



Eating Matters



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The Community Nutrition Unit and Eat Well Tasmania would like to acknowledge and thank all those organisations, groups and individuals who have worked together to promote healthy eating over the past year.

It's been a busy year for everyone but we've definitely seen some gains along the way. Along with a three fold increase in Eat Well Tasmania membership numbers, there have been many community-based initiatives, we've attracted funding for some of our state-wide projects and new initiatives, developed policy, worked with the media, created skill development and networking opportunities and strengthened the nutrition web in Tasmania.

We look forward to working together with you all in 2009 to make a difference, realise our goals and improve health and wellbeing!

Wishing you all a safe and happy time over the holiday season!

Nenita Orsino

Acting Executive Officer
Eat Well Tasmania

Eat Well Tasmania

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News from Eat Well Tasmania

Eat Well Calendar

Eat Well Tasmania has had an overwhelmingly positive response to the recently published Calendar produced with support from the Seniors Bureau and the Department of Health and Human Services. Designed to support older Tasmanians in enjoying healthy eating, the calendar is a beautiful and valuable resource including information and recipes.

With many requests to order more of the calendars, we will happily do another print run if demand is high enough. We will be able to sell the calendar for \$15 plus postage. If you would like to place an expression of interest in ordering a copy or copies, please contact Eat Well on ph: 03 6223 1266 or email: admin@eatwelltas.org.au.

Invitation

Eat Well Tasmania – Call for volunteers for *The Mercury Kidz in the Park*

EWT will be taking part in the Hobart City Council's *The Mercury Kidz in the Park* day on Sunday 4 January 2009. Last year, this was a fantastic opportunity for us to provide nutrition information and giveaways to children and adults that attended on the day.

We are seeking volunteers to help us for next year's event. We will have a craft table, apple slinky giveaways, rice paper roll making, general information, and more!

If you are able to help out for all or part of the day, please contact Alicia on email: admin@eatwelltas.org.au.

We will fill volunteer places on a first serve basis so don't risk missing out...contact Alicia Today!

SEMINARS and FORUMS FOR INTEREST OF EAT WELL TASMANIA MEMBERS

Permaculture Design Certificate

15–27 January 2009

Franklin, Tasmania

Cost: \$1050 per person (10% discount for couples, or four people for the price of three)

Design your own garden or farm. Learn how to lead a self-reliant lifestyle. Grow your own food. Equip yourself with practical knowledge and life skills. Qualify to consult in permaculture design solutions for others.

For further information and bookings contact:

Celia Leverton, ph: 03 6266 3755; email: celialev@iinet.net.au

Introduction to ABS Products and Services

Wednesday 17 December, 10:00–11:30 am

Room 44, Allambi Building, Howick St, **Launceston**

The Tasmanian office of the Australian Bureau of Statistics (ABS) will be presenting two free 90 minute seminars on Introduction to ABS Products and Services. The seminars will increase participants ability to access ABS information, including the wealth of free data available on the ABS website. The overview of the ABS website will include; themes, navigation & search, Census data, and CDATA Online which was released 27 October 2008.

For bookings phone Helen Marmion on: 03 6222 5902 or email: helen.marmion@abs.gov.au



Enjoy Healthy Eating and Support Local Produce

WHAT'S IN SEASON IN DECEMBER?

Give these delicious in-season vegetables and fruits a go!

VEGETABLES

Tasmanian: Alfalfa, Asian Greens, Beans, Beanshoots, Broccoli, Cabbage, Capsicum, Carrots, Cauliflower, Cherry Tomatoes, Cucumber, Herbs, Leek, Lettuce and Loose Salad Leaves, Mushrooms, Onions, Peas, Potatoes, Rhubarb, Silverbeet, Spinach, Spring Onions, Tomatoes.

Other Australian: Asparagus, Beetroot, Brussels Sprouts, Eggplant, Endive, Radishes, Snowpeas, Squash, Sweetcorn, Witlof, Zucchini.

FRUIT

Tasmanian: Apples, Apricots, Blueberries, Cherries, Nectarines, Peaches, Passionfruit, Plums, Raspberries, Strawberries.

Other Australian: Avocados, Figs, Grapes, Kiwifruit, Mangoes, Melons (Honeydew Melon, Rockmelon, Watermelon), Oranges, Papaya, Pineapple, Pomegranate, Starfruit.

This information has been compiled with the assistance of the Eat Well Tasmania program. Please note that there may be some variation based on local market availability.

Yoghurt Mousse with Fruits Serves 10

Ingredients:

Canola or olive oil spray
10 g sachet of powdered gelatine
2 tbsp hot water
2 punnets of strawberries, sliced
2 egg whites
100 g sugar
Pinch of cream of tartar
1 tbsp lemon juice
2 cups low fat natural yoghurt
200 g cherries, pitted
1 cup diced melon
A few extra fresh fruits for decoration



Method:

- Lightly oil a 20–23 cm springform cake tin or a two litre glass bowl.
- Stir gelatine into the hot water until dissolved.
- Dot the base and sides of the tin with a few strawberry slices.
- Beat egg whites and cream of tartar into stiff peaks then beat in half the sugar.
- Mix diluted gelatine, lemon juice, yoghurt and remaining sugar together. Gently fold in beaten egg whites. Then delicately mix in the cherries, diced melon and remaining strawberries.
- Pour mixture into tin and place in the fridge to set for at least three hours.
- Turn out carefully. Decorate with extra fresh fruits

*Source: ABC Tasmania Recipe Archive:
<http://www.abc.net.au/overnights/stories/s1519141.htm>*

Eat Right Grow Bright

Children's Expo

The Children's Expo, held on October 18 at the Burnie Civic Centre, was a great success with hundreds of north west families attending the event. The Eat Right Grow Bright (ERGB) team hosted three stalls on the day.

Graeme and Janice Stevenson, our local enthusiastic garden gurus, coordinated a vegetable growing stall. They demonstrated compost creation and transplant of lettuce seedlings, plus encouraged families to identify the contents in a giant crate full of vegetable and herb plants. Children could take pea seedlings to grow in their home gardens, many adults went away with handouts including a planting calendar and a compost 'recipe'.



Graeme and Janice Stevenson at The Children's Expo

Kate DePaoli and Emily Shephard organised a second large stall inside the Civic Centre where they peeled and spiralled 17kg of apples (with only one functioning apple peeler!). They ran a raffle and provided nutrition information to the public.

Children were invited to contribute cut out fruit and vegetable pictures to the ERGB giant mural. Gila Rouse, a local Family Food educator, and Vanessa Gale's children, provided fantastic support by cutting out the fruit and vegetable pictures for the mural.

Vanessa Gale, A/g north west coordinator for Child Health Association of Tasmania (CHAT), hosted a stall to promote the pram walking groups and playgroups that are operating in the Burnie area.

There was a lot of interest generated in all the stalls and staff distributed a huge number of handouts and giveaways throughout the day.

Many thanks to Graeme, Janice, Gila, and Vanessa and her family for their assistance on the day and in the lead up to the Expo. Thanks also to Playgroup Tasmania for organising this very successful event.

Welcome Kellie Anderson – new CHAT coordinator!

We'd like to welcome Kellie to the ERGB/CHAT team. Kellie will take over from Vanessa Gale as the CHAT coordinator for the north west.

Kellie will be coordinating the pram walking groups and various playgroups that fall under the ERGB project. The ERGB team would like to thank Vanessa for her contributions to the project this year, particularly for maintaining the programs while we searched for a new coordinator. We wish Vanessa all the best with future endeavours and look forward to working with Kellie in the future.

For further information about the Eat Right Grow Bright project please contact either:

Kate DePaoli

Ph: 03 6440 7006

Email: kate.depaoli@dhhs.tas.gov.au or

Emily Shepherd

Ph: 03 6431 5802

Email: eshepherd@eatwelltas.org.au



Stuck for stocking filler ideas?

Here are some great ideas that encourage children to keep active and enjoy healthy eating! There is something for everyone, these ideas cover all budgets and stocking sizes.

Swimming accessories: goggles, swimmers/bathers, floaties, kickboard, sunglasses, hat, zinc cream, sunscreen, rash vest, inflatable pool toys

Outdoor activities: totem tennis, hacky sack, walkie talkies, torch for spotlight games, compass, pedometer, bike accessories (speedos, lights, bike bell), camping accessories, bike helmet, wind socks, kites, rollerblades, walking and cycling route maps, camping and picnic gear, strawberry plants, gardening tools, seeds, cherry tomato plants, skipping rope, balls, cricket set, frisbee, skateboard, hoola hoop, scooter, table tennis set, badminton set, mini golf clubs, fishing gear, sandpit toys

Cooking and food: apron, cooking utensils (cherry pitters, strawberry slicers, novelty muffin tins), dried fruit and nut mixes, cookie cutters, herbal teas, tea pot, tea strainer, tea infuser, fruit hamper for the Christmas table, seasonal fruits, cookbooks

Gift vouchers: passes to local swimming pools, mini golf, bowling, activity centres; National Parks pass; vouchers for horse riding, dance lessons, swimming lessons or gym sessions

Other ideas: patterned bandaids, *Twister*, sports socks, *Food for Thought* children's book (which has fantastic animals made from fruit and veg), novelty toothbrush and toothpaste, water bottle, insulated lunchbox, DVDs that encourage dance and movement, yoga mat, fit ball.

Move Well Eat Well

All Tasmanian primary schools have recently been invited to participate in the *Move Well Eat Well* award starting in 2009. So far the response has been positive across the state with government and non-government schools expressing interest.

The closing date for expressions of interest is 12 December, so if you have connections with primary schools now is the perfect time to encourage them to take part. A membership application form is on the *Move Well Eat Well* website.

Early in the New Year, an orientation session will be held to introduce the award to participating schools, provide some exciting new Tasmanian resources and explain the award process in detail.

Community and health workers who provide services, resources and support to primary schools' health and wellbeing will shortly be invited to join the *Move Well Eat Well* Community Support Directory. This online directory will enable schools to find local contacts and encourage partnerships.

The *Move Well Eat Well* website is now up and running at:

www.education.tas.gov.au/movewelleatwell

This is an interim website, with a more comprehensive site being developed by the Department of Education for next year. The new site will have a range of downloadable:

- Support materials and ideas for schools
- Newsletter inserts
- Tips and suggestions
- Contacts and links

Eat Well Tasmania will be supporting participating Move Well Eat Well schools through access to ideas, our costume cupboard, and resources.

For more information in the meantime, contact Sue Moir, ph: 03 6222 7328 or email: movewelleatwell@dhhs.tas.gov.au



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Student Project Report—Healthy Catering Policy

To introduce ourselves; we are two dietetic students from Griffith University who have just completed our six week public health placement at the Community Nutrition Unit in Hobart. This included a research project on awareness and use of the Department of Health and Human Services' Healthy Catering Policy (HCP) by staff in all units of Population Health (PH).

The aim of our project was to develop strategies to overcome identified barriers and promote enablers during use of the HCP.

Evaluation was completed using three survey methods; online, interview and observation of current catering practices. We used the online survey tool 'Survey Monkey'. It allowed us to effectively and easily distribute the survey and to collect and analyse responses. We believe this was one of the main contributors to our high response rate of 61.4%. We recommend using Survey Monkey for future departmental online surveys.



We conducted interviews with staff that volunteered and were identified as organising catering regularly. Our results highlighted current barriers and enablers. We made a number of recommendations to overcome these barriers in our full project report.

Observations were made on food items provided for catered departmental functions within PH; however, there were many limitations involved. As a consequence it is not certain whether our results were representative of current practice.

Our evaluation showed that the majority of PH staff are aware of the HCP. Their attitudes towards healthy catering and the HCP were positive. The online survey demonstrated only a small number of PH staff do not believe all foods provided at work functions should be healthy.

The usage of the HCP was determined by each evaluation method. Results suggest that most staff involved in the organisation of catering make an active effort to order what they perceive as healthy foods, however may make choices which are not consistent with the policy.

It was determined through the interviews that the HCP needs to be more accessible and practical plus be promoted and enforced by senior management. Resultant strategies to enable these factors include making the policy accessible on the intranet, providing practical examples of healthy catering to be ordered (descriptive and pictorial) and developing a list of caterers able to create foods in accordance with the policy.



We have enjoyed our time here as students and extend a warm thank you to everyone who has helped us with this project.

Darcie Penrose and Sarah Ashley-Jones

For more information on the Healthy Catering Policy please contact:

Penelope Clark, CNU dietitian

Ph: 03 6222 7733; Fax: 03 6222 7252

penelope.clark@dhhs.tas.gov.au

Nutrition in Disability Services-brief update

The second phase of the Nutrition in Disability Services project started in July this year. Based in the south, it has funded a dietitian two days a week for an additional year.

Phase two will support four additional residential organisations from July 2008 to June 2009. We will continue to support two organisations from phase one.

The targeted organisations are working with the project dietitian to identify their nutritional needs and issues and are developing strategies to address these during the next 12 months.

For more information on the project please contact the project dietitian.



Natasha Meerding

Ph: 03 6222 7315

natasha.meerding@dhhs.tas.gov.au

Food, Fads and Feelings

Another fabulous group of women have just finished the nine-week **Food, Fads and Feelings** course. The participants form a body image and eating awareness group which is facilitated by a dietitian and a psychologist.

Food, Fads and Feelings is for women only and intended to empower participants to make healthy, sustainable changes to behaviour. Participants are encouraged to improve their physical activity, eating behaviour and relaxation levels. They are supported around positive body image and self-esteem. The course is designed to assist women to give up dieting!

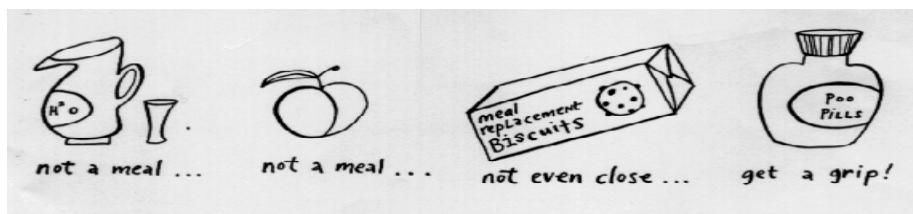
The Community Nutrition Unit (CNU) is evaluating the effectiveness of the course component in the Food, Fads and Feelings program. The CNU aims to evaluate course outcomes for 50 women and to follow up for two years after completion of the course.

If you are interested in being involved in next year's group, please contact:

The Community Nutrition Unit

Ph: 03 6222 7222

community.nutrition@dhhs.tas.gov.au





Family Food PATCH



From the PATCH...

There has been so much in the news lately about the nutritional health of our Nation's children- everything from obesity to disease control through to the regulation of junk food in advertising and the addition of iodine in bread to combat the deficiencies that we have here in Tasmania.

Family Food PATCH is dedicated to mobilizing and equipping parents to make informed choices around food purchasing and how, when and why our children eat. Food should be fun as well as nutritious and we love to encourage parents to experiment and share their love of healthy food with their children.

Family Food PATCH finished training new family food educators in Beaconsfield in October and we appreciate all the effort by Alison in the Neighbourhood House which enabled us to do that. Kacey Rubie was the dietitian facilitating the five week program as well as Kim Jose, the physical activity consultant and myself, as the project officer.

Excitingly, we have stocked our *Nutrition and Physical Activity Toyboxes* with a grant from the Tas. Early Years Foundation. These are for educators to use when they are working with groups and are chocked full of toys, games and dress-ups. They will be kept with the Community Nutrition Unit (CNU) dietitians in the north and north west and with me in the south.

I receive many requests each week from groups wanting specific training in single topics and we endeavour to manage each one by providing resources, educators or referrals. We work in partnership with the CNU, the Child Health Association and Eat Well Tasmania.

I am grateful to the volunteers who work so hard for us. We appreciate your time and effort.

Lastly, I would like to leave you with a simple recipe for vegetable pikelets which were an outstanding success at the Abbotsfield Primary early learning group called "Happy Hands". One Mum said, "My daughter never eats veges, but she has had three pikelets!" Go veges!

Vegetable Pikelets

1. Grate and lightly cook 1 small carrot in 1/8 cup orange juice. (microwave)
2. Grate 1 small zucchini into a bowl and add ½ cup SR flour, ½ cup wholemeal SR flour,
3. Stir in 1 egg, 1 tbsp brown sugar and ¾ cup milk to make a smooth batter.
4. Add cooked carrots. Cook in a frypan until small bubbles appear, flip, wait until cooked and serve.

Happy chomping!

Cheers

Michelle Fletcher

Family Food PATCH project officer

Ph: 03 6224 9198; email: familyfoodpatch@iprimus.com.au

PATCH updates

In early 2009 the Family Food Patch project will be offering PATCH updates around Tasmania.

These sessions will be a great chance for local Family Food Patch educators to meet Michelle Fletcher, the new project officer, and the regional dietitian.

Sessions will be run at around the state, focussing on fun activities for children that promote nutrition and physical activity. We also have a range of new and exciting resources that we'd love to share with you.

Dates and locations are yet to be confirmed. If you are interested in having a PATCH update in your area please contact Michelle Fletcher on ph: 03 6224 9198. Lunch will be provided, as well as free child care on-site.

We look forward to seeing you there!



The Parents Jury is a web-based forum of over 3,600 parents who wish to express their views and collectively advocate for the improvement of children's food and physical activity environments in Australia.

The increase in overweight and obesity is one of the biggest health threats facing Australian children. Obesity levels amongst Australians are rising rapidly. In the 1960's only 5 per cent of Australian children were overweight or obese; this figure has risen to approximately 25 per cent in 2008. Experts estimate that by 2025 one third of all children will be overweight or obese.

The Parents Jury seeks to improve children's health through advocacy action, focussing on both "upstream" issues to influence policy and food environments as well as local based grassroots advocacy.

The Parents Jury advocates for:

1. Good nutrition for children including creating healthy school food environments.
2. A reduction in the amount of food marketing to children including TV advertising, junk food sponsorship and internet sites that promote junk foods.
3. Improved physical activity environments for children including active transport to school, physical activity within school and access to after school sports.
4. A reduction in the number of supermarket checkout counters displaying confectionery, snack foods and sweet drinks.

The Parents Jury provides up to date information and advocacy resources for parents on a wide range of issues relating to children's nutrition and physical activity environments.

Members receive a fortnightly e-newsletter, they can participate in the online discussion forum, are regularly given the opportunity to express their views in polls and surveys and are invited to participate in a range of advocacy activities.

The Parents Jury is supported by the Australian and New Zealand Obesity Society, Cancer Council Australia and its member bodies, Diabetes Australia – Vic, WA and QLD, and VicHealth. Together these organisations have a major interest in improving children's nutrition and levels of physical activity. Membership is free and open to all Australian parents, grandparents and guardians of children aged 18 and under. You can register online by visiting www.parentsjury.org.au.

Justine Hodge
November 2008

Raise the bar on healthy school fundraising

Fundraising activities are a great opportunity to engage with children and the wider community to promote healthy lifestyles. Unfortunately schools and clubs often choose to fundraise with unhealthy snack foods because they are seen as easy and profitable, and in the process they send conflicting messages to children about proper health and nutrition.

Advocacy group The Parents Jury recently surveyed Australian schools about their fundraising activities, the barriers they face in implementing healthy fundraising policies and their own tried and tested examples of profitable healthy fundraising initiatives.

The results show that while over 90% of schools believe that they have a responsibility to teach children about healthy food and lifestyles, a considerable 70% still held a confectionery fundraiser in the last 12 months.

Also, of the 88% of schools that have implemented healthy school nutrition guidelines, only 14% of this group have committed to implementing a healthy fundraising policy. However when asked if anyone had ever complained about unhealthy fundraising methods at their school, 45% of schools said they have already acted on others' concerns, or are willing to consider them.

The most profitable fundraising activities identified by schools are casual dress or dress up days, raffles, mother's and father's day stalls, school fetes and auctioning or selling donated goods and services.

If you're concerned about unhealthy fundraising activities at your child's school or club, get involved with the fundraising committee and help to plan healthy changes from within. The Parents Jury's website has a list of healthy fundraising suggestions and links to healthy school fundraising resources for both parents and schools to get inspiration.

Visit The Parents Jury's website for more information at www.parentsjury.org.au.

News & Services from Diabetes TASMANIA

2008 has been a busy year for Diabetes TASMANIA.

Emily Gatenby, an Accredited Practising Dietitian has joined the team in August to fill our new Allied Health Manager position. Emily is based in Launceston and has been putting in some hard yards to get our new telephone-based coaching program up and running. So with a total of 2 dietitians (Emily and Yvonne) and a third to join us in January, the nutrition expertise of Diabetes TASMANIA has been significantly strengthened. Read on for some exciting news about our programs....

Diabetes Risk Assessment Tool

Are you at risk of Diabetes? The Australian Government has recently published the new *Australian Type 2 Diabetes Risk Assessment Tool*. This tool asks 10 questions with points scored for different answers. Total scores over 15 indicate a high risk of developing type 2 diabetes – approximately 1 in 7 will develop the condition.

The tool can be downloaded from Department of Health and Ageing website by visiting www.health.gov.au and then entering "diabetes risk tool pdf" in the "Search" box. Bulk hard copies can be ordered by emailing: resourcekits@health.gov.au. Or contact us if you are just after one pamphlet.

The COACH program

Diabetes TASMANIA has introduced a new telephone based program called *The COACH Program* to help people with type 2 diabetes or prediabetes or high risk of diabetes reduce their risk of the complications of diabetes. Coaches are qualified dietitians or diabetes educators who contact clients by telephone every 4-6 weeks over 6 month period at a time that is convenient for clients. The COACH Program is fully funded by the Department of Health and Human Services under the Australian Better Health Initiative: a joint Australian, State and Territory Governments' initiative. As this service is telephone based, it is available for clients who live anywhere in Tasmania.

New group program for people at risk of type 2 diabetes

Reset your life is a lifestyle modification program for people who are at high risk of type 2 diabetes (who receive high score on the Australian Type 2 Diabetes Risk Assessment Tool). The program includes 7 group sessions over 6 months with special focus on nutrition and physical activity. Each session involves both interactive education as well as time devoted to developing and reviewing personal goals that are put into action in between session. The next course starts in January 2009.

Healthy Shopping Tours

Our healthy shopping tours have been popular this year and we will continue to run the tours next year. We plan to expand the locations of our tours to include more suburban supermarkets in Hobart as well and tours in Launceston and the North-West Coast.

Please contact us at **Diabetes TASMANIA** for further information about any of these programs. **Phone 1300 136 588**.

All the best for 2009!

Yvonne Wilkins and Emily Gatenby
Accredited Practising Dietitians