

Monday, 28 February 2022

Changes to food and drink options for Gannawarra and North Loddon kids

Vic Kids Eat Well encourages small steps to make big change!

Northern District Community Health (NDCH) is excited to be involved in a new Victoria-wide movement to change food and drink options in schools, sporting clubs, community and council owned facilities.

NDCH's Health Promotion program is working together with organisations across Gannawarra Shire and the northern end of the Loddon Shire to support them to have water as the drink of choice, boost healthy food options in canteens and remove unhealthy marketing. "By working together we can provide children with the healthy start they need to learn, grown and thrive," NDCH Health Promotion Worker Rachel Brooks said.

The Gannawarra Shire Council-managed Cohuna and Kerang outdoor swimming pools and Kerang Technical High School are two organisations who have signed up to the movement. "Council is pleased to have worked closely with the Healthy Eating Advisory Service (HEAS) during the past year, and joining the Vic Kids Eat Well movement fits nicely with the work already undertaken," Gannawarra Shire Council Chief Executive Officer, Tom O'Reilly said. "We are passionate about providing healthy food options for children and families who visit our pools."

"KTHS are excited to explore the benefits of the program and look forward to working with local organisations to implement strategies to improve the health and well-being of our students," Kerang Technical High School Health and Physical Education team leader said.

There are four key actions within the program;

- Refresh the fridge – give sugary drinks the boot and let water take the spotlight,
- Switch up the snacks – ditch the sweets and offer delicious healthy snacks that give kids the fuel they need.
- Change up the menu – give fruit and veggies a chance to shine.
- Put the 'fun' into fundraising and marketing – add health appeal to meal deals and fundraising.

Boort Preschool, Murrabit Primary School and Boort Yando Cricket Club in conjunction with Boort District School Parents Club have already been putting the 'fun' into fundraising with Sweet Corn Cob, Cherry and Mango fundraisers. "This movement is about showing organisations the benefits of making that swap," said Ms Brooks.

NDCH CEO Mandy Hutchinson said the initiative is a great way to help kids develop lifelong healthy eating behaviours. "Those behaviours today will reduce the risk of a range of chronic diseases as adults," Ms. Hutchinson said.

The initiative is supported by the Victorian Government and is delivered by Cancer Council Victoria's Achievement Program, in partnership with Nutrition Australia's Healthy Eating Advisory Service.

Media Release:



In celebration of the launch of Vic Kids Eat Well, NDCH are running a poster/colouring competition, with all entries being displayed at the Cohuna show. Visit NDCH on Facebook for more details.

Organisations can learn more about Vic Kids Eat Well and sign up at vickidseatwell.health.vic.gov.au or by contacting Health Promotion Worker Rachel Brooks on 03) 5451 0200 or rachel.brooks@ndch.org.au.



Picture: Kerang Swimming Pool Kiosk

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Media Enquiries

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