

RESPOND

Community Led Action for Healthier Children

Theme: Access and Promotion

What's already happening:

- Food Share Yea Community House.
- Community Gardens (Community/Neighbourhood Houses, MCH, Primary Schools, High Schools, Ellimatta Youth).
- Kitchen Garden Program (Castella/Toolangi Community House).
- Promote and develop all sections of community (Council, men's shed, community houses, pottery groups).
- All Abilities Day.
- Kid's Theatre Group

Actions:

- Promoting and supporting sporting clubs and the positive role they play (advertising, promoting and funding).
- Promoting current initiatives in the community i.e community garden
- Casual sports facilities use (council owned, clubs and schools).
- Promotion across community - sporting clubs, social groups, service groups and schools.
- Junior sporting club membership cost offset by funding scheme from State/Federal Government as in NSW.
- Financial incentive at local, state and federal government levels to have/sell/retail healthy food.

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Theme: Physical Activity

What's already happening:

- Yea Football Club (Football/netball club training and games mental health and social benefits of participation).
- Various sporting activities and clubs.
- Get Fit & Active Athletics Day (Valley Sports, Menzies support Services, Murrindindi Little Athletics).
- Healthy Fridges Initiatives (Sports Club and Regional Sports Assembly).
- Level Playing Field for All (Sports Club & Regional Sports Assembly).
- Elimatta fun run Kinglake.
- Kinglake HF walking group.
- Kinglake Kinder Bush walking / cooking.

Actions:

- Monthly activity challenge for kids with relevant themes (eg. Harry Potter).
- Walk to school / healthy eating breakfast on a regular basis.
- Active after school programs to be re-introduced in schools (funded by State Government).
- Introduce Parkrun to local area (Kinglake).
- Physical activity in schools.
- Increase physical activity options for children (a focus on those assessing health services) using allied health providers. Include activity in all therapy.
- Work with schools and state sporting associations and clubs to encourage and establish sporting schools strategy.

For more information please email respondlhpcp@gmail.com

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Community Led Action for Healthier Children

Theme: Advocacy and Policy

Actions:

- Analyse what caused coca cola's fall from being the biggest sales in supermarkets and use this knowledge for good foods promotion.
 - Encourage supermarkets and fast food outlets to be good ethical healthy eating citizens, by offering and advertising healthy choices.
 - Remove the lollies and chocolates from the supermarket register lanes.
 - Healthy Eating Catering Policy.
 - State government fruit snack funding (.85 cents per child) for fresh fruit/veg in classrooms (\$25 per class per week or month).
 - Help local farms sell food to local families through a range of activities - markets, local supermarkets, schools and tables.
 - Cafes, pubs, restaurants having to offer 1/2 serves.
 - Develop criteria to tax foods based on 1. processing steps (to reduce processing), 2. additives and 3. sugar/salt etc.
- Ban companies calling "unhealthy food" healthy eg fruit sticks, fruit bars, Mickey Mouse yoghurts, cereal etc.

What's already happening:

- ??????????????

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Theme: Education - Healthy Eating

What's already happening:

- Lunch Club Yea Primary School.
- Promotion and Curriculum eg use of Australian Guidelines to Healthy Eating (Food Tech, Health Class, PE and Canteen).
- Water only Schools program (or plain milk).
- Smiles 4 Miles (Kinders, Child Care Centres and Family Day Care).
- Achievement Program (schools and local health services).

Actions:

- Align healthy eating programs for MCHN to kinder to primary school to high school.
- Nutrition programs and education provided at ground roots sporting clubs.
- Sports clubs to be proactive - healthy food choices.
- Providing health food education to young parents / providing information on how to make healthy food.
- Education - safe and healthy use of digital technology - "Digital Literacy".
- Food portions understanding and educating.
- Education healthy food is deemed to be more expensive.
- Healthy food education and preparation at early years stage ie kindergarten.
- How do you convince parents that they are feeding their kids unhealthy food.
- Local training for parents and kids to make healthy food from scratch - nothing processed