

# Healthy Kids Advisors

Delivered by the Stephanie Alexander Kitchen Garden Foundation

Healthy Kids Advisors  
is supported by the  
Victorian Government  
and Australian Government



The Stephanie Alexander Kitchen Garden Foundation  
acknowledges the traditional owners of the lands and  
waterways on which we work, live and play.

We pay our respects to all Aboriginal and Torres Strait  
Islander people and elders past, present and future.

I am speaking to you from the lands of the  
Gunditjamara People



About the  
Stephanie Alexander  
Kitchen Garden  
Foundation



STEPHANIE ALEXANDER  
**KITCHEN GARDEN**  
**FOUNDATION**  
Growing Harvesting Preparing Sharing

- Stephanie Alexander is one of Australia's great food educators
- Author of 19 influential books and hundreds of articles related to food matters
- *The Cook's Companion* is regarded as an Australian classic and has sold over 500,000 copies worldwide
- In 2014 she was awarded an Officer of the Order of Australia in recognition of the work of the Stephanie Alexander Kitchen Garden Foundation

A red bowl with a small pedestal base, filled with yellow curly lines representing spaghetti or noodles. The bowl is centered on a white background.

About the  
Healthy Kids Advisors  
initiative

# Healthy Kids Advisors

Delivered by the Stephanie Alexander Kitchen Garden Foundation

- Healthy Kids Advisors are delivered by the Stephanie Alexander Kitchen Garden Foundation and supported by the Victorian and Australian governments.
- This community engagement initiative aligns with the Foundation's vision to see children form positive food habits for life.
- Operating in 13 communities, local Advisors provide hands-on support to boost healthy food choices and increase participation in the Vic Kids Eat Well movement.
- We connect with children by showing them fun, tasty ways to embrace fresh, healthy and *delicious* food and drink options.



## Partners



## HEALTHY KIDS ADVISORS

Funded by the Victorian Department of Health until June 2024

Healthy Kids Advisors bring people together to boost healthy food choices in the community

## VIC KIDS EAT WELL

An exciting Victoria-wide movement

Provides clear, simple and achievable steps to make healthy food and drink options available for kids

## Locations\*

### 13 Local Government Areas

- Buloke Shire Council
- Central Goldfields Shire Council
- City of Greater Bendigo
- Colac Otway Shire Council
- East Gippsland Shire Council
- Glenelg Shire Council
- Greater Dandenong City Council
- Greater Shepparton City Council
- Hume City Council
- Melton City Council
- Mildura Rural City Council
- Northern Grampians Shire Council
- Southern Grampians Shire Council

\*Aligned with VicHealth Local Government Partnership.

## Networks

Councils and Local Governments

Community Health Services

Local Health Promoters

Primary Care Partnerships

Advocates and Community Leaders

Families and Young People

## Settings

Schools

Outside School Hours Care

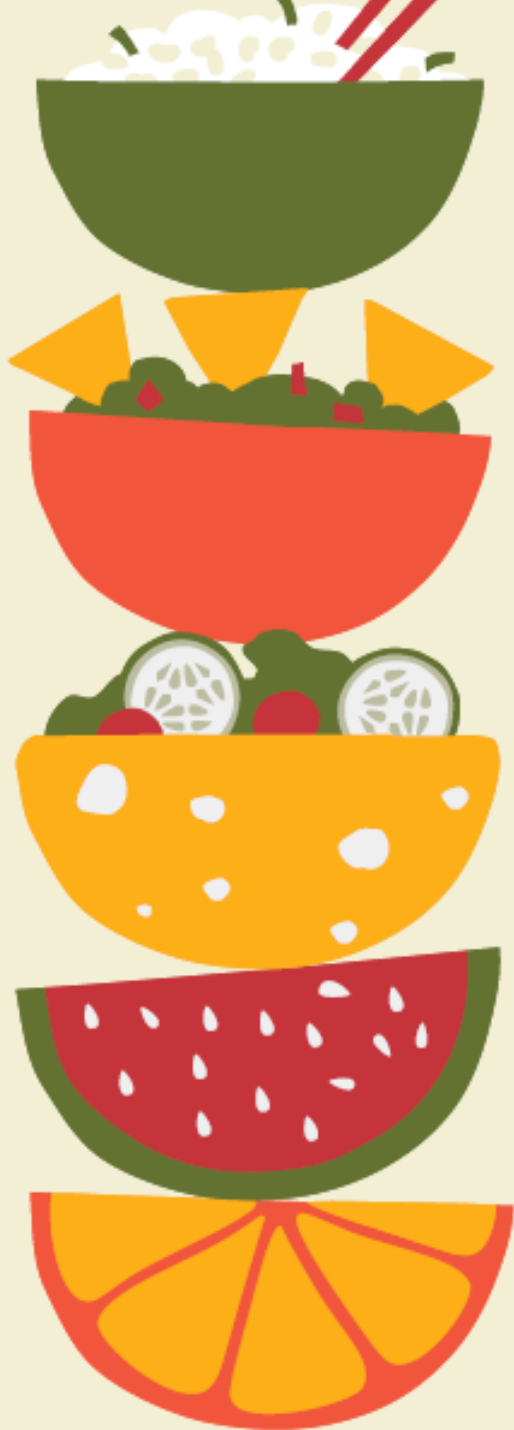
Sports Clubs

Community and Council Owned Facilities



- A state-wide initiative supported by the Victorian Government
- Delivered by Cancer Council Victoria's Achievement Program, in partnership with Nutrition Australia's Healthy Eating Advisory Service
- Vic Kids Eat Well targets schools, outside school hours care, sports clubs and community and council owned facilities
- The movement encourages these settings to take simple, achievable steps to boost healthy food and drink options
- Healthy Kids Advisors work with councils, community health services and organisations to reach their Vic Kids Eat Well goals





# Our approach

1

Advisors are locally based outreach officers who work with existing community networks and understandings

2

We engage with stakeholders, advocates, parents and carers, children and young people to learn from and listen to the local changes that communities want to see most

3

We offer attainable, adaptable solutions to help food settings advance in their healthy food and drink goals

4

Our approach focuses on: Boosting collective capacity, Adapting to regional contexts, Empowering young people and Connecting with diversity.

# Healthy Kids Advisors in Melton



**Establishment of the Health Promotion Network:** Working with the VLGP Lead and Health Promotion Officer from council, and four health promoters from Western Health, this network meets monthly to share local ideas and knowledge, solve problems collectively and identify opportunities for collaboration.

**Food education workshops for community:** During the Lifelong Learning Festival, our Advisor co-hosted food education workshops with Western Health during the school holiday period. Activities were aimed at families, canteen cooks/volunteers, OSHC and sports clubs in Melton.

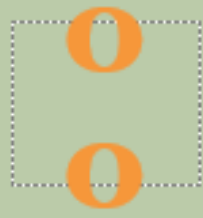
**Flavour Fest 2023:** Supporting Melton Council with the Flavour Festival

**Supporting 8 OSCH centers:** Across Melton, the healthy Kids Advisors are supporting centres to achieve their Vic Kids Eat Well milestones and other healthy eating goals. Established Community of Practice



# Empowering young people

Case Study #1




# Case study in Dandenong Leisure Centre

## Healthier snacks and drinks at Dandenong's South East Leisure Centre's

- Our Healthy Kids Advisor's are helping Dandenong's South East Leisure Centre's to boost healthy food and drink options to support active kids.
- In partnership with City of Greater Dandenong, Monash Health, Dandenong Stadium and the Healthy Kids Advisors we delivered a Dotmocracy session.
- Children and young people had the opportunity to participate by tasting food samples, including sushi and rice paper rolls and cast their vote on which snacks they would like to see available in the stadium's canteen and why, declaring sushi as the winner!!
- Canteen manager Carolyn, is leading the way by offering healthier snacks, drinks and foods in the café's, qualifying the leisure centre to receive rewards under the Vic Kids Eat Well initiative.
- "Our members are enjoying healthier snacks now on offer, including sushi" said Carolyn. "We would like to include smoothies and soups in another of our café's aiming to achieve more small bites."





Empowering  
young people  
Case Study #2





A stylized illustration of a red bowl filled with yellow pasta. The bowl is a simple, rounded shape with a small rectangular base. The pasta is represented by several thick, yellow, wavy lines that curve upwards from the rim of the bowl. The background is plain white.

<https://www.kitchengardenfoundation.org.au/students-vote-pesto-pasta>



# Healthy Kids Advisors

Delivered by the Stephanie Alexander Kitchen Garden Foundation

More hands-on approach examples





# Healthy Kids Advisors

Delivered by the Stephanie Alexander Kitchen Garden Foundation

## Want more information?

Contact Monique Sobey, Healthy Kids Advisor –  
Southern Grampians Shire  
Stephanie Alexander Kitchen Garden Foundation  
[monique.sobey@kitchengardenfoundation.org.au](mailto:monique.sobey@kitchengardenfoundation.org.au)

## Follow us

[@sakgf](#) [#HealthyKidsAdvisors](#)





Thank you

