

fresh TASTES

healthy food at school

Initiative of



ACT
Government

Results from the Interim
Project Monitoring Report

2014-2018

fresh TASTES is a free, voluntary service for primary schools to help make **healthy food and drinks a bigger part of everyday life for students.**

The ACT Health Directorate (ACTHD) has led the development and implementation of Fresh Tastes in partnership with the Education Directorate, and with support from the Catholic Education Office and the Association of Independent Schools of the ACT.

Schools are supported to deliver **six action areas** as seen on the right.



Classroom Learning



Food for Sale



Food from Home



Growing Food



Cooking Food



Healthy Food and Drink Guidelines

Whole School Perspective:

Eight principles to create and sustain a culture of healthy food and drinks.



39 Schools

completed their three-year involvement in Fresh Tastes between 2014 - 2018.

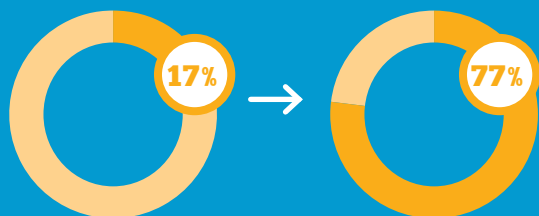
Reaching

over **17,000** students



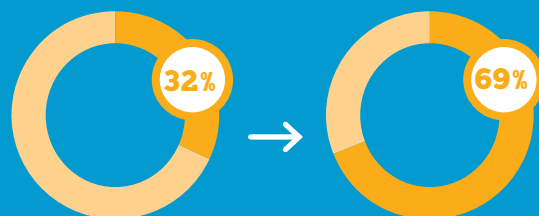
2014-2018 freshTASTES Key Results

Teacher Professional Learning



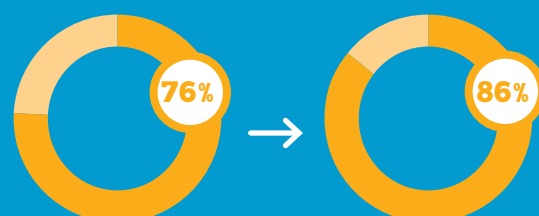
17% to 77%

Increase in **cooking** related training.



32% to 69%

Increase in **gardening** related training.



76% to 86%

Increase in confidence to teach about **healthy food and drinks** up 10%.

Partnerships

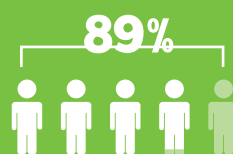


33 Partnerships created.

Change in Attitude/ Demand



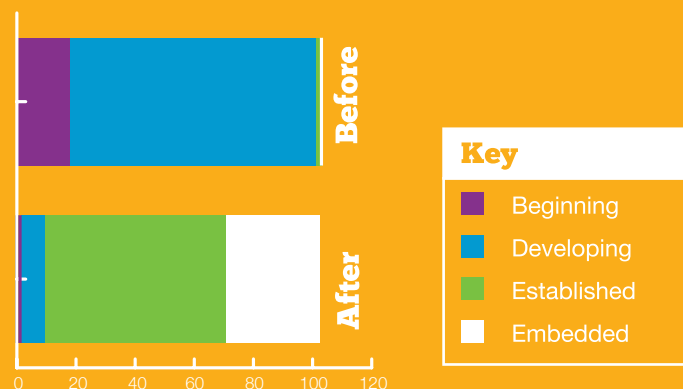
Noticed a positive change in **attitude** to healthy food and drinks.



Noticed change in **demand** for healthy food and drinks.

Food and Drink Culture

With the support of the Fresh Tastes team, schools are seeing a **positive culture change** towards healthy food and drink in the school environment.



Factors for Success

- ✓ Support from the Fresh Tastes team.
- ✓ Relationship between the school and canteen.
- ✓ Supportive Principal.
- ✓ Flexible program design.
- ✓ Quality curriculum resources and professional learning.
- ✓ Fresh Tastes Action Groups.

Congratulations!

Schools involved in Fresh Tastes have seen great results. **Thank you** to those educators, parents and students who have worked hard to create a **healthy food and drink culture!**

For more information visit:



health.act.gov.au/freshtastes