

Seven Years of Impact

Food Sensations® for Adults

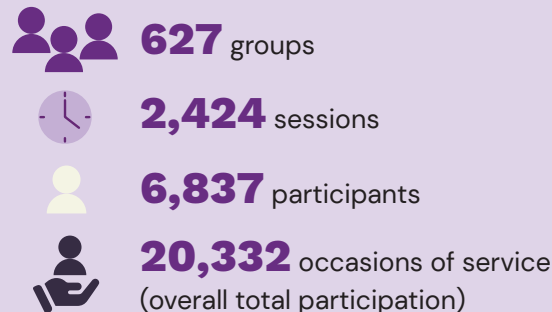


PROGRAM SUMMARY

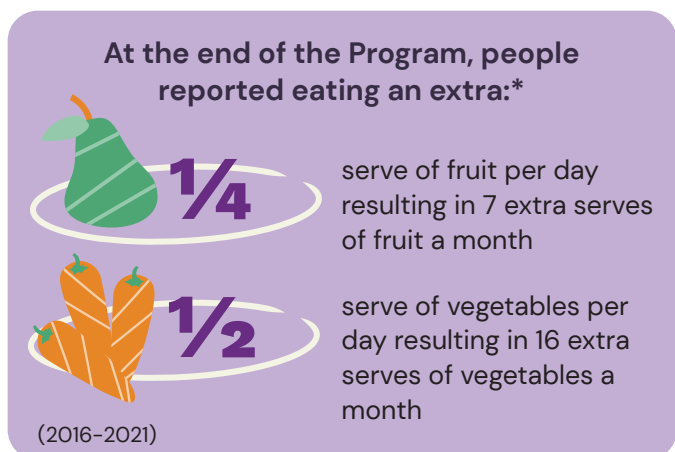
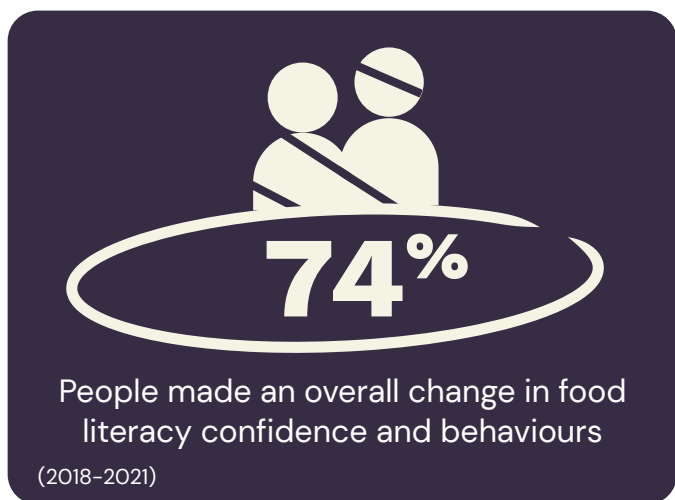
Food Sensations® for Adults was a statewide food literacy program that aimed to improve food choices through nutrition education. From 2016 to 2022, the Program was funded by the Department of Health Western Australia and was designed for people from low to middle income households to increase their food literacy skills, including those from:

- organisations with established groups
- the general public
- regional Community Resource Centres via video conference

Over seven years there were:



DEMONSTRATING RESULTS



*Statistically significant changes



FOR MORE INFORMATION

Visit our website to view our other programs.
foodbank.org.au/healthy-eating
E: info@foodbankwa.org.au

The percentage of people who increased how often they:



(2018–2021 pre program compared 3mth post program)

20% SOCIAL RETURN ON INVESTMENT

When considering environmental, physical health and mental health savings, the conservative value of the Program was found to exceed input costs by almost 20%.

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SOCIAL CONNECTIONS

Evaluation found that the Program did not only impact food literacy behaviour of people that attended but also their social interactions. Increased socialisation was a significant behaviour change and was attributed to meeting new people, cooking and sharing a meal with

"It makes a difference, the people you do these things with. I didn't know one or two of the group well, but I know them better now. The people that came got a lot of enjoyment out of it. It's good to get together, it's a social thing."

(Organiser from a regional Community Resource Centre)

others and joining new social networks.

Social impacts of the Program extended beyond those in attendance. During individual interviews conducted by Curtin University feedback included:

"I would bring home leftovers for [my] husband and daughters and this was more than enough to convince them to start cooking the recipes themselves. [They found it] exciting seeing what mum would bring home each week."

(Participant from a regional community group)



WHAT OUR PARTICIPANTS SAID

- > *"I enjoyed the opportunity to actually make recipes as part of the program, it gave me an opportunity to taste things I'd normally have avoided. This resulted in me eating new foods and including them in my diet."*
(Female from a metropolitan community group)
- > *"I have controlled my health mainly with the information that I have learned from Foodbank WA. That's been brilliant and all the other blokes say the same thing."* (Male from a metropolitan community group)
- > *"The Food Sensations program has helped me save money and enjoy cooking. A definite benefit to my overall wellbeing."* (Male from a regional community group)



WHAT OUR COMMUNITY ORGANISERS SAID

- > *"Overwhelmingly positive feedback. We had a very high attendance rate and all families enjoyed this Program. Many checking back in with us regarding which recipes they had tried at home."*
(Organiser from a non-government community organisation)
- > *"Foodbank WA teaches people how to survive. If all you have is a frypan, kettle and a bowl you can cook a healthy meal and be fed. You don't need anything fancy- that's a stand out."*
(Organiser from a non-government community organisation)



ABOUT THE PROGRAM

At Foodbank WA, our purpose is to feed, educate and advocate. We provide food and groceries to those who struggle to afford them. Since 2007, we have delivered nutrition education to promote healthy eating as well as advocate on behalf of people that experience food stress.

The hands-on *Food Sensations* for Adults program provided a safe environment to try new recipes and skills and was free of charge to participants.

Topics covered over the four sessions included:

- > Healthy eating
- > Label reading and food selection
- > Budgeting and meal planning
- > Food safety, preparation and cooking
- > Optional topics including mindful eating, lunchboxes, snacks, eating out, junk food and fad diets



WHY IT WORKS

Our facilitators are university trained nutrition professionals who use best practice models to improve food choices through nutrition education.

Food Sensations for Adults was delivered face to face, via video conference or online to reach more Western Australians, with sessions tailored according to each group.



RESEARCH AND EVALUATION

Associate Professor Andrea Begley from Curtin University evaluated the program from 2016 to June 2021. Dr Cath Ferguson, Dr Maria Enriquez Watt and Dr Dianne McKillop from Edith Cowan University evaluated the program from June 2021 to June 2022.

The ongoing evaluation of the program has resulted in international recognition of the effectiveness of *Food Sensations* for Adults as a statewide food literacy program.

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