

# HEALTHY FOOD FOR ALL ABILITIES 2022-2023 IMPACT

Healthy Food for All Abilities is a food literacy program tailored to support people with disability, and their support workers, to identify, choose, prepare, and cook healthy food. The program empowers participants by improving their knowledge, confidence, and skills to support them to eat healthier, and increase their independence. During 2022 and 2023 the program was funded by the Department of Communities and provided free of charge.

## PROGRAM DELIVERY

Throughout 2022 and 2023 we delivered **57** multi-week programs in partnership with **30** organisations. This equates to:



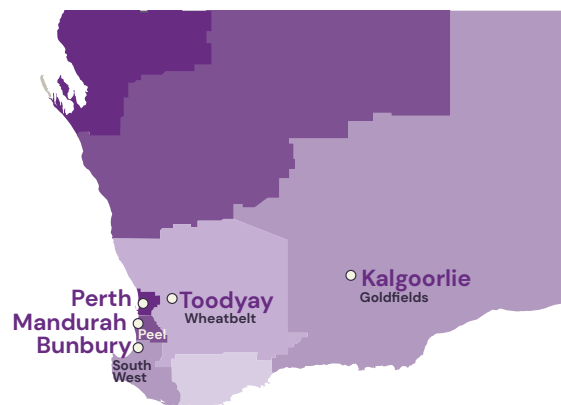
**748**  
Program participants

AND



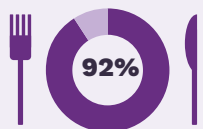
**229**  
Nutrition and cooking sessions

**Delivered across 5 regions in Western Australia**



## OUTCOMES FOR PARTICIPANTS

At the end of the program:



Of participants felt better about cooking healthy food at home

Participants showed net improvements in their understanding of:

- » Which foods were healthier to eat
- » The benefits of healthy eating
- » How to choose healthier foods

## THE ROLE OF SUPPORT WORKERS

Benefits of including support workers in the program:



**Over 50%** shopped with their Healthy Food for All Abilities program partner



**Over 25%** made meals with, or for, their Healthy Food for All Abilities program partner



**Over 80%** supported more than two people a week that they could also influence positively

## HOST ORGANISATIONS LOVE HEALTHY FOOD FOR ALL ABILITIES

Feedback from host organisations:

*"[One of the participants] just came to the office to let us know the amazing recipes he has been preparing and how much he is enjoying the program."*

*"They [the participants] all enjoyed the course and found it fun and beneficial."*

*"[The program] offers great activities everyone can easily engage in and offers amazing and helpful tips when choosing and purchasing foods."*

Why host organisations valued this program for their clients:

- » Participants were cooking more
- » The fun and engaging activities
- » Sparked a passion for healthy living

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## ABOUT THE PROGRAM

Our public health nutritionists delivered an engaging and practical experience tailored to people with disability and their support workers, across Western Australia.

The program was delivered as four, weekly sessions, run for 2.5 hours each. Sessions included interactive activities teaching key food and nutrition concepts and skills.

Participants cook in small groups, designed to enhance participant healthy cooking, knife handling, and food safety skills. Each session ends with participants sharing a meal together of the healthy Foodbank WA recipes they all made.

## WEEKLY SESSION TOPICS



### Week 1

Fruits and vegetables



### Week 2

Lean meats and dairy



### Week 3

Grains



### Week 4

"Sometimes and in small amounts" foods

## QUOTES FROM PARTICIPANTS

"[This] program planted seeds of thought, encouraging interest and responsibility for what and how I look at food. Excellent presenter...also made the experience personal, repeatable, predictable... There is not one person who would not benefit from learning about how food relates with good health and wellbeing, connecting physical, community, personal and mental social needs."

"The clients and I enjoyed it so much. We learnt a lot about choices and we brought home new cooking skills."

"Your [the facilitator's] patience and caring nature with everyone really created a safe and encouraging environment. [The participant with disability] and I have already made several of the recipes for dinner."