



# Plan to Eat Well

J a N U A R Y

**Menu Ideas**

- Fresh fruit smoothies using any type of berries.
- Fresh fruit and yoghurt.
- Salads such as green, pasta, rice and fruit using the listed salad and vegetables in season.

**Recipe of The Month**

*Summer Pudding*

**Ingredients:**  
White bread, a good selection of summer fruits, strawberries, blackcurrants, redcurrants, stoned cherries and raspberries, 4 teaspoons of sugar to taste.

**Method:**

1. Place fruit and sugar into a heavy saucepan and heat gently until the juice runs, cool.
2. Line medium size bowl with glad wrap and then line with the bread, taking care not to leave any holes or gaps.
3. Add the berry mix and juice. Cover the top of pudding with a further layer of bread.
4. Place a saucer or plate on the pudding small enough to fit inside the rim of the bowl. Top with a gentle weight (about 1 litre of milk will do) and leave in the refrigerator over night.
5. Turn out onto a plate and serve immediately. Serve with low fat yoghurt.

**What is in Season?**

**Vegetables**  
Avocado, asparagus, bean, capsicum, celery, cucumber, eggplant, lettuce, pea, radish, snowpea, squash, starfruit, sweet corn, tomato, zucchini.

**Fruit**  
Apricot, banana, berries (blackberry, blueberry, boysenberry, gooseberry, loganberry, mulberry, raspberry, strawberry), cherry, currant, lemon, mango, melons (honeydew, rockmelon, watermelon), nectarine, passionfruit, peach, pineapple, plum, rhubarb, starfruit, tamarils.

**Suggested Activities**

- Why not start the year with a resolution to become fitter and stronger? Try a Living Longer Living Stronger Program. For further information contact Council on the Ageing on 03 6228 1897.
- Organise a trip to the Taste of Tasmania or the many other festivals throughout the month.
- Visit a berry farm.
- Involve the clients in making jam and chutney.
- Have a picnic by a beach, river or lake.
- Have an Australia Day BBQ using lean meats and seasonal vegetables, fruits and salads.

**Weeks and Events**

- Campbell Town Festival of Art
- Chinese New Year is based on the lunar year
- Hobart Summer Festival
- North West Food Festival
- Spring Bay Festival
- Taste of Tasmania
- Taste of Ulverstone

For further information about events visit:  
[www.discovertasmania.com.au](http://www.discovertasmania.com.au)

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2005							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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2007		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							

## Project Report



**Australian Government**  
**Department of Veterans' Affairs**

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**Eat Well Tasmania wishes to extend sincere thanks to the following individuals and organisations for their support for this project:**

- Department of Veterans Affairs for funding this project
- Wendy Latham (Community Development, Department of Veterans Affairs), Julie Williams (Community Nutrition Unit, Department of Health & Human Services), Jenny Hagell (South Eastern Nursing & Home Care Association Inc), Leigh Tesch (formerly with Occupational Therapy, Department of Health & Human Services) and Ann Herbert (formerly with Seniors Bureau, Department of Premier and Cabinet).
- Vanessa Stansbie, former Health Promotion student, Curtin University of Technology
- All those organisations, groups and individuals who have put the Plan to Eat Well wall planner to good use

**Thank you**

# 1. Introduction

As people age, barriers to eating healthy meals such as living on reduced income, living alone and difficulty with transport or buying food can increase and result in less variety and quality of foods eaten. Physical changes such as difficulty chewing and swallowing, taste changes and altered appetite can also contribute to poor nutrition. Studies have shown that inadequate nutritional intake as people age affects quality of life, increases dependency and increases costs of care to the community.

A large number of older people in Tasmania share meals together in day centres or similar establishments. In addition, community-based organisations and groups such as Neighbourhood Houses and Eating With Friends groups also provide meal-sharing opportunities for older Tasmanians. These settings provide opportunities for promotion of nutrition using practical methods such as menu planning, displays and other activities.

This report provides details about the *Plan to Eat Well* project, including the project strategies and data collected as part of the evaluation of the project.

## 2. Aim and Objectives

The aim of *Plan to Eat Well* was to enhance the nutritional wellbeing of veterans and other older Tasmanians that use day centres and similar establishments.

The objectives of the project were:

- To increase the knowledge of day centre, and other similar establishment, staff and volunteers in relation to practical ideas to promote healthy eating to their clients.
- To increase the number of “theme” meals in centres based on the healthy eating wall planner.

The purpose of *Plan to Eat Well* was to provide organisations that cater to the needs of older Tasmanians with a useful resource that offered practical ideas for promoting health and wellbeing (and particularly healthy eating), while encouraging socialisation and involvement in related community activities.

## 3. Strategies

### 3.1 Formative Work

During 2003, a health promotion student researched and developed a wall planner intended for use by day centres throughout Tasmania. The wall planner included information about community events and special health weeks or days, such as Diabetes Awareness Week, Healthy Bones Week, Heart Week and others, and offered practical suggestions to promote nutrition using menu planning, activities and displays.

Based on this work, funding was obtained from the Department of Veterans Affairs to finalise the layout and artwork of the wall planner, and to print, distribute and evaluate its use.

### 3.2 Further Planning

A project reference group was established with representatives from the Department of Veterans Affairs, Seniors Bureau (Department of Premier & Cabinet), Community Nutrition Unit (Department of Health & Human Services), South Eastern Nursing & Home Care Association, Occupational Therapy (Department of Health & Human Services) and Eat Well Tasmania. The reference group reviewed and revised the original wall planner. The final content of the wall planner was based on the work undertaken during the formative phase, on the knowledge and experience of the reference group members, and the findings of a number of studies undertaken previously.<sup>1</sup> The final product is provided in Appendix A.

### 3.3 Distribution of Wall Planner and Collation of Feedback

In February 2005, a total of 346 wall planners were mailed directly to organisations catering to the needs of older Tasmanians across the State. Figure 1 provides a breakdown of the recipients of the wall planner. A broad range of ‘other’ organisations received the wall planner, including peer support groups, hospitals, and community and health centres.

The wall planner was not officially launched but it was promoted in the Eating Matters newsletter (a joint publication by the Community Nutrition Unit and Eat Well Tasmania) and through other publications and networks. This resulted in additional requests for the wall planner to be sent out.

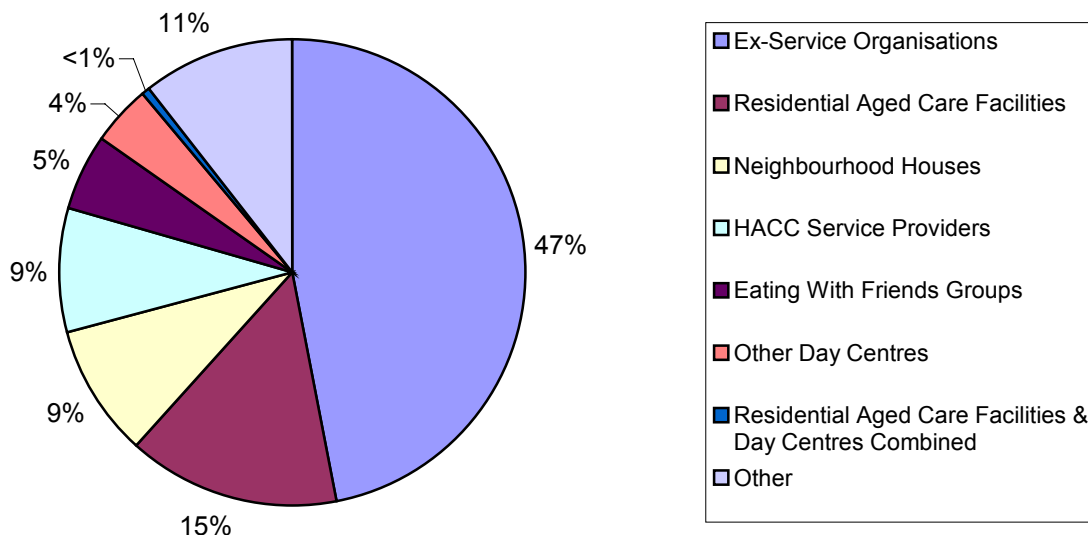
A cover letter and feedback form accompanied each wall planner (refer to Appendix B). Prizes were offered as incentives (three cookbooks) for returning completed feedback forms. The feedback received was collated as

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<sup>1</sup> 1999 LIFE project focus group and Primary Health and Community Needs Identification focus group sessions in Meander Valley, West Tamar and Campbell Town in June 2003

part of the evaluation. In addition to this initial feedback, a telephone survey was conducted during November 2005 (nine months post-distribution) to gain further feedback about the wall planner and its use. Appendix C details the survey questions.

**Figure 1: Recipients of the Wall Planner  
By Type of Organisation**



## 4. Results

### 4.1 Initial Feedback

A total of 60 (17%) feedback forms were received from recipients of the wall planner within one month of distribution. Table 1 provides an overview of which organisations completed and returned the feedback forms. Most feedback came from Neighbourhood Houses and Ex-Service Organisations.

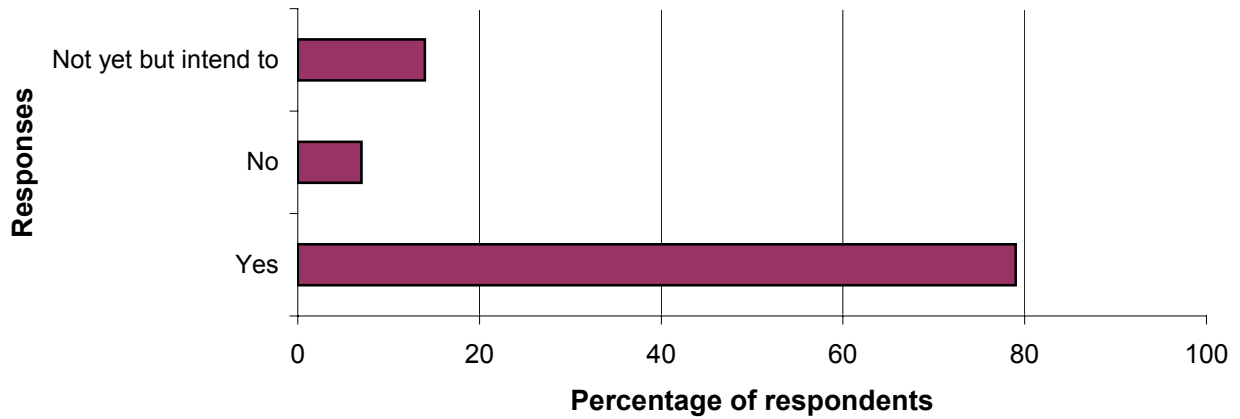
**Table 1: Feedback Forms Received by Type of Organisation**

Type of Organisation	Number of Feedback Forms Received
Neighbourhood Houses	18
Ex-Service Organisations	15
Day Centres	7
Eating With Friends Groups	5
Residential Aged Care Facilities	8
HACC Service Providers	3
Other	4

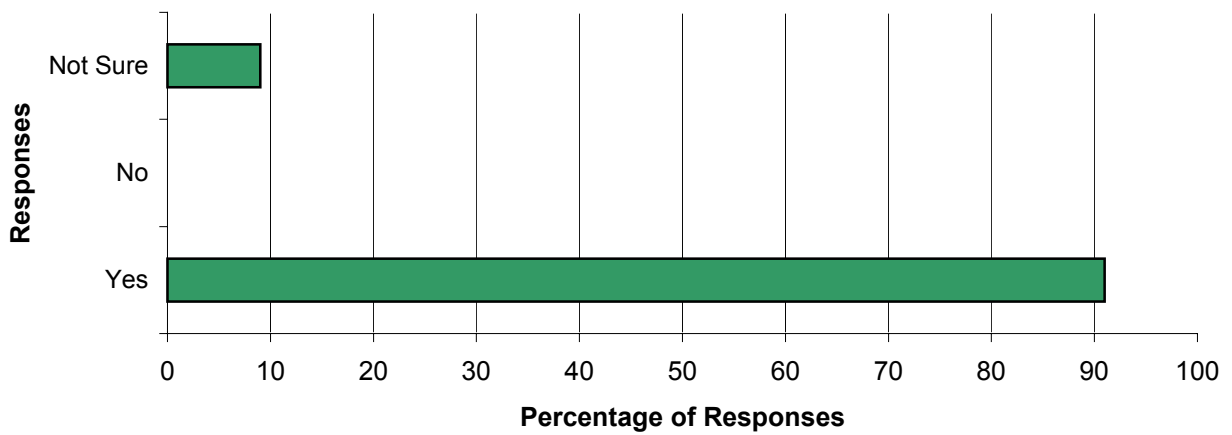
Of those who completed the feedback form, most recipients of the wall planner had hung the planner on the wall in their organisation (Figure 2: 79%); most thought that the ideas in the wall planner would be useful for staff and volunteers of the organisation (Figure 3: 91%); and most stated that the wall planner provided them with new information (Figure 4: 93%). Table 2 provides an overview of which aspects of the wall planner recipients thought would be most useful.

Figure 5 demonstrates that most recipients had not used any of the suggested ideas on the wall planner prior to completing the feedback form but most intended to (65%). Twenty-five percent of recipients had used the wall planner prior to completing the feedback form. Recipients were asked to return the feedback form with one month of receiving their wall planner. Table 3 outlines which ideas had been used.

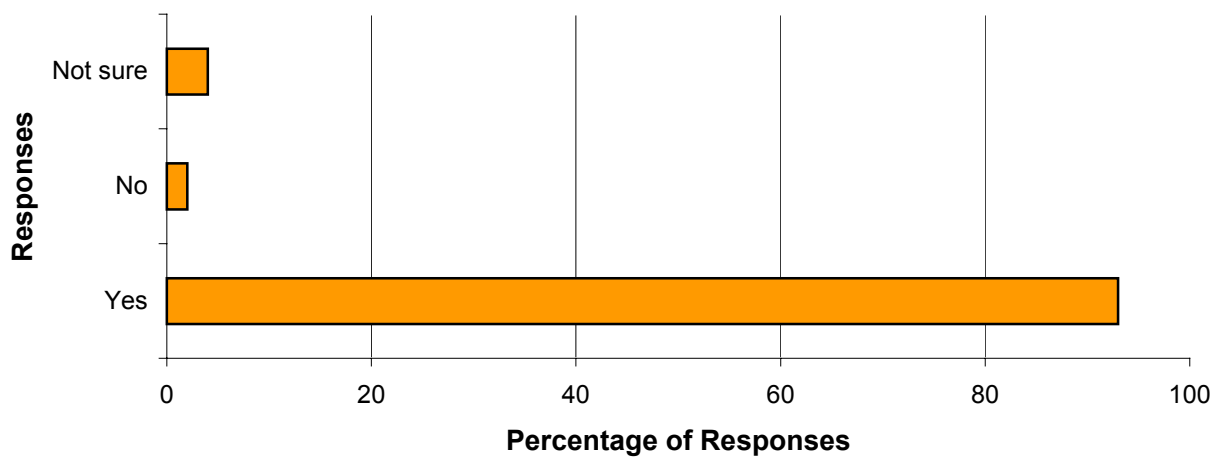
**Figure 2: Did you hang the wall planner on the wall in your organisation?**



**Figure 3: Do you think the ideas on the wall planner will be useful for staff and volunteers in your organisation?**



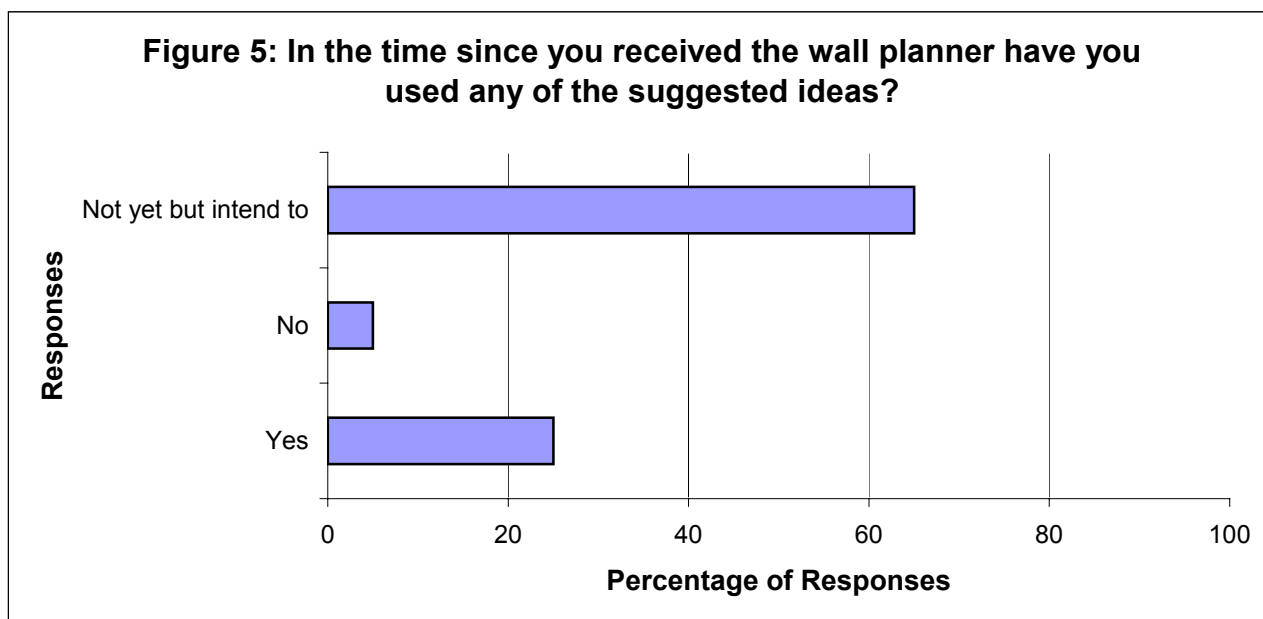
**Figure 4: Does the wall planner provide you with new information?**



**Table 2: What aspects of the wall planner do you think will be most useful?**

Aspect of the wall planner	Number of responses
Recipe of the month	37
Weeks and events	33
Menu ideas	33
What's in season	29
Suggested activities	28
Dietary Guidelines	25
Contact details for relevant organisations	17

**Figure 5: In the time since you received the wall planner have you used any of the suggested ideas?**



**Table 3: (If yes to Q. Figure 5), what did you use?**

Aspect of the wall planner	Number of responses
Recipes	6
Activity suggestions	5
Menu ideas	3
What's in season	3
Dietary Guidelines	2
Information for newsletter	1

In addition to the structured questions, a number of respondents provided further comments on the feedback forms. Some examples of this feedback included:

*"I like the design of this calendar with its 3 year lifespan"*

*"Thank you for the calendar. It is very informative."*

*"Our residents like the planner and have been asking about the ideas"*

*"Will use the recipes and will consider the activities. All the info looks good. Great thanks."*

*"Excellent calendar – I couldn't decide which area would benefit from it the most (Our Day Centre will have to share). Congratulations – print – presentation and planning."*

*"Especially useful as it is ok for 3 years. Great ideas. Will be used in planning for the year."*

*"Have placed in staff room – should prove very useful"*

*“Great idea, important to focus on healthy food, which this colourful, eye catching wall planner does.”*

*“Well presented – will be an asset for me to use in my role as Leisure and Lifestyle Therapist”*

*“Will include some of the info in our next newsletter”*

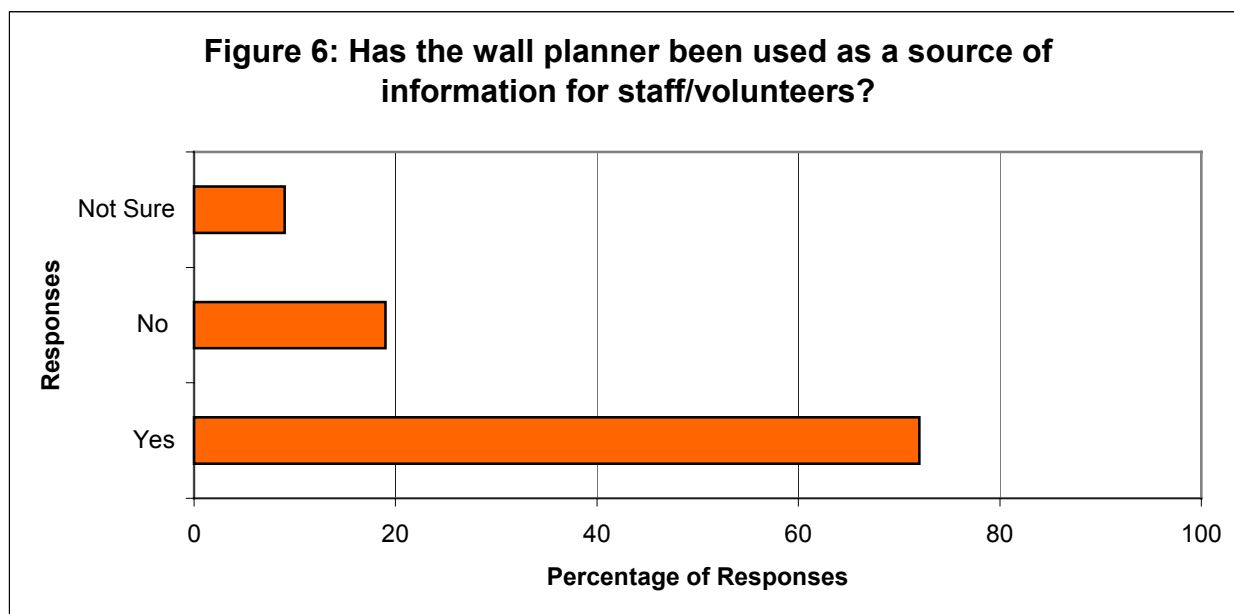
#### **4.2 Feedback from Telephone Survey (9 months later)**

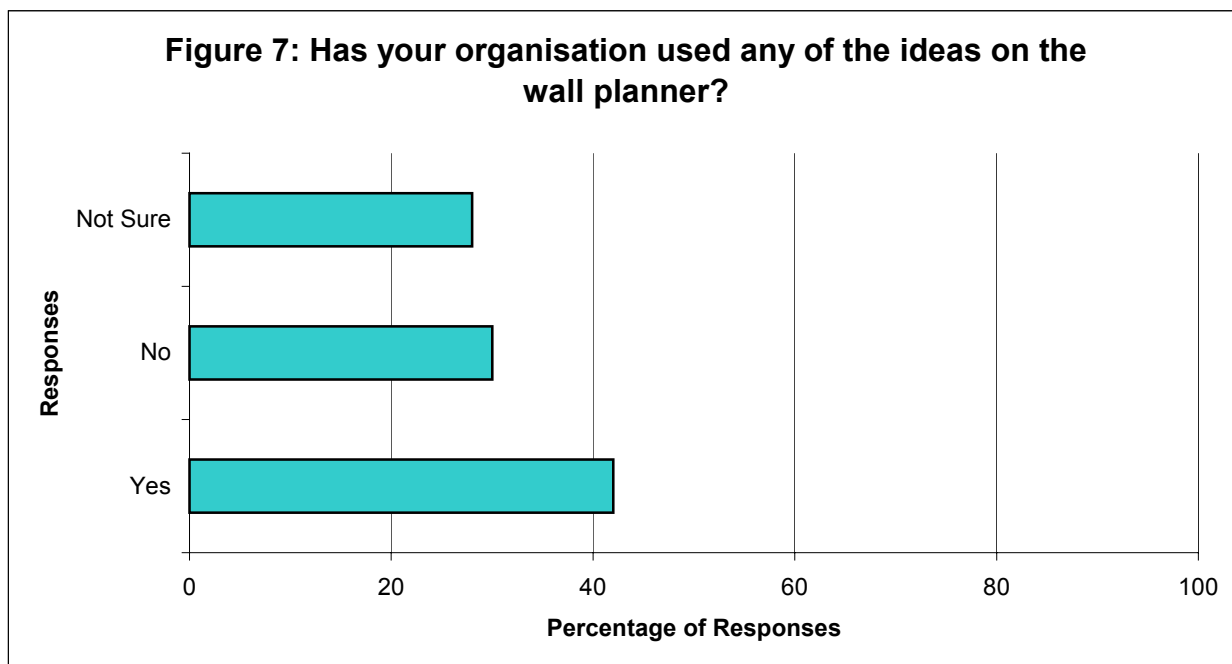
Table 4 lists the types of organisations that participated in the telephone survey nine months after distribution. A random selection of Ex-Service Organisations, all Neighbourhood Houses, all organisations that had completed the initial feedback form and all Eating With Friends Groups were contacted as part of this telephone survey. Forty-three organisations agreed to participate in the survey.

**Table 4: Participation in Telephone Survey by Type of Organisation**

Type of Organisation	Number of Organisations
Ex-Service Organisations	18
Neighbourhood Houses	15
Aged Care, Day Centres and Others	6
Eating With Friends Groups	4

Of those who participated in the survey, most respondents stated that the wall planner had been a source of information for staff and volunteers (Figure 6: 72%). Many respondents provided additional comments, including the location of the wall planner (usually in the kitchen, office or staff areas). Forty-two percent of respondents had used at least some of the ideas on the wall planner (Figure 7). Most commonly, the ideas on the wall planner that had been used included recipes, what’s in season, menu ideas and nutrition information for specific groups.





The majority respondents had not made changes to meals offered to clients and participants as a result of the ideas presented on the wall planner, but 34% of respondents had (Figure 8). Additional comments relating to this question included:

*"We offer more vegies"*

*"We've altered a couple of things to make it more healthy for Eating With Friends"*

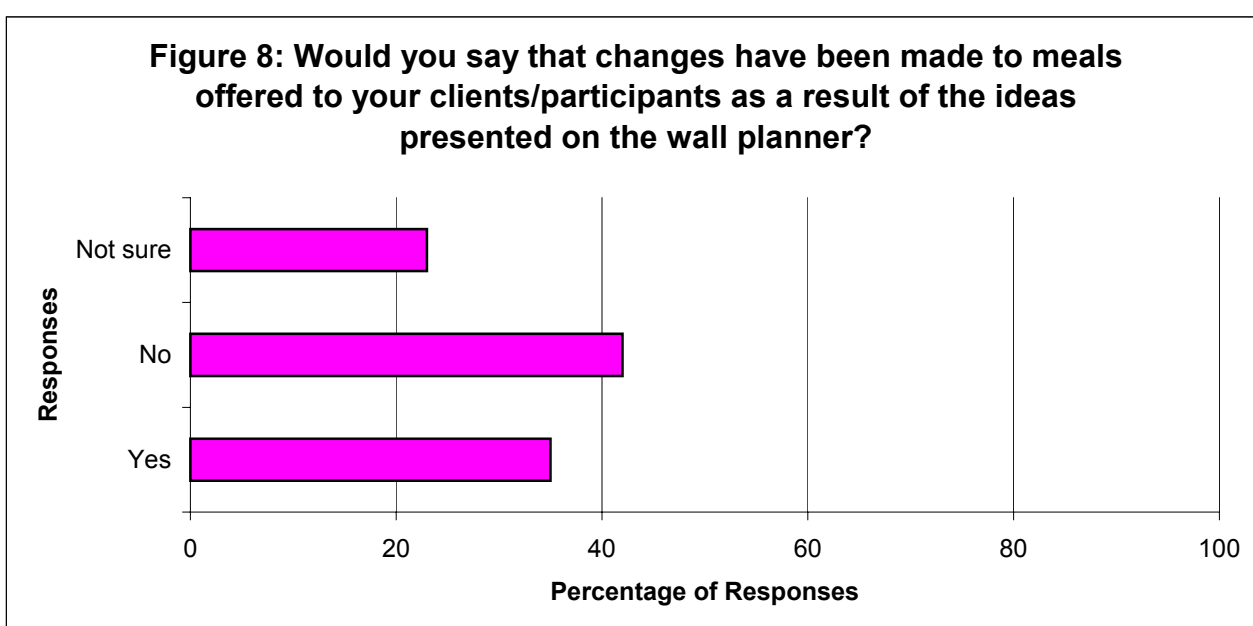
*"Our BBQs are healthier"*

*"I've noted a definite change at lunch times from takeaways to salads"*

*"New ideas for our cooking group – especially different vegies to offer"*

*"The widows are more conscious of the quantity of food they cook and ensure variety with vegetables"*

*"Meals have one more vegetable on menu"*



Similarly, most respondents had not implemented additional activities to promote healthy lifestyles as a result of the wall planner (Figure 9): Twenty-three percent stated that they had made additional changes including:

*“The staff have taken to walking at lunch time”*

*“We’ve used the services suggested”*

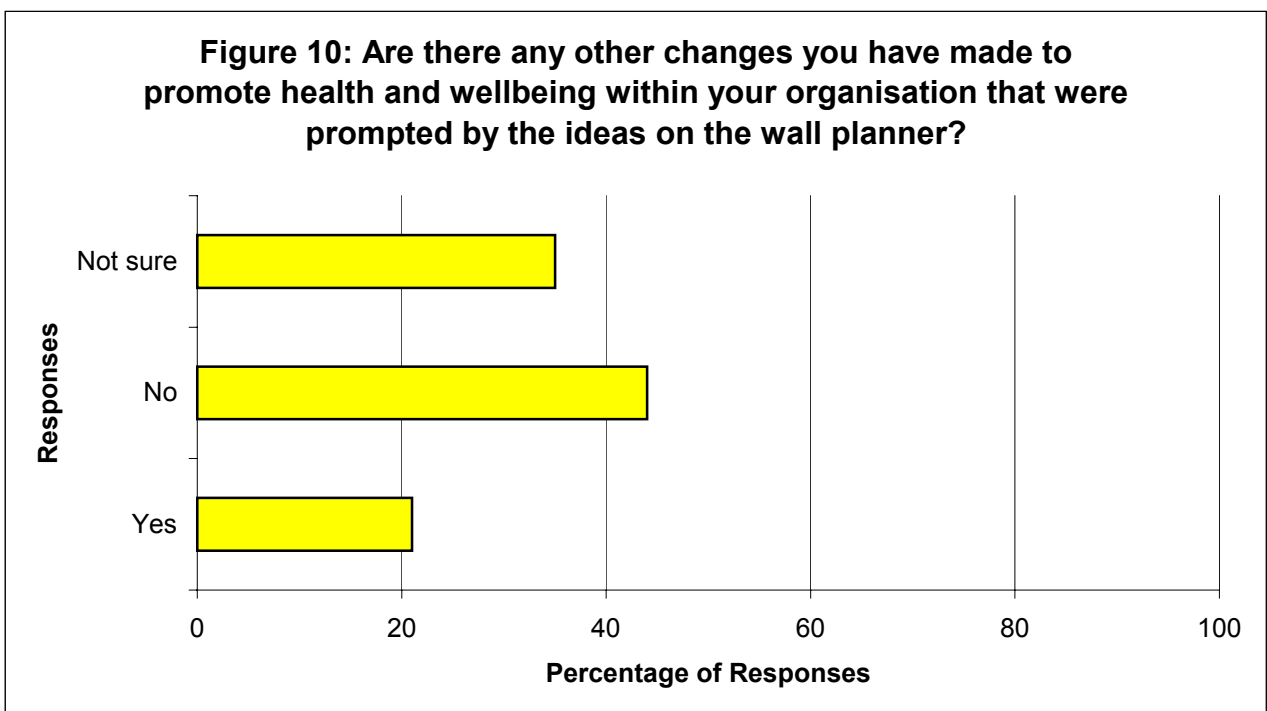
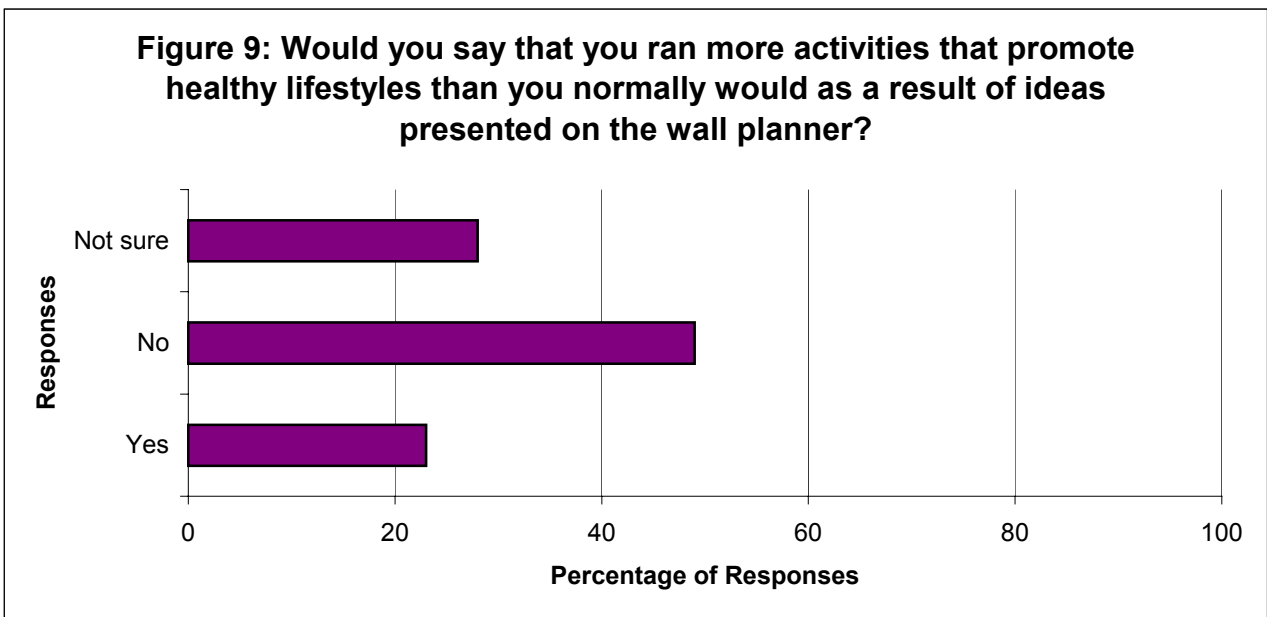
*“We’ve run community based cooking activities, had community lunches for elderly and breakfasts for children”*

*“Healthy eating days, tai chi, strength training for older people and lunches*

*“Cooking for One or Two”*

*“One healthy forum per month”*

In relation to other changes to promote health and wellbeing, 44% of respondents said they had not made any other changes and 21% said they had made changes (Figure 10) including changes to their own lifestyles.



A number of other general comments were also received, including:

*"It's been useful"*

*"It's been a good source of information and people have made comments about it"*

*"It is very easy to use and very good really"*

*"It's very well presented and well set out. It's been great to know what's in season"*

*"Good recipe ideas and information"*

*"It's a great way to promote eating well – we would like to receive another one"*

*"Wonderful idea – liked the 3 year aspect so we can use it again next year"*

*"It's been very handy in my office"*

*"It's a gorgeous thing – high quality – it really matters that it's beautiful to look at because it stays on the wall"*

*"Just keep sending them out"*

*"It's great! And able to use for the next three years"*

## 5. Discussion & Conclusions

From the comments provided on the initial feedback forms and the telephone survey, it would appear that the wall planner was generally well received by recipients. Both the initial feedback forms and the telephone survey nine months after distribution confirm that the wall planner was regarded as a source of health information (Figures 4 and 6).

The wall planner was hung by most recipients who returned the initial feedback form (Figure 2) and during the telephone survey, many commented on the current location of the wall planner without being prompted. Therefore it would appear that recipients had a positive attitude towards displaying the wall planner and potentially using it. This is confirmed by responses to the question in Figure 3, where most recipients initially commented that they would use the wall planner.

However, while the wall planner was regarded as a source of information, the telephone survey indicates that it was less effective in actually encouraging organisations to make changes to menus, activities and other aspects of the organisational environment that might enhance health and wellbeing. Ninety-one percent of initial respondents indicated that they thought the wall planner would be useful for staff and volunteers (Figure 3) and although many had not yet used the ideas at the time of completing the initial feedback form, most (65%) intended to (Figure 5). However, when questioned nine months later, most of those surveyed had not or were not sure if they had used the wall planner ideas, made changes to meals, organised more health promoting activities or other changes to promote health and wellbeing (Figure 7, 8, 9 & 10).

It should be noted that this data should be interpreted with caution as the response rates for both the initial feedback form and telephone survey were not high. Further survey work would need to be carried out to confirm these conclusions.

Despite the majority of respondents indicating that they had not made changes, a number of organisations did indicate that changes had been made. Forty-two percent stated they had used at least some of the ideas on the wall planner, 34% had made changes to meals for clients 23% ran more health promotion activities than normal and 21% had made other changes to their organisations to promote health and wellbeing. Encouragingly, several respondents commented on increasing vegetable and fruit consumption. Whether this can be attributed at all to the wall planner is questionable as no information about other determinants was gathered at the time, however the wall planner may have acted as an awareness raising or prompting tool.

The wall planner itself was well received by most recipients, however there were a number of suggested improvements. These should be considered if similar or related projects are to be undertaken in the future. The following comments came out of the initial feedback forms:

*"Leaflet recipes during the year which can be discussed at meetings – both for those living alone and for various functions such as morning/afternoon teas, etc."*

*"Print needs to be larger in regard to dates."*

*"Would like more recipes."*

*"Phone contact point should be a local call from all regions in Tassie."*

*"Maybe the lower section of the planner could be better utilised with a note pad/shopping list."*

*“Dates of events could be included.”*

*“Calendar is a bit big.”*

Further comments were received during the telephone survey including;

*“Very vibrant pictures – Nutrition Guidelines should be a little smaller so it’s A3 not A2”*

*“Good, attractive, but it fell to bits”*

*“Planner presented at meeting when received but no real interest in it. Beautiful production but nowhere to hang it. Can’t suggest anything that would make it more useful.”*

*“Writing very small – difficult for elderly people to read”*

*“Very useful and more info on diets”*

*“Calendar is a bit big – smaller would have been better (A4)”*

*“Presented at Committee meeting. No-one interested in changing their dietary habits. Planner disposed of.”*

*“A bit too big but very nice.”*

*“Gentle exercise prompts would be useful.”*

*Plan to Eat Well* came in on budget. An audited financial statement is attached in Appendix D. Significant additional in-kind support was necessary to deliver the project including assistance to package and post wall planners, collate feedback, undertake the telephone survey and produce this report.

In conclusion, *Plan to Eat Well* fulfilled its purpose of delivering a useful resource that offered practical ideas for promoting health and wellbeing (and particularly healthy eating) to organisations that cater to the needs of older Tasmanians. The wall planner appears to have been successful at raising awareness about nutrition and other aspects of health and wellbeing, and may have facilitated the adoption of some changes within organisations that provide meals or coordinate health promotion activities for older Tasmanians.

# Appendices

**Appendix A**  
**Wall Planner** (attached as a hard copy)

# Appendix B

## Cover Letter and Feedback Form

9<sup>th</sup> February 2005

Dear Service Provider

Plan to Eat Well Wall Planner

Please find enclosed your complimentary wall planner that was developed by an Eat Well Tasmania partnership project called Plan to Eat Well.

The wall planner aims to provide organisations that cater to the needs of older Tasmanians with a useful resource that offers practical ideas for promoting health and wellbeing (and particularly healthy eating), while encouraging socialisation and involvement in related community activities.

Representatives from a number of organisations have been involved in the development of the wall planner including the Department of Veterans Affairs, Community Nutrition Unit and Community Outreach in the Department of Health and Human Services, Seniors Bureau and Eastern Shore Community Nursing.

We hope that you like the wall planner and will put it to use within your organisation. The wall planner has a three-year life and provides some terrific ideas for events, activities and menu planning, as well as information about what's in season, recipes of the month and useful contact details.

We welcome your comments and feedback at any stage. We have also enclosed a feedback form. Once you have had a look at your wall planner and perhaps even had a chance to try it out please complete and return this feedback form to us. If your feedback form is returned to us before the 11<sup>th</sup> March 2005, you will go into the draw to win a series of fabulous cookbooks! Please return your feedback form to Eat Well Tasmania, GPO Box 1624, Hobart 7001 or fax it to 6233 2123.

Please do not hesitate to contact me if you would like to discuss the Plan to Eat Well project or this wall planner further by phoning 6233 2923. We hope you enjoy your wall planner!

Kind Regards

*Miriam Herzfeld*

**Miriam Herzfeld**  
Executive Officer

# Wall Planner Feedback Form

Please return your feedback form to Eat Well Tasmania, GPO Box 1624, Hobart 7001 or fax to 6233 2123 by **11<sup>th</sup> March 2005** to go into the draw to **WIN** a series of fabulous **cookbooks**.

## What type of organisation are you part off (please tick boxes)?

- |   |   |
|---|---|
| <input type="checkbox"/> Ex-service Organisation      | <input type="checkbox"/> Eating With Friends Club       |
| <input type="checkbox"/> Neighbourhood House          | <input type="checkbox"/> Residential Aged Care Facility |
| <input type="checkbox"/> Day Centre                   | <input type="checkbox"/> HACC Service                   |
| <input type="checkbox"/> Other (please comment) _____ |   |

## Did you hang the wall planner on the wall in your organisation?

- Yes       No       Not yet but intend to

## Do you think the ideas on the wall planner will be useful for staff and volunteers in your organisation?

- Yes       No       Not sure

## If yes, what aspects of the wall planner do you think will be most useful?

- |   |   |
|---|---|
| <input type="checkbox"/> Weeks and Events     | <input type="checkbox"/> Recipe of the Month                        |
| <input type="checkbox"/> Suggested Activities | <input type="checkbox"/> Dietary Guidelines                         |
| <input type="checkbox"/> What's in Season     | <input type="checkbox"/> Contact Details for Relevant Organisations |
| <input type="checkbox"/> Menu Ideas           |   |

## Does the wall planner provide you with new information?

- Yes       No       Not sure

## In the time since you received the wall planner have you used any of the suggested ideas?

- Yes       No       Not yet but intend to

If yes, what did you use? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are there any other comments you would like to make? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**THANK YOU**

# Appendix C

## Telephone Survey

“Hello, my name is...from....At the beginning of the year we sent you a wall planner with nutrition information and other health information. We are keen to find out if the wall planner has been used over the past 10 months. Do you have a few minutes to answer some questions?”

Has the wall planner been used as a source of information for staff/volunteers?

Yes       No       Not sure

(Comments) \_\_\_\_\_  
\_\_\_\_\_

Has your organisation used any of the ideas on the wall planner?

Yes       No       Not sure

If yes, what aspects of the wall planner have you used? (Note: try not to prompt them here)

\_\_\_\_\_  
\_\_\_\_\_

Would you say that changes have been made to meals offered to your clients/participants as a result of the ideas presented on the wall planner?  Yes       No       Not sure  
(if they can give an example that would be great) \_\_\_\_\_  
\_\_\_\_\_

Would you say that you ran more activities that promote healthy lifestyles than you normally would as a result of ideas presented on the wall planner? (Note: if they need examples you can suggest things listed in the suggested activities section of the wall planner)

Yes       No       Not sure

(If they can give an example that would be great) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are there any other changes you have made to promote health and wellbeing within your organisation that were prompted by the ideas on the wall planner?

Yes       No       Not sure

If yes, what: \_\_\_\_\_  
\_\_\_\_\_

Are there any other comments you would like to make about the use of the wall planner? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Thank you for your time**

**Appendix D**  
**Financial Statements** (attached as a hard copy)