

HEALTHY SCHOOLS PROJECT

Riddells Creek Primary School

Healthy Loddon Campaspe partnered with Sunbury Cobaw Community Health to deliver the Healthy Schools Project at Riddells Creek Primary School in Macedon Ranges Shire - implementing simple, sustainable, healthy changes in their food and drink environment.



OBJECTIVES

Improve students' knowledge and access to resources about healthy eating.

Increase healthy food and drink options in the school.

Increase students' confidence and skills in growing and cooking healthy food.

HOW DID WE WORK TOGETHER?



New kitchen equipment:

- So students participating in the Stephanie Alexander Kitchen Garden Program (SAKGP) program could prepare healthier options.
- To enable the canteen to serve and provide healthier options like garden soups.



New garden equipment including:

- Watering cans, wheelbarrows and shovels.
- Crushed rock to improve drainage.
- A rabbit proof fence to reduce the number of pests and predators impacting productivity of the garden.



Supported the canteen to replicate and sell the healthy garden soups created by students in the SAKGP, offering them to the school community to celebrate the project's success



Provided new fruit trees and vegetable seedlings to expand the produce grown in the school garden.



Supported a canteen assessment to make 'small bite' changes under the Vic Kids Eat Well program.





OUTCOMES

FOLLOWING PARTICIPATION IN THE PROJECT:



77% of students agreed or strongly agreed that they've tried a new fruit or vegetable.



83% of students agreed or strongly agreed that they had increased their knowledge and understanding of the importance of eating a variety of fruits and vegetables.



90% of students agreed or strongly agreed that they had increased their understanding, skills and confidence to cook nutritious meals.



WHAT WAS THE FEEDBACK?



This program has been fabulous; both my kids are chicken nuggets and chips ONLY kids. They have really enjoyed cooking and eating the different vegetable soups each week. They really like these healthy soups. - *School parent*



We have been able to support and educate our students about the benefits of growing, harvesting and cooking with food that we have grown at school. These lessons will set them up for life. - *Educator*



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