

Eat It To Beat It Program

Maddy Gough

research



advocacy



prevention



support



Working together
to beat cancer



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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