Teacher, Food Sensations® for Schools Program

The women and children are getting to know the Foodbank WA staff and look forward to their visits to the community. Education and understanding is still developing as it takes time to build relationships and then impart knowledge."
Stakeholder, Food Sensations® for Parents program

Reference List:

- 1 Mamei, 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. <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>

INVESTING IN THE SOLUTION

Foodbank WA has been proudly supported by BHP since 2011 to deliver nutrition education and cooking programs to 11 regional and remote Pilbara communities. Foodbank WA aims to improve food literacy across the lifecycle through a suite of programs delivered by university qualified nutritionists and dietitians, in partnership with local community members and organisations.

RESEARCH AND EVALUATION

A mixed-methods design was used to evaluate all programs. A tailored, program-specific logic model and evaluation plan was developed to assess key evaluation questions, program objectives, and indicators of success relating to participant knowledge, skills and satisfaction. Quantitative data provided statistical evidence, while qualitative data provided an understanding of program impact beyond numbers. Evaluation approvals were received from the WA Department of Education and the University of Western Australia's Human Research Ethics Committee 2021.

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



Visit superherofoodshq.org.au to download free nutrition resources and yummy recipes

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