

9 December 2022

Planting the seeds for a healthy Margaret River

The Margaret River Community Centre has received \$44,262 in Healthway funding to pilot a nutrition education program called 'Local Eats' to increase children's early provision, exposure, acceptance, and knowledge of vegetables.

The funding will assist in developing child-friendly vegetable garden beds and deliver evidence-based education and training for staff and families at the centre.

Early childhood staff, parents, and caregivers will also be able to learn about the value of vegetables in children's diet through lunchbox planning, shopping tips and meal ideas.

The program will be led by the local community and childcare centre staff, and key partners include the Edith Cowan University Public Health team (ECU), the Shire of Augusta-Margaret River, Nutrition Australia, and the Stephanie Alexander Kitchen Garden, and Town Team Movement.

The Margaret River Community Centre was successful in receiving funding through Healthway's Healthy Communities program.

Through this program, Healthway funds innovative and sustainable health promotion projects that promote and encourage healthy lifestyles for all Western Australians, especially children and young people. To find out more visit www.healthway.wa.gov.au.

Comments attributed to Healthway Lotterywest CEO Ralph Addis:

"Congratulations to the Margaret River Community Centre on receiving Healthway funding.

"The funding will help run a fantastic pilot, which will promote healthy eating to approximately 100 children and their families.

"Early Childhood Education and Care settings play a significant role in optimising a child's developmental and health outcomes, which includes promoting healthy eating habits," Mr Addis said.

Comments attributed to Nutrition Australia CEO Lucinda Hancock:

"Establishing healthy eating patterns as a child is essential to forming good habits that help prevent negative health outcomes during childhood and later in life.

"Nutrition Australia are excited to be part of the 'Local Eats' program and support the Margaret River community."

Comments attributed to ECU's Nutrition & Health Innovation Research Institute Ros Sambell:

"The project will have many benefits.

“We know fruit and vegetable variety in the diet improves health outcomes, but this type of initiative also teaches children about where their food comes from, which can lead to generational change to improve eating behaviors.”

Media contact: Karmen Grzetic/Hermione Coleman media@healthway.wa.gov.au