

FOOD SENSATIONS® FOR CHILDREN

JULY 2022 – DECEMBER 2023 IMPACT

ABOUT THE PROGRAM

Food Sensations® for Children is a community nutrition education and cooking program designed for parents and carers of children aged 0–5 years.

The program aims to improve parents' knowledge, skills and confidence to apply food literacy¹ skills and positive feeding practices² to support healthy eating.

There is no cost for parents to attend the program which was funded by Telethon for the 18 month period (July 2022 – December 2023).

Food Sensations for Children was delivered through metropolitan and regional community parenting organisations across Western Australia, offering both face-to-face and online sessions.

PROGRAM DELIVERY



Programs



Sessions

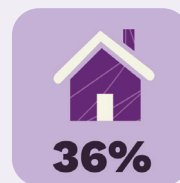


Occasions of service

WHO ATTENDED



parents or carers mostly female, aged 26–45 years with 1–2 children



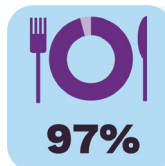
indicated they live in disadvantaged or low socio-economic index (SEIFA) areas



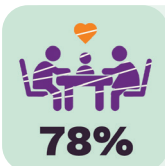
reported their first language to be other than English

EFFECTIVENESS

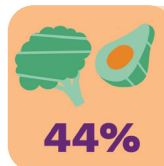
Benefits of the program for participants included:



improved their **confidence** and **food literacy** behaviours¹ (by making one or more positive change)



improved their **parenting feeding practices**² (by making at least one positive change)



of children increased their **vegetable intake** by 1/2 serve or more per day = extra 15 serves of vegetables serves per month

Food Sensations for Children IMPROVES food literacy skills, parenting feeding practices and dietary intake.

ON COMPLETION OF THE PROGRAM...

Outcomes for participants included:



25% of participants reported eating healthier



98% of participants shared or intended to share program materials with friends or family

Participants noted improvements in:



All 13 food literacy behaviours and confidence



10 out of 10 positive parenting feeding practices

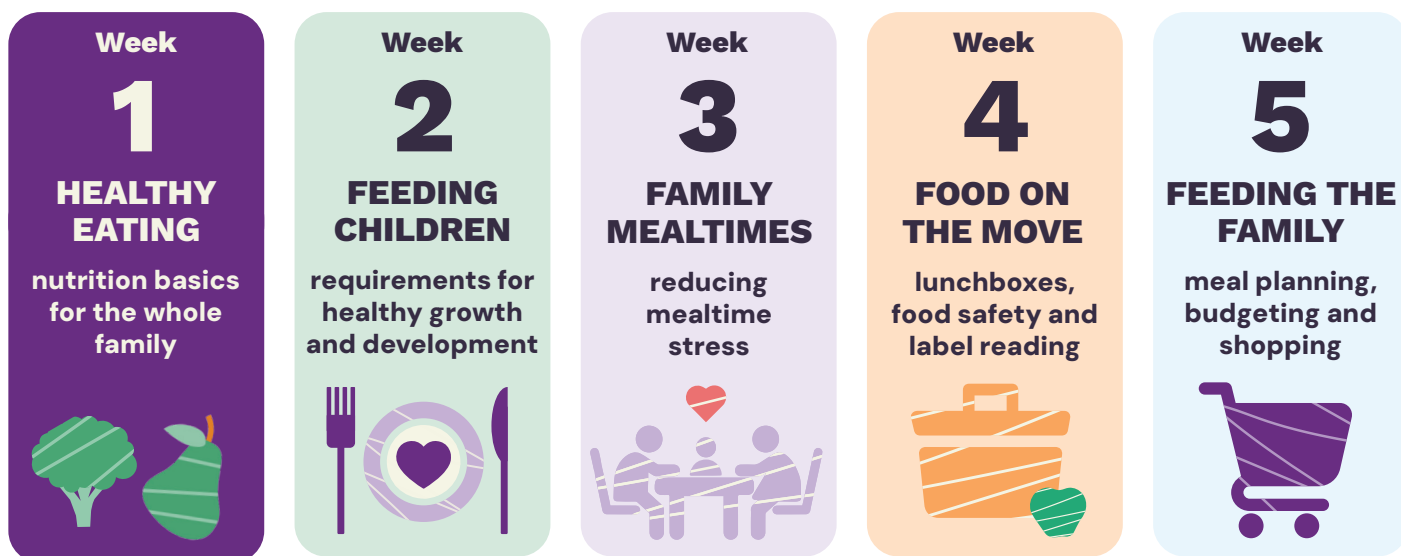


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WHAT DO PARTICIPANTS LEARN?



DELIVERY SCHEDULE

In person program

Run over 5 weeks, each 2.5 hour session includes 60 minutes of interactive activities with discussion and 90 minutes of hands-on cooking and eating together with their children. Participants are given a comprehensive education resource book that supports program content called *Let's Feed the Family*, recipe booklets, shopping bag and a child's healthy eating plate.

Online program

Parents can participate in a fully interactive online program from the comfort of their own home. Delivered over 4 weeks the same content as the in person program is covered at each 1.5 hour session via Zoom. Participants are sent a pack of resources at the completion of the program.

PARTICIPANT AND COMMUNITY FEEDBACK

"I have learnt so many great skills from this workshop. I feel more knowledgeable about making healthier options/choices for my family. I have shared what we learnt with family and friends. I felt comfortable and involved and it made learning fun. I really enjoyed the whole thing. Thank you"

Program Participant

"Feedback from parents has been very positive. Parents have enjoyed learning new recipes and meeting other parents. Parents have also reported learning many new skills and information about cooking and buying healthy foods for their children"

Community Organiser

"This program has changed my life – my child now eats vegetables"

Program Participant

¹ Food literacy: Factors that are required to plan, manage, select, prepare and eat food to meet dietary needs.

² Positive feeding practices: Behaviours that create positive and supportive feeding environments. For example, when parents model healthy eating and provide healthy food, structure, routines and clear expectations around mealtimes they build a child's independence and skills.