

Health Promotion Innovation Fund (Closed 20 June 2014) Recommended Project Descriptions

Organisation	Alcohol Tobacco and Other Drug Association (ACT)
Project Title	Cutting through the haze: ACT e-cigarette Information Project
Project Summary	The project will produce a suite of evidence-informed resources, in partnership with tobacco researchers, which describe the legal and health status of e-cigarettes in the ACT. The resource will be disseminated to health and community services in the ACT.
Funding Approved: \$15,000	

Organisation	Melrose High School
Project Title	Kitchen Gardens Foundation Recipes
Project Summary	This project aims to build and use kitchen gardens to support food technology classes with fresh ingredients. Recipes are for students to take home and prepare for their families as part of their assessment. The project will also include a biannual harvest swap with the wider community through the Canberra Organic Society. The community gardens will link to the sustainability class where senior students mentor and support the school's feeder primary schools to have their own kitchen gardens.
Funding Approved: \$15,000	

Organisation	University of Canberra
Project Title	Healthy Eating Habits in High Schools: A Pilot Study at UC High School Kaleen
Project Summary	<p>This project aims to improve healthy eating habits through a whole of community approach promoting high school and family centred interventions to increase access to, and daily intake of, locally grown, low-cost, nutritious fruit and vegetables.</p> <p>The proposed pilot project specifically targets a cohort of 100 students from years 8 and 9 enrolled at the University of Canberra High School Kaleen in 2015.</p> <p>The project will trial a farm to fork initiative centred on the development of cross-curriculum food production, preparation and nutrition knowledge and skills, and the introduction of a box-scheme food delivery service to the canteen and broader school community. The project will also develop guidelines to assist in the expansion of this project to other schools in the ACT.</p> <p>Through these measures, this pilot study aims to work towards schools becoming the hubs of healthy food communities.</p>
Funding Approved: \$13,844	

Organisation	Warehouse Circus Inc.
Project Title	C.H.I.L.L Circus - Comprehensive Health Is Life Long
Project Summary	Warehouse Circus Inc. will conduct 1 day of active circus outreach classes per week in the Kaleen Circus space for Melba Copland Secondary School (MCSS) and the 5 feeder schools in the area from low socio-economic families to improve their physical fitness, social skills and food intake awareness.
Funding Approved: \$14,999	

Organisation	The Young Music Society
Project Title	YMS Active Life
Project Summary	<p>This project is to facilitate the promotion of physical activity amongst 400 music students at the Young Music Society (YMS) Summer School in January 2015. The program aims to improve the knowledge, attitudes and behaviours of students, by breaking down existing barriers and allowing students to experience physical activities. In addition to this, the 'YMS Active Life' project will focus on increasing students' understanding of the importance of maintaining an active lifestyle and the significance of health and wellbeing for musicians and artists.</p> <p>This project will also provide the musical teaching staff with the opportunity to learn how they can incorporate physical activity and promotion of healthy living in their musical teaching.</p> <p>YMS will partner with the health and movement team from the University of Canberra Faculty of Education, Science, Technology and Maths to develop and implement an innovative physical activity program, providing physical activities within a highly creative setting and with a creative focus. This will promote positive links between the domains of arts and physical activity.</p> <p>This project will culminate in a public performance of a physical activity flash mob or similar that will be performed as part of the Capital Summer Festival (running concurrently to Summer School).</p>
Funding Approved: \$9,000	

Organisation	YWCA Canberra
Project Title	Nutrilicious
Project Summary	<p>Nutrilicious is an educational cooking program aimed at young people aged 10 – 12 years and their parents and carers. It will provide a holistic approach to nutrition, healthy eating and food preparation. The program will be delivered in partnership with Charles Conder Primary School, Nutrition Australia, and CIT Solutions at the YWCA Canberra's Lanyon Youth and Community Centre.</p> <p>Participants from Charles Conder Primary School will learn from trained chefs through a rigorously developed program about healthy eating, cooking, and nutrition, as well as food production through the Lanyon Community Garden. Healthy eating information will be incorporated into the school curriculum, and parents will be encouraged to reinforce the importance of healthy eating in the home.</p> <p>Upon completion of the program, participants will be provided with a special Nutrilicious recipe book to take home.</p>
Funding Approved: \$12,012	