

Food Sensations® for Parents 2020-2021 Impact



Food Sensations® for Parents (FSP) is a community nutrition education and cooking program designed for parents 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 Healthway for three years (2019 - 2021).



44 programs delivered through community parenting organisations across WA



198 sessions



1179 occasions of service

Who attended the program



342 parents or carers mostly female, aged 26-35 years with 1-2 children



42% indicated they live in disadvantaged or low socio-economic index (SEIFA) areas



38% reported their first language to be other than English

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

EFFECTIVENESS



74%

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



70%

improved their parenting feeding practices² by making at least one positive change



47%

increased their vegetable intake by 1/3 serve of vegetables each day

=

extra
10
vegetable
serves
per month

AT THE END OF THE PROGRAM:



97% found the program extremely or very useful



88% recommended the program to family and or friends

THREE MONTHS AFTER PROGRAM COMPLETION, PARTICIPANTS MAINTAINED IMPROVEMENTS IN:



all 13 food literacy behaviours and confidence



5 out of 10 positive parenting feeding practices



FOR MORE INFORMATION

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

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What do parents learn?

Week

1

Healthy eating

nutrition basics for the whole family



Week

2

Feeding children

requirements for healthy growth and development



Week

3

Family mealtimes

reducing mealtime stress



Week

4

Food on the Move

lunchboxes, food safety and label reading



Week

5

Feeding the family

meal planning, budgeting and shopping



"Thoroughly enjoyed the program. Very well run and loved the mix of theory and practical. I've continued adapting family meals with tips I learnt from the course to make them healthier and include all food groups. I would highly recommend the program to all parents."

Program Participant

"I thoroughly enjoyed the course. It gave me a better idea how to cook easy meals on a budget and be creative in trying new recipes for my fussy eaters." Program Participant

"That they (the parents) loved the way the program was set up. The cooking component of the program was a great way for parents to get to know each other." Community Organiser

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.

2.5 hrs per week

5 weeks

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.



1.5 hrs per week

4 weeks

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.

Research by Associate Professor Andrea Begley, Curtin University, 2020 – 2021.

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