

## PRIORITY AREA: INCREASING HEALTHY EATING (HE)

### Increasing Healthy Eating Action Plan – Overview

*Table: NEPHU Priority Area Action Plan – Increasing Healthy Eating 2023–2025*

#### Priority: Increasing Healthy Eating (HE)

(Long term aspiration)

##### Key objectives

To undertake health promotion and prevention initiatives that seek to increase healthy eating across the NEPHU catchment, and specifically, to:

- Increase access to healthier food and drinks, and decrease access to discretionary foods and drinks.
- Increase capacity to breastfeed, and prepare and consume healthier foods and drinks.
- Increase capacity to not consume discretionary food and drinks.
- Increase socio-cultural norms reinforcing healthier eating, drinking and breastfeeding.
- Increase purchase of healthier food and drinks, and decrease purchase of discretionary food and drinks.
- Decrease the quantity of discretionary food and drinks served eating out and at home.
- Decrease exposure to marketing of discretionary food and drink, and increase exposure to marketing of healthier food and drinks.
- Strengthen local and regional food systems.

##### Scope

- Food awareness and behaviours (individual)
- Access (including local settings)
- Food systems (including climate change)

##### Desired outcomes

Aligned with Victorian Public Health and Wellbeing Outcomes Framework, Domain 1: Victorians are healthy and well.

Outcomes:

- Victorians act to protect and promote health
- Victorians have good physical health

Indicators:

- Increase healthy eating
- Reduce overweight and obesity
- Reduce preventable chronic disease

Note: Outcomes articulated here represent the long-term outcome measures that work undertaken within the Catchment Plan will contribute towards. It is not necessarily anticipated that measurable change will occur in these long term outcomes within the life of the Catchment Plan, therefore, the evaluation of impact measures (or short/medium term outcomes) will be essential.

## Increasing Healthy Eating Project Control Group membership

*Table: NEPHU Healthy Eating Program Control Group*

Organisation	Role
Access Health and Community	Senior Manager Health Promotion & Engagement
Banyule City Council	Community and Social Planner
City of Whittlesea	Maternal and Child Health Coordinator
DPV Health	Senior Health Promotion Coordinator
Inspiro Health	Lead - Population Health and Inclusion
NEPHU	Public Health and Wellbeing Coordinator
NEPHU	Senior Manager, Engagement Communications and Capacity Development
NEPHU	Senior Manager, Integrated Planning and Programs
Nillumbik Shire Council	Social Planning and Policy Officer
Northern Health	Associate Director, Dietetics
North Richmond Community Health	Program Manager Healthy Communities
Oonah Health and Community Services Aboriginal Corporation	CEO

## Healthy Eating Action Plan Functional Area 1: Advocacy

Action	Horizon 1 – to June 30, 2023	Lead/Partner	Indicators	Horizon 2 – to June 30, 2025	Lead/Partner
1.1 Plan, implement and evaluate a range of advocacy campaigns to influence healthy eating (HE) behaviours, accessibility and food systems.	1.1.1 Amplify the existing Food for Health Alliance <i>Kids are sweet enough</i> campaign	1.1.1 L: Food for Health Alliance P: NEPHU Population Health	2—9, 20	1.1.2 Undertake an advocacy needs analysis with key stakeholder groups and community  1.1.3 Scope and undertake an advocacy campaign focused on access to healthy foods  1.1.4 Explore opportunities to further support the DPV Health <i>Healthy Schools for Healthy Futures</i> campaign  1.1.5 Encourage health promoters across the catchment to register with the <i>Vic Kids Eat Well</i> program  1.1.6 Support and endorse relevant HE advocacy campaigns being led by other key services within the catchment  1.1.7 Develop a 2-year HE Collective Advocacy Schedule in accordance with findings from Advocacy Needs Analysis  1.1.8 Co-design, implement and evaluate advocacy initiatives in accordance with HE Collective Advocacy Schedule	1.1.2, 1.1.3 L: NEPHU Population Health & HE Program Control Group P: TBC  1.1.4 L: DPV Health P: NEPHU Population Health  1.1.5 & 1.1.6 L: NEPHU Population Health & HE Program Control Group P: TBC  1.1.7—1.1.8 L: NEPHU Population Health & HE Program Control Group P: TBC

## Healthy Eating Action Plan Functional Area 2: Capacity Building (for professionals)

Action	Horizon 1 – to June 30, 2023	Lead/Partner	Indicators	Horizon 2 – to June 30, 2025	Lead/Partner
2.1 Scope and assess the training needs of the prevention workforce relating to food awareness and behaviours, food access (including local settings) and food systems across the NEPHU catchment.	2.1.1 Develop and undertake a Healthy Eating Stakeholder Training Needs and Expertise Survey/s inclusive of needs and opportunities associated with statewide programs and initiatives.	2.1.1 L: NEPHU Population Health & HE Program Control P: TBC	1—3, 7, 8, 16	2.1.2 Map the relevant prevention workforce ecosystem including development of a stakeholder database  2.1.3 Identify opportunities to align capacity building initiatives with key content from VicHealth's Local Government Partnership <i>Building better food systems for healthier communities</i> core module  2.1.4 Undertake an annual NEPHU Healthy Eating Stakeholder Training Needs and Provider Survey/s	2.1.2 & 2.1.3 L: NEPHU Population Health & HE Program Control P: TBC  2.1.4 L: NEPHU Population Health P: TBC
2.2 Develop a NEPHU Catchment Healthy Eating Capacity Building Calendar professionals.			1—4, 6—8	2.2.1 Develop a calendar of healthy eating training and capacity building events occurring across whole of catchment, upload to The Well and promote as appropriate.  2.2.2 Ensure health equity and priority population considerations are applied to the development of the NEPHU Catchment Healthy Eating Capacity Building Calendar  2.2.3 Maintain currency and promotion of the NEPHU Catchment Healthy Eating Capacity Building Calendar	2.2.1 & 2.2.2 L: NEPHU Population Health & HE Program Control P: TBC  2.2.3 L: NEPHU Population Health P: TBC
2.3 Harvest and upscale healthy eating and food systems knowledge within the NEPHU catchment service system.			1—3, 6, 7, 10, 16—18,	2.3.1 Collaborate with identified subject matter experts, particularly those within the NEPHU catchment, to leverage 'lessons learnt' and 'application of expertise in practise' to design and deliver healthy eating and/or food systems capacity building initiatives for professionals.	2.3.1 L: NEPHU Population Health P: TBC
2.4 Implement relevant initiatives within the NEPHU Catchment Healthy Eating Capacity Building Calendar.	2.4.1 Collaborate with relevant stakeholders to design and deliver a capacity building activity focused on food access and security.	2.4.1 L: NEPHU Population Health & HE Program Control P: VicHealth, City of Banyule, Better Health Network	1—3, 6—8, 10, 16—18, 20	2.4.2 Determine feasibility of (& act accordingly) hosting an online event to promote and share experience using the Local Food Environmental Policy Index - a tool for local government to strengthen work in creating healthy, equitable and environmentally sustainable food systems  2.4.3 Plan, implement and evaluate capacity building initiatives as per annual NEPHU Catchment Healthy Eating Capacity Building Calendar	2.4.2 L: NEPHU Population Health & HE Program Control P: TBC  2.4.3 L: NEPHU Population Health & HE Program Control P: TBC

Action	Horizon 1 – to June 30, 2023	Lead/Partner	Indicators	Horizon 2 – to June 30, 2025	Lead/Partner
2.5 Amplify the reach of existing healthy eating and food systems resources for professionals, inclusive of statewide programs and initiatives and develop additional resources (as appropriate).				<p>2.5.2 Launch and promote Digital Resource Library</p> <p>2.5.3 Liaise and consult with stakeholders to identify gaps in available written resources and investigate and action feasible solutions.</p> <p>2.5.4 Identify communication/feedback pathways with existing resource owners to maintain currency of resources, provide community feedback and seek to continually enhance the Healthy Eating and Food Systems Digital Resource Library and distribution opportunities.</p>	<p>2.5.1 &amp; 2.5.2</p> <p><b>L:</b> NEPHU Population Health &amp; HE Program Control Group</p> <p><b>P:</b> Local Government, Community Health, Aboriginal Community Controlled organisations, others TBC</p> <p>2.5.3—2.5.4</p> <p><b>L:</b> NEPHU Population Health &amp; HE Program Control Group</p> <p><b>P:</b> TBC</p>

## Healthy Eating Action Plan Functional Area 3: Community Awareness

Action	Horizon 1 – to June 30, 2023	Lead/Partner	Indicators	Horizon 2 – to June 30, 2025	Lead/Partner
3.1 Amplify the reach and accessibility of existing community facing healthy eating and food systems resources (including statewide programs), with a focus on equitably reaching both whole of population and priority populations and seek to address gaps in access to resources.			1–8, 11, 16	<p>3.1.1 Identify and collate relevant resources into a community facing Healthy Eating and Food Systems Digital Resource Library and upload to The Well and NEPHU’s website once live.</p> <p>3.1.2 Launch and promote HE and Food Systems Digital Resource Library</p> <p>3.1.3 Establish a Hard Copy Event Resource Kit for distribution at relevant in person community facing events</p> <p>3.1.4 Liaise and consult with stakeholders to identify and action opportunities for ensuring existing print and digital resources are reaching priority populations.</p> <p>3.1.5 Identify communication/feedback pathways with existing resource owners to maintain currency of resources, provide community feedback and seek to continually enhance resource library, kits and distribution opportunities.</p> <p>3.1.6 Identify gaps in language/accessibility and/or topic and work with stakeholders and community to co-design production and distribution of new resources.</p>	<p>3.1.1–3.1.3 L: NEPHU Population Health &amp; HE Program Control Group P: Local Government, Community Health, Aboriginal Community Controlled organisations, Multicultural Centre for Women’s Health, other TBC</p> <p>3.1.4–3.1.6 L: NEPHU Population Health &amp; HE Program Control Group P: TBC</p>
3.2 Promote newly established local initiatives and seek to leverage and upscale to other localised areas across the catchment as appropriate.			1–8, 11, 16	<p>3.2.1 Promote the newly established Whittlesea Collective Food Hub and Whittlesea Community Farm</p> <p>3.2.2 Liaise and consult with stakeholders to identify successful new initiative models and identify avenues to enable localised replication of models.</p>	<p>3.2.1 L: NEPHU Population Health, City of Whittlesea P: TBC</p> <p>3.2.2 L: NEPHU Population Health &amp; HE Program Control Group P: TBC</p>
3.3 Undertake quarterly seasonal vegetables and fruits awareness campaigns targeting both whole of population and priority communities.	<p>3.3.1 Design and implement a seasonal vegetables and fruits awareness campaign, including:</p> <ul style="list-style-type: none"> <li>Seasonal guide to vegetables and fruits</li> <li>Health and financial benefits</li> <li>How to use seasonal ingredients</li> <li>Shopping for seasonal produce on a budget</li> </ul>	<p>L: NEPHU Population Health, HE Program Control Group P: Inspiro Health</p>	1–8, 11, 16–19	<p>3.3.2 Design and implement quarterly seasonal vegetables and fruits awareness campaign, including:</p> <ul style="list-style-type: none"> <li>Seasonal guide to vegetables and fruits</li> <li>Health and financial benefits</li> <li>How to use seasonal ingredients</li> <li>Shopping for seasonal produce on a budget</li> </ul>	<p>L: NEPHU Population Health, HE Program Control Group P: Inspiro Health</p>

Action	Horizon 1 – to June 30, 2023	Lead/Partner	Indicators	Horizon 2 – to June 30, 2025	Lead/Partner
3.4 Identify and promote existing programs for First Nations communities across the NEPHU catchment which focus on food, culture and health.				<p>3.4.1 Identify existing initiatives and liaise with relevant stakeholders on opportunities, gaps and barriers to healthy eating</p> <p>3.4.2 Collate relevant resources into the Healthy Eating and Food Systems Digital Resource Library available on The Well.</p>	<p>3.4.1</p> <p><b>L:</b> NEPHU Population Health, HE Program Control Group</p> <p><b>P:</b> TBC</p>

## Healthy Eating Action Plan Functional Area 4: Community Education

Action	Horizon 1 – to June 30, 2023	Lead/Partner	Indicators	Horizon 2 – to June 30, 2025	Lead/Partner
4.1 Collaboratively develop and deliver a Healthy Eating and Food Systems Community Health Promotion and Education Program Schedule.	4.1.1 Deliver a community forum focusing on food label literacy and healthy choices for a priority population	4.1.1  <b>L:</b> NEPHU Population Health & HE Program Control  <b>P:</b> DPV Health and St Dominic's Primary School	2—8, 12, 16—19, 24	4.1.2 Undertake a needs analysis to identify priority healthy eating and food systems topics, targets, settings and training providers/programs.  4.1.3 Develop a NEPHU Healthy Eating and Food Systems Community Health Promotion and Education Program Schedule  4.1.4 Co-design, implement and evaluate initiatives in accordance with the NEPHU Healthy Eating and Food Systems Community Health Promotion and Education Program Schedule  4.1.5 Deliver a community forum for seniors, focusing on healthy eating for seniors/frail/people with swallowing or other identified issue/s	4.1.2 & 4.1.3  <b>L:</b> NEPHU Population Health & HE Program Control  <b>P:</b> TBC  4.1.4 & 4.1.5  <b>L:</b> NEPHU Population Health & HE Program Control  <b>P:</b> TBC



## Healthy Eating Action Plan Functional Area 5: Data and Intelligence

Action	Horizon 1 – to June 30, 2023	Lead/Partner	Indicators	Horizon 2 – to June 30, 2025	Lead/Partner
5.1 Develop and implement an evaluation strategy, inclusive of process, impact and outcome indicators for work within the NEPHU Healthy Eating Action Plan.	5.1.1 Ensure all Horizon 1 action items are designed and implemented with applicable core indicators and initiative specific indicators identification prior to commencement	5.1.1 <b>L:</b> NEPHU Population Health  <b>P:</b> HE Program Control Group	1, 2, 6, 13, 20	5.1.2 Ensure all Horizon 2 action items are designed and implemented with identification of applicable core indicators and initiative specific indicators prior to commencement  5.1.3 Develop and implement a NEPHU Catchment Plan Evaluation Strategy which will cascade in application to NEPHU Healthy Eating Action Plan  5.1.4 Undertake evaluation activity and reporting as specified within NEPHU Population Health Catchment Plan Evaluation Strategy  5.1.5 Review NEPHU Population Health Catchment Plan Evaluation Strategy prior to commencement of next 4-year planning period.	5.1.2–5.1.4 <b>L:</b> NEPHU Population Health, SRH Program Control Group, others TBC <b>P:</b> TBC  5.1.5 <b>L:</b> NEPHU Population Health <b>P:</b> HE Program Control Group
5.2 Explore access to and sharing of relevant public health research and data sources not currently available or being utilised by NEPHU.				5.2.1 Build relationships with tertiary institutes and research bodies and government departments to understand current and planned data intelligence projects and explore opportunities to access datasets to further enable evidence informed decision making on healthy eating and food systems prevention and promotion initiatives.  5.2.2 Approach Cancer Council Victoria regarding access to the <i>Vic Kids Eat Well</i> and the <i>Achievement Program</i> evidence base of activity undertaken by registered health promoters across the NEPHU catchment  5.2.3 Make datasets/resources accessible to stakeholders as appropriate  5.2.4 Continue to seek to identify, promote and/or create a range of current public health data intelligence resources	5.2.1 <b>L:</b> NEPHU Population Health <b>P:</b> HE Program Control Group, Department of Health, others TBC  5.2.2 <b>L:</b> NEPHU Population Health <b>P:</b> Cancer Council  5.2.3 & 5.2.4 <b>L:</b> NEPHU Population Health <b>P:</b> HE Program Control Group, Department of Health, others TBC

## Healthy Eating Action Plan Functional Area 6: Networks and Communities of Practice

Action	Horizon 1 – to June 30, 2023	Lead/Partner	Indicators	Horizon 2 – to June 30, 2025	Lead/Partner
6.1 Investigate need for a catchment-wide Community of Practice (CoP) for prevention stakeholders working to strengthen food systems and promote healthy eating, and action accordingly.	6.1.1 Consult with existing key stakeholders to identify value and scope of a healthy eating and food systems CoP and integration with existing landscape	6.1.1 & 6.1.2 L: NEPHU Population Health, HE Program Control Group, P: N/A	2, 3, 7, 8, 14, 16–18, 20, 24	6.1.2 If deemed valuable establish and activate a NEPHU Catchment Healthy Eating and Food Systems CoP  6.1.3 Identify and undertake core business of CoP  6.1.4 Undertake annual review of CoP	6.1.2 L: NEPHU Population Health, HE Program Control Group,  6.1.3 & 6.1.4 L: NEPHU Population Health, HE Program Control Group, P: TBC
6.2 Participate in relevant HE networks and partnerships across the catchment and promote information and opportunities accordingly				6.2.1 Develop a database of current HE networks and partnerships, the focus of each and opportunities for strategic alignment.  6.2.2 Identify networks and partnerships for proposed NEPHU membership and seek to action  6.2.3 Post relevant information and opportunities generated via HE networks and partnerships on NEPHU HE Libraries, Kits, Calendars, distribution lists and social platforms as appropriate  6.2.4 Continued participation in identified HE networks and partnerships and responsiveness to emergent needs.  6.2.5 Continued promotion of relevant information and opportunities generated via partnerships and networks.  6.2.6 Integrate HE networks and partnerships knowledge into the NEPHU Strategic Partnership Plan (to be developed)	6.2.1 L: NEPHU Population Health P: HE Program Control Group  6.2.2 & 6.2.3 L: NEPHU Population Health  6.2.4 L: NEPHU Population Health P: HE Program Control Group  6.2.5 L: NEPHU Population Health P: TBC  6.2.6 L: NEPHU Population Health

## Healthy Eating Action Plan Functional Area 7: Systems and Access

Action	Horizon 1 – to June 30, 2023	Lead/Partner	Indicators	Horizon 2 – to June 30, 2025	Lead/Partner
7.1 Harvest and upscale HE and food systems good practice program models within the NEPHU catchment service system.			1—3, 15—18, 20, 22, 24	7.1.1 Identify and collaborate with service providers from within the NEPHU catchment, to leverage ‘good practice HE and food systems program models’ and seek to expand the scale of the models.	7.1.1 L: NEPHU Population Health & HE Program Control Group P: Local Government, Community Health, Aboriginal Community Controlled organisations, PHN’s, Multicultural Centre for Women’s Health others TBC
7.2 Work towards fostering and enabling innovative, collaborative and responsive local HE and food systems initiatives.	7.2.1 Conduct a Health Eating and Food Systems Promotion and Prevention Grants Round 2022-2023	7.2.1 L: NEPHU Population Health P: HE Program Control Group & NEPHU Catchment Plan Steering Group	1—3, 15, 16, 18, 20, 24	7.2.1 Collaboratively develop a final version of the definition for Healthy Eating for the NEPHU Population Health Catchment Plan which is in alignment with the work across the sector and can be integrated into outcomes measurement.  7.2.2 Work collaboratively with First Nations local stakeholders and community to plan, implement and evaluate localised initiatives to address identified gaps and barriers to healthy eating  7.2.3 Provision of relevant subject matter expertise and other support as appropriate to non-NEPHU led HE and food systems initiatives throughout the catchment  7.2.4 Conduct a Health Eating and Food Systems Promotion and Prevention Grants Round in 2023- 2024 and 2024 - 2025, subject to evaluation of 2022-2023 grants round and funding availability.	7.2.1 L: NEPHU Population Health P: HE Program Control Group & NEPHU Catchment Plan Steering Group  7.2.2 L: NEPHU Population Health, HE Program Control Group P: TBC  7.2.3 L: TBC P: NEPHU Population Health  7.2.4 L: NEPHU Population Health P: HE Program Control Group & NEPHU Catchment Plan Steering Group

## **NEPHU POPULATION HEALTH CATCHMENT PLANNING STAGE 1 REPORT (PHASES 1 – 3)**

[NEPHU Population Health Catchment Planning Stage 1 Report \(Phases 1 – 3\)](#)

[NEPHU Population Health Catchment Planning Stage 1 Report \(Phases 1 - 3\) Appendices](#)

## **NEPHU POPULATION HEALTH CATCHMENT PLANNING WORKSHOP FINDINGS REPORT STAGE 1 PHASE 4**

[NEPHU Population Health Catchment Planning Workshop Findings Report](#)

## **NEPHU POPULATION CATCHMENT PLANNING PRIORITY AREA RECOMMENDATIONS REPORT**

[Population Health Catchment Planning Priority Area Recommendations Stage 2A Report Phase 1](#)

## NEPHU CATCHMENT-WIDE STAKEHOLDER PREVENTION ACTIVITY TO INCREASE HEALTHY EATING

*Table: NEPHU Catchment wide stakeholder prevention activity to increase healthy eating*

Functional Area 1: Advocacy			
Activity (Current)	Agency	Activity (Upcoming)	Agency
<b>C1. Healthy Schools for Healthy Futures.</b> An advocacy campaign to Department of Education for the current Canteens, Healthy Eating and Other Food Services policy to be updated, mandated and monitored in Victorian Schools.	DPV Health		
<b>C2 – C4. Food for Thought.</b> A project of the Inner East Health Promotion Partnership to scope food marketing and sponsorship in junior clubs. The project aims to understand the current context and then advocate for change to policy through local government and leagues.	Access Health and Community healthAbility  La Trobe Community Health Service/Link Health and Community		

## Functional Area 2: Capacity building (for professionals)

Activity (Current)	Agency	Activity (Upcoming)	Agency
<b>C5. Early Learning Centres Healthy Eating Project.</b> A place-based, whole of setting approach utilising evidence-based health promotion programs (e.g. Achievement Program and Healthy Eating Advisory Service Menu Guide) to address factors within a socio-ecological framework that are associated with healthy eating.	cohealth	<b>U1. Cooks Network.</b> <i>A capacity building project for cooks in early years services in Monash.</i>	Latrobe Community Health Service/Link Health and Community
<b>C6. Supporting Healthy Eating in Supported Residential Services (SRS).</b> An initiative working with seven SRS services to run a series of training days to improve the quality of the food offered to residents, provide residents with an opportunity to try/taste healthy foods, and development of relevant healthy eating resources and social media to profile these activities.	EACH		
<b>C7. Every Body in Every School.</b> Development, testing and dissemination of a toolkit for schools to create environments that support students' body image and healthy relationships with food and physical activity.	Inspiro Health		
<b>C8. Quality Improvement activities with general practices.</b> A quality improvement program for general practice that focuses on person-centred outcomes, which can include BMI.	North Western Melbourne Primary Health Network		
<b>C9. Healthy Eating and Addiction Recovery environments.</b> A capacity building program for an Alcohol and Other Drug (AOD) recovery service to build staff capacity to create supportive environments for healthy eating choices and practices and to identify and refer clients with disordered eating beliefs and practices.	Your Community Health		

Functional Area 3: Community awareness			
Activity (Current)	Agency	Activity (Upcoming)	Agency
<b>C10. KNOT: Growing Mob by cohealth Arts Gen.</b> A program enabling knowledge sharing from First Nations leaders and knowledge holders. Participants access learning opportunities about healthy sustainable eating through Indigenous food knowledge, connecting to Country, weaving, plant propagation, garden making and Indigenous plant use.	cohealth		
<b>C11. Community Healthy Eating and E-Resource.</b> A project to improve access to culturally appropriate healthy eating information for people from culturally diverse backgrounds including refugees, people experiencing low socioeconomic status or homelessness and people who identify as Aboriginal and Torres Strait Islander, and to deliver capacity building workshops for health guides and volunteers.	cohealth		
<b>C12. Yarra Ranges Food Connections Website.</b> A website providing up to date community information about food systems projects and programs in the Yarra Ranges.	Inspiro Health		
<b>C13. Maroondah Connect.</b> A community support telephone helpline to help residents access community programs including food relief.	Maroondah City Council		
<b>C14. Youth Group.</b> A weekly cultural youth group providing a meal with healthy elements and food related activities to improve literacy around healthy eating.	Oonah Health and Community Services Aboriginal Corporation		

Functional Area 4: Community education			
Activity (Current)	Agency	Activity (Upcoming)	Agency
<b>C15. Eat Well on a Budget.</b> A program aiming to reduce social isolation by using food to bring people together in an inclusive, culturally safe and weight inclusive environment. Learning opportunities about healthy eating that is cost effective are incorporated.	Access Health and Community	<b>U2. Tiger PAW.</b> A program delivering physical and wellbeing sessions in primary schools with nutrition component.	Aligned Leisure
<b>C16. Inner Peas.</b> A four-week social connection cooking program delivered in partnership with headspace Hawthorn in a secondary school setting.	Access Health and Community	<b>U3. A Taste of Tucker.</b> A program for Aboriginal parents, carers and their children to come together to share, learn and celebrate cooking affordable, nutritious food and to share and build knowledge of traditional food. A recipe book and recipe videos (TBC) will be produced.	Banyule Community Health
<b>C17. Healthy Schools Banyule.</b> A program delivering tailored healthy eating activities for local schools, and a quarterly newsletter for all schools in Banyule focused on healthy eating and active living.	Banyule Community Health	<b>U4. Fresh Start Monday.</b> Part 1 of this program is concluding and involves work within the curriculum of a local primary school to building students' capacity to eat healthily. In Part 2 local families will lead a weekly cooking program where they teach each other and share home recipes and build capacity to cook affordable and healthy food. Recipe videos and a recipe book/cards will be produced.	Banyule Community Health
<b>C18. Buna Garden Grows.</b> Activation of the local community garden to increase healthy eating and active living amongst the local community. Activities include regular community drop-in sessions, sessions for local schools, building a community volunteer base, sharing of produce with the local Aboriginal	Banyule Community Health	<b>U5. Get your Dad in the kitchen.</b> A cooking demonstration for dads and kids for Men's Health Week.	City of Boroondara



food share program, a gardening program for Somali Women and community connection and education events.			
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Activity (Current)	Agency	Activity (Upcoming)	Agency
<p><b>C19. Boroondara Maternal and Child Health Service Planter Boxes.</b> Planter boxes have been installed at two maternal and child health centres where facilitated playgroups for vulnerable families occur. Vegetable seedlings are planted with the children and nurtured at weekly playgroup sessions. At harvest time the vegetables are shared by the playgroup and taken home for cooking.</p>	City of Boroondara	<p><b>U6. Wellbeing conversations.</b> A series of wellbeing conversations including a guest speaker talking about healthy eating and gut health.</p>	City of Boroondara
<p><b>C20. Transition Resource Program.</b> A series of accessible videos and handouts to educate families with children starting school on health and wellbeing topics, including healthy eating.</p>	DPV Health		
<p><b>C21. Good Food for Good Health.</b> An online cookbook aiming to provide recipes and information that address perceived barriers to healthy eating, including cost, time and skills. The cookbook is used by local community groups and internal Dietetics team for client education.</p>	DPV Health		
<p><b>C22. Healthy eating resources for caregivers and teachers.</b> Development and dissemination of posters and handouts for caregivers and teachers using positive language around food.</p>	Inspiro Health		
<p><b>C23. Yarra Ranges Food Connections Extension Program: Paddock to Plate and Waste.</b> This program provides lesson plans and a community exhibition of student work to develop an understanding of a food system and locally grown fruit and vegetables.</p>	Inspiro Health		

Activity (Current)	Agency	Activity (Upcoming)	Agency
<p><b>C24– C27. INFANT Program.</b> A healthy eating and active play program for new parents of children aged 3-12 months.</p>	<p>cohealth La Trobe Community Health Service/Link Health and Community  Eastern Health  Manningham Council</p>		
<p><b>C28. Glen Park Oaks Community Garden.</b> Council operated volunteer program at Glen Park in Bayswater North, supporting communal gardening in a community setting. Community members and volunteers garden, interact, learn, and harvest and share in garden produce.</p>	<p>Maroondah City Council</p>		
<p><b>C29. Support for other community gardens in Maroondah.</b> A program to support a number of non- Council operated community gardens operating in Maroondah.</p>	<p>Maroondah City Council</p>		
<p><b>C30. Spring Outdoors Program.</b> An annual program of environmental events including education seminars where local communities can connect, learn and protect our natural environment and biodiversity. Delivered in partnership with Manningham City Council, Banyule City Council and Nillumbik Shire Council.</p>	<p>Nillumbik Shire Council</p>		
<p><b>C31. Various activities at Neighbourhood Houses.</b> A program of activities that includes community gardens, food pantry, education sessions, cooking demonstrations, Punjabi cooking club and food growing workshops.</p>	<p>Nillumbik Shire Council</p>		

Activity (Current)	Agency	Activity (Upcoming)	Agency
<b>C32. Nutrition Sessions.</b> A school-based program in which a health promotion officer and dietitian deliver fun and interactive sessions focusing on fibre, sugars, and fresh foods.	North Richmond Community Health		
<b>C33. United Cooking Group.</b> A weekly cooking class in which local community member learn new recipes from a dietitian and share different cultural foods.	North Richmond Community Health		
<b>C34. Tuckerbag.</b> A weekly food relief program providing fruit and vegetables for families in the Yarra Ranges and recipes promoting healthy eating at low cost.	Oonah Health and Community Services Aboriginal Corporation		
<b>C35. Earth Heart Spirit.</b> A cultural group that explores Culture and personal self-determination. Activities include cooking classes that use traditional foods and promote healthy eating.	Oonah Health and Community Services Aboriginal Corporation		
<b>C36. Stronger Culture, Stronger Tomorrow.</b> An initiative undertaken in partnership with the Aboriginal and Torres Strait Islander community to adapt and deliver local and tailored interventions to support healthy eating including a bush food program and adaptation of state-wide social marketing for the local community.	Your Community Health		
<b>C37. Arabic Gardening Group.</b> A tailored, local initiative undertaken in partnership with newly arrived Arabic-speaking communities to support healthy eating and improve food security through growing food.	Your Community Health		

Functional Area 5: Data and intelligence			
Activity (Current)	Agency	Activity (Upcoming)	Agency
<b>C38. Local Environmental Food Policy Index implementation.</b> A collaboration with Yarra Ranges Council, Inspiro Health, Eastern Health and Deakin University to complete the Policy Index to benchmark progress in implementing policies to create equitable and environmentally sustainable food systems.	Inspiro Health	<b>U7. Food systems mapping across Banyule, Darebin and Nillumbik.</b> This project will draw on a student-supported literature review of relevant methodology to inform mapping of food systems across Nillumbik, Banyule and Darebin by the North East Community Health Health Promotion Partnership. Systems mapping will inform community co-design of interventions to strengthen the food system.	Banyule Community Health
<b>C39. Healthy Suppliers Project.</b> A project to map food suppliers in the Inner East supplying food to settings such as schools, sports clubs, councils, and early years.	Latrobe Community Health Service/Link Health and Community		
<b>C40. Promoting CHANGE.</b> A randomised controlled trial led by Deakin University to evaluate whether an intervention to support local government to improve the availability and promotion of healthy food and drink in retail outlets is effective and delivers good value for money.	Nillumbik Shire Council		

## Functional Area 6: Networks and Communities of Practice

Activity (Current)	Agency	Activity (Upcoming)	Agency
<b>C41. Weight Inclusive Alliance.</b> Membership of the Alliance hosted by University of Melbourne.	healthAbility		
<b>C42. Climate Health Community of Practice.</b> A Community of Practice for professionals in the prevention sector facilitating learning, sharing and networking on the topic of climate change and its intersection with health, including healthy eating.	Latrobe Community Health Service/Link Health and Community		
<b>C43. Food Relief Network.</b> A network of local organisations providing emergency food relief for the community.	Manningham Council		
<b>C44. Maroondah Emergency Relief Network.</b> A network providing coordination, support, advocacy and leadership for the emergency relief sector, including food relief.	Maroondah City Council		
<b>C45. Yarra Ranges Local Farmers Network.</b> A network that creates a space for local farmers in the community to work collaboratively, support each other and to share information, insights and opportunities.	Yarra Ranges Council		
<b>C46. Gardens for Harvest Program.</b> A backyard home food gardening program for the community including a newsletter reaching more than 2000 subscribers.	Yarra Ranges Council		
<b>C47. Community Gardens.</b> A network of 17 community garden groups operating on both public and private land which meets monthly.	Yarra Ranges Council		

Functional Area 7: Systems and access			
Activity (Current)	Agency	Activity (Upcoming)	Agency
Local implementation of state-wide initiatives:			
<b>C48 – C52. Healthy Choices guidelines: Policy directive for Victorian health Services.</b> Compliance and/or policy development to align with the Victorian Government Healthy Choices: policy directive for health services.	Eastern Health healthAbility Northern Health North Richmond Community Health Your Community Health		
<b>C53 - C54. Healthy Choices guidelines: Guidelines for sport and recreation.</b> Implementation of Victorian Healthy Choices Guidelines in sport and recreational settings e.g. menu planning.	City of Whittlesea Inspiro Health		
<b>C55 – C56. Achievement Program.</b> A place-based, whole of service approach to healthy eating in early years services.	cohealth Latrobe Community Health Service/Link Health and Community		

Activity (Current)	Agency	Activity (Upcoming)	Agency
<p><b>C57 – C64. Vic Kids Eat Well.</b> A Victorian initiative to increase healthy food and drink choices among children in schools, sports clubs and other settings.</p>	<p>Access Health and Community cohealth DPV Health Eastern Health healthAbility La Trobe Community Health Service/Link Health and Community North Richmond Community Health Your Community Health</p>		
<p><b>C65 – C67. Smiles 4 Miles.</b> An evidence-based program implemented in Early Childhood Services to improve the oral health of pre-school aged children and their families.</p>	<p>Banyule Community Health DPV Health Inspiro Health</p>		
<p>Other local initiatives:</p>			
<p><b>C68. Community design of future healthy eating activities.</b> Continue to design relevant, long-term solutions to overcoming the barriers to healthy eating by listening to and co-designing with local communities through action research.</p>	<p>Banyule Community Health</p>	<p><b>U8. Healthy Rewards Initiative.</b> An initiative offering sports clubs healthier alternatives for the rewards they provide to junior participants.</p>	<p>Latrobe Community Health Service/Link Health and Community</p>



Activity (Current)	Agency	Activity (Upcoming)	Agency
<p><b>C69. Boroondara Cooks.</b> A program in which local ‘Cooks’ prepare an extra portion of a home cooked meal to deliver and share with a local ‘Diner’ with whom they are paired. Diners benefit from both a nutritious home-cooked meal and social connection.</p>	City of Boroondara		
<p><b>C70. Healthy Eating so Kids Thrive in Schools.</b> An initiative providing healthy eating sessions to students and parents (including Cooking with Kids, Eat a Rainbow, Everyday Lunchboxes/Lunches and Community Garden Excursions), encouraging students to lead on healthy eating in schools and helping schools to develop healthy eating policies, procedures and practices, including in school canteens.</p>	EACH		
<p><b>C71. Healthy Eating Small Grants Program</b> An initiative to increase the awareness, availability and consumption of healthy food and drink in school settings in Knox and Maroondah.</p>	EACH		
<p><b>C72. Improving the Yarra Ranges Food System.</b> Developing a Yarra Ranges Food Systems plan/policy in partnership with Inspiro, delivering community education through promotion at community events and delivering school projects to increase knowledge of the local food system.</p>	Eastern Health		
<p><b>C73. Upper Yarra Place Based Approach to Healthy Behaviours.</b> Development of a place-based approach to increase collective action on healthy behaviours and prevention of chronic disease, including a series of events to establish need and desire to work collaboratively in the Upper Yarra.</p>	Eastern Health		

Activity (Current)	Agency	Activity (Upcoming)	Agency
<b>C74. Food Mapping Literature Review.</b> Supervision of a student who undertook a literature review on Food Mapping process, learnings and barriers. This work will inform further conversations around what could food action look like in the north east.	healthAbility		
<b>C75. Size Inclusive Health Promotion.</b> Connecting with Star Health on their size inclusive practice guide with the hope of implementing it alongside Vic Kids Eat Well.	healthAbility		
<b>C76. Wattle Hill Community Garden.</b> Activating the community garden spaces in Wattle Hill to create connections with local residents and lead to other health and wellbeing outcomes.	healthAbility		
<b>C77. Healthy Sports Rewards.</b> An initiative to promote healthy sports rewards which supplies Certificates of Achievement and vouchers for free access to aquatic facilities to local sporting clubs.	Inspiro Health		
<b>C78. Maroondah Emergency Relief Grants Scheme.</b> Grant scheme providing assistance to not-for-profit community groups to deliver and develop emergency relief programs and services to assist vulnerable people.	Maroondah City Council		
<b>C79. Community Pantry.</b> The community food pantry provides access to donated, healthy, non-perishable food and toiletries for community members experiencing food insecurity.	Nillumbik Shire Council		
<b>C80. Edible Hub Garden.</b> One of 9 community gardens across Nillumbik providing an inclusive space where the public can connect and learn about food growing, community resilience, and sustainability. Garden produce is free for everyone to harvest, promoting the concepts of a sharing economy, and the use of communal land for the production of fresh, local food.	Nillumbik Shire Council		

Activity (Current)	Agency	Activity (Upcoming)	Agency
<p><b>C81. Food is Free.</b> Food is Free is a worldwide movement to increase food security and community cohesion through access to nutritious, healthy food. Left-over home-grown food and other items from the twice monthly Edible Hub Food Share are placed on the Food is Free table for everyone in the community to access. Individual donations can be left on the table at any time.</p>	Nillumbik Shire Council		
<p><b>C82. Food Swap and Share.</b> A twice-monthly get-together centred on giving, swapping, and sharing home-grown food and garden-related items with others in the community. The food share aims to increase community access to healthy home-grown food, build strong local relationships, and reduce the amount of food-related waste going to compost and landfill.</p>	Nillumbik Shire Council		
<p><b>C83. Edendale Community Farm - various activities.</b> A Local Food Systems project with disengaged youth from local secondary schools including a demonstration food growing garden area at Edendale Community Farm, sale of veggie seedlings to support 'The Veggie Empire' social enterprise, seed libraries, food growing workshops, support for community groups and events, community food gardens and the Community Grow Guide.</p>	Nillumbik Shire Council		
<p><b>C84. Deakin University Food Policy Index Mapping.</b> An internal review of policy and strategy applying Deakin University's support and toolkit.</p>	Yarra Ranges Council		

Activity (Current)	Agency	Activity (Upcoming)	Agency
<b>C85. Eat Well Live Well.</b> A co-design approach to support public housing residents to improve health and wellbeing.	Your Community Health		
<b>C86. Summer Food Justice Festival.</b> A festival of 10 fresh food pop-up markets to increase access to and consumption of vegetables and fruit amongst people experiencing food insecurity.	Your Community Health		