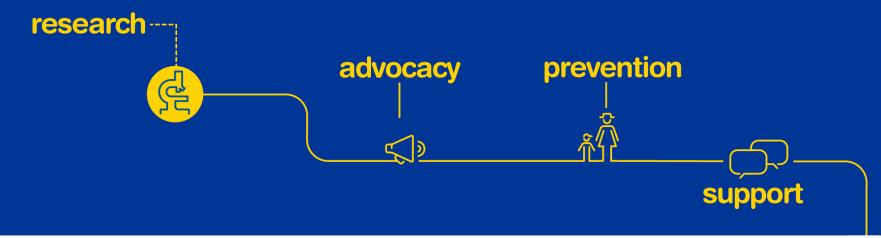
Eat It To Beat It Program

Maddy Gough









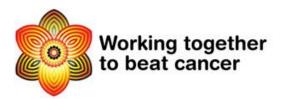
Why Cancer Council?



95% of kids & adults DO NOT eat enough fruit and veg each day.

What is Eat It To Beat It?

- Community based intervention that aims to ↑ the amount of fruit & vegetables that families with primary school-aged children eat
- Is a volunteer-led program volunteers deliver the sessions
- Staff at your organisation could be trained to deliver this session to your clients







Eat It To Beat It

- Healthy Lunch Box Sessions
- Fruit & Veg Sense Workshops
- Nutrition Snippets
- Social Inclusion Strategy:
 - Fruit & Veg Made Easy
 - Healthy Lunch Box Made Easy
 - Arabic Healthy Lunch Box









Social Inclusion Strategy

Fruit & Veg Made Easy Healthy Lunch Box Made Easy

- Simplified content & handouts
- † visuals and activities
- independent reading or writing

Arabic Healthy Lunch Box Session

- Arabic foods and examples
- Practical & visual







Testimonials

- "I've learnt things I didn't know" Arabic HLB
- "It's a very good program that helps me as a mother to make my children more healthy" -FVME
- "Great workshop, love how I learnt more, am more motivated to change" FVME



Thanks!

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