

7 September 2018

Reverend the Hon. Frederick John Nile, ED LTh MLC
Chair
Portfolio Committee No.1 – Premier and Finance
Parliament House
Macquarie Street
SYDNEY NSW 2000



By email: portfoliocommittee1@parliament.nsw.gov.au

Re: Inquiry into fresh food pricing; Supplementary Question

Thank you for the invitation to appear for the Committee to give evidence about our Cost of Living Report. Our response to the Supplementary Question provided by the Committee is as follows:

In your testimony, you mentioned there are some examples of programs being run through Local Health Districts to improve the ability for individuals to prepare healthier food options themselves. Would you be able to provide any specific examples of these programs, and a brief outline of what they do?

As we consulted with communities across the State, we heard that nutritional education programs are most valuable when they take a capacity building approach and involve cross-sectoral collaboration. For example:

- In Shoalhaven, we heard about “[Let’s Play Let’s Eat](#)”, a nutrition and play program run through a family service centre. The program is coordinated through partnership between Shoalhaven Local Health District Family Services Illawarra, and Wollongong University’s Early Start Facility). The program runs for 8 weeks and is focused on facilitating play between participants and their young children as well as teaching cooking skills through demonstrations.
- We know that until recently Local Health Districts have worked with community volunteers to deliver Cancer Council NSW’s “Eat It To Beat It”, a capacity building program delivered to parents in a school setting. Topics included nutrition, food budgeting and menu planning. Evaluation of the Healthy Lunchbox sessions showed this program increased parents’ confidence to pack healthy lunches¹, which would increase fruit and vegetable consumption among lower income cohorts. A separate evaluation of the Eat It To Beat It program showed that attendance at a 90 minute program led by trained volunteer facilitators increased fruit and vegetable consumption by over half a serve, especially amongst the participants with the lowest consumption.²

If you require any further information about this response, please do not hesitate to contact Ya’el Frisch (Project Officer Advocacy) on [redacted] or [redacted]

Yours sincerely

Dr Kathy Chapman
Interim Chief Executive Officer

¹ Boylan, S. 2015 *Highlights of current PRC research* Prevention, Research Collaboration Newsletter. Available at <<https://wordvine.sydney.edu.au/files/1159/10840/#notices-1>>

² Glasson C, Chapman K, Gander K, Wilson T, James E. The efficacy of a brief, peer-led nutrition education intervention in increasing fruit and vegetable consumption: a wait-list, community-based randomised controlled trial. *Public Health Nutrition* 2012; 15(7):1318-1326