

Health Promotion Innovation Fund (Closing 16 February 2015)

Recommended Projects

Lyneham Primary School-Lyneham Pre School Unit	Funding approved: \$9,800 (ex GST)
Healthy Lunchbox - Increasing fresh food in Lyneham Pre-School lunches	
<p>An artist will work with pre-schoolers and carers at Lyneham pre-school during term three 2015, to investigate the contents of a healthy lunchbox. Weekly, each pre-school group and their carers will approach the same lunchbox 'template' through a different creative project, discussing nutrition and its benefits, while investigating fresh food. All activities include practicing food skills such as cutting (shapes), mixing (fruit salad and muffins) and eating fresh food.</p> <p>Weekly, completed art-work will be added to each student's individual lunchbox template to become finished lunch box artworks. Carers will participate and information will be sent home about their pre-schoolers art and food activities. The lunch box art works will be exhibited in the classroom in the final week of term. All participants (children, carers, teachers) and a representative from the school executive will join in to celebrate and view the exhibition</p>	

Lyons Early Childhood School	Funding approved: \$9,000 (ex GST)
Healthy Lifestyles at Lyons	
<p>The project activities complement the Fresh Tastes program and include:</p> <ul style="list-style-type: none"> • cooking classes for parents/carers and children • information sessions from Nutrition Australia • whole school events such as the Lyons Cross Country and Health Fair • involving children and adults in growing food in the vegetable gardens and using this food for cooking by the school community • installing a chicken coop and chickens • overhauling food preparation in the school canteen, including new ideas for healthy snacks • holding information sessions for the school community to encourage involvement in the process of change and to help make decisions about how to make the canteen healthier • encouraging sport and exercise and commencing new clubs and activity sessions. 	

YWCA Canberra	Funding approved: \$8,624 (ex GST)
Food Time	
<p>'Food Time' is an educational cooking and active lifestyle program for young people aged 14 - 16. It provides a holistic approach to nutrition and food preparation while promoting an active lifestyle. Year 10 participants will learn about healthy eating and cooking, nutrition, active lifestyle, budgeting, and menu planning, and will have the opportunity to design and cater a formal dinner for their parents/ carers. The program will be delivered in partnership with Wanniasa High School, Nutrition Australia and a qualified fitness instructor.</p>	

Canberra Two Day Walk Inc	Funding approved: \$10,650 (ex GST)
Canberra Walking Festival	
<p>On 1-3 April 2016 the Canberra Walking Festival will conduct its 25th event. The event will offer a point to point walk along the Canberra Centenary Trail rather than only the traditional loop courses. In addition the event will be publicised in Canberra to attract new walkers to the event.</p>	

Greening Australia	Funding approved: \$8,500 (ex GST)
Fitness, feathers, flowers & fur: Embracing the Bush Capital experience to a healthier lifestyle	
<p>Greening Australia will host a series of physically and mentally stimulating events around the ACT to showcase and demonstrate the importance of bushland, with a focus on birds, animals, plants (native and weeds), revegetation and volunteering opportunities for the environment. This is a socially inclusive project that encourages people from diverse backgrounds (particularly multicultural and Aboriginal and Torres Strait Islander people) to become healthier through a better understanding and appreciation of the natural surrounds in which they live.</p>	

Anglicare NSW South, NSW West & ACT	Funding approved: \$8,175 (ex GST)
Franklin Early Childhood School Healthy Eating & Exercise Project	
<p>The project aims to improve healthy eating habits and increase the physical activity levels of the children at the School through gardening activities and bike riding. The project is built around the School's on-site vegetable garden and bike path. The nutrition component of the project will be supported by the ACT Nutrition Support Service. The bike riding program will enable the children to incorporate bike riding into their daily exercise regime using an existing community bike path within the grounds. Children will also learn road rules so that they are able to cycle safely outside of school hours.</p>	

Foundation for Alcohol Research and Education Ltd	Funding approved: \$10,875 (ex GST)
Women Want To Know	
<p>This project will implement the successful national "Women Want to Know" project at a regional level and provide GPs and midwives with a range of information and resources about how to discuss alcohol consumption with women who are pregnant or planning a pregnancy.</p>	

Belconnen Community Service	Funding approved: \$15,000 (ex GST)
Cooking and Moving - New Ways to Health and Happiness	
<p>This project will provide opportunities for people experiencing disabilities and mental health issues and who are overweight or obese to improve their food choices and increase physical activity. Participants of Belconnen Community Service (BCS), their carers, and community workers will participate in workshops to assist in the development of a course to address these health issues. The eight week course will be trialled at BCS's Belconnen and Tuggeranong sites.</p>	