

2018/19 Health Promotion Innovation Fund

Successful Project Descriptions

Organisation Name:	Canberra Institute of Technology Student Association (CITSA)
Project Title:	Supporting Healthy ACT Apprentices - Phase 2
Project Description:	<p>CITSA, in collaboration with CIT and Nutrition Australia, will continue the work the 2017 'Supporting Healthy ACT Apprentices' project established in providing Fyshwick apprentices with the skills and resources that will lead to better health choices in the longer term by focusing on initiatives the students will likely utilise. This will be done through a number of methods detailed below:</p> <ol style="list-style-type: none">1. CITSA in partnership with CIT will build and maintain a number of vegetable plots which will grow a wide variety of vegetables and fruit throughout the year. Students will be encouraged to plant their own produce and/or pick and consume the vegetables and fruit either at TAFE or at home.2. Plant mature fruit trees throughout the campus so students have access to fresh fruit.3. Cook meals in the kitchen using the vegetables from the garden (HACCP certified dependent).4. With every meal purchased, students will be provided information on what proportion of the recommended daily vegetable intake is in the meal, what vegetables were used from the garden and recipe cards to cook the meal at home.5. Have a sign near the vegetable garden with suggestions on what the garden can provide for lunch.6. In partnership with Nutrition Australia ACT, cater morning tea for the apprentices using produce from the garden. There will be two of these events during the year, using the vegetables in season as a mechanism to educate the students on what can be grown and cooked throughout the various Canberra seasons. These will be called Spring/Summer Seasonal 'Garden Grub' cook-off and Autumn/Winter Season 'Garden Grub' cook-off.
Amount funded:	\$10,000

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Successful Project Descriptions

Organisation Name:	The Australian Talented Youth Project
Project Title:	Moon Moves
Project Description:	<p>Moon Moves: Movement, Music and the Moon, focuses on the development of physical, mental and emotional health for seniors by providing creative movement opportunities. This intergenerational project brings together residents from three Goodwin Retirement Homes, Dance for Parkinson's, members of the GOLD over 55 dance company and young artists (The A Team) in the development of a series of performances and a short film.</p> <p>Over six months the Australian Talented Youth Project (ATY) will facilitate a program of regular dance classes. These culminate in a series of interactive performances and short film aligning with Dance Week and National Science Week as part of a wider community arts event, building health, wellbeing and self-esteem.</p> <p>Taking inspiration from the 1969 Moon Landing, Moon Moves weaves music and dances of the era, people's memories of the event and archival recordings to celebrate lives well lived. Movement will be age and ability appropriate and delivered by an experienced team as well as young artists who will work with the elders using their contemporary interpretation of the memories, movement and music.</p>
Amount funded:	\$13,706