ANNUAL REPORT

2024







Nutrition Australia Qld acknowledges the Traditional Custodians of the land we work on and pays respect to Elders past, present and emerging.

We acknowledge and recognise Aboriginal and Torres Strait Islander People as the longest living culture in the world, and their continued connection to Country and role in caring for and maintaining Country.

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FROM OUR CHAIR



"I want to express my gratitude to the NAQ team for an incredible year and their unwavering commitment to our organisation.

I would also like to extend my sincere thanks to our partners, and the many wonderful organisations and communities we collaborate with."

I am delighted to report that 2024 has been another positive for year for Nutrition Australia Qld.

We welcomed our new Treasurer, Danny Naidoo, who has brought valuable skills and strong financial oversight for the organisation. We also welcomed Dr Bonnie Searle, researcher and dietitian, with a background as a qualified teacher. Bonnie's expertise includes nutrition in early childhood education and care settings, particularly those experiencing disadvantage and food insecurity.

Our audited 2024 financial report shows that we finished the year in a sound financial position, and the Committee of Management have continued to focus on ensuring the organisaiton's long-term sustainability.

Throughout 2024, we continued to offer affordable nutrition programs and services within the community, along with subsidised initiatives for priority populations, community groups and settings of highest need. We reached nearly 1,200 community-based organisations across the state, providing support, programs, workshops and training to help nourish Queenslanders in the places they grow, play, learn, live, work and age.

Together with our other Nutrition Australia divisions, we delivered our two key national campaigns, including Lunchbox Week and National Nutrition Week. 2024 saw the launch of our new theme for National Nutrition Week, *Inspiring a connected and nourished Australia*, which proved to be one of our most successful campaigns to date. We also embarked on an exciting brand refresh for Nutrition Australia, with the launch of a logo that reflects our renewed vision and approach, while honouring our remarkable 45 year history as a national organisation.

I look forward to continuing to deliver on our commitment to making a meaningful difference for Queensland communities in 2025.

Mikael Wedemeyer Chair



OUR VISION

"Connected and Nourished Queenslanders"

A thriving community that is nourished through the food we eat and the people we connect with.

OUR MISSION

To help Queensland communities build nourishing, affordable and sustainable food environments.

"We do this by delivering tailored programs, support, workshops, resources and training with organisations and settings to benefit children, young people, families, older people and communities".

OUR VALUES

- Reframing Food The way we talk about and experience food matters. We are here to promote
 positive relationships with food for all.
- **Positive partnerships** We understand the importance of collaborating with organisations and communities to maximise our impact. Together we can make positive change.
- **Food equity** Access to nutritious and sustainable food environments should not be determined by socioeconomic status. We will support you to do all that you can for your people.
- **Inclusive** All bodies should be embraced and celebrated. We are passionate about shifting the narrative to nourishment.
- Integrity We are driven by social impact. We will remain courageous, independent, and transparent.

WHO WE ARE

The Australian Nutrition Foundation (Qld Div) Inc, trading as Nutrition Australia Qld (NAQ), is an independent not-for-profit community nutrition organisation. NAQ was established in 1994, as the Queensland Division of Nutrition Australia, and has a 30-year history supporting key settings and organisations across Queensland.

- Since 1994 Queensland's leading not-for-profit community nutrition organisation for over 30 years.
- Registered charity NAQ is a registered charity and Deductible Gift Recipient (DGR) organisation.
- Industry leaders in nutrition Our expert team of Accredited Practising Dietitians,
 Nutritionists and Health Promotion Professionals ensure the very best in nutrition education and health promotion.
- Registered Training Organisation We are a registered training organisation providing Accredited Food Safety Supervisor Training

NAQ's purpose is to help enable children, young people, families, older people, and communities access safe, affordable and nourishing food. We do this by delivering tailored programs, support, workshops, resources and training for community-based organisations and settings. We work in partnership with communities, other charitable organisations, government, NGOs and researchers.

As a well-established not-for-profit organisation, NAQ provides:

- Affordable nutrition programs and services within the community through funding and donations, or on a cost-recovery basis
- Genuine connections with communities we provide direct support to key settings across Queensland
- Resources and fact sheets- For community organisations, groups and individuals.
- Subsidised nutrition services and initiatives For priority populations, community groups and settings. Our leading programs include *Food Foundations* for Early Years settings and *Nutrition in OSHC* for Outside School Hours Care settings.



WHO WE WORK WITH



Early Childhood Education and Care (ECEC) - Including long day care, kindergartens and playgroups



Outside School Hours Care (OSHC)



Schools - Public, Independent and Boarding Schools



Aged Care



Workplaces



Community Groups & Organisations

HOW WE WORK

- **Place-based** We support people and communities through food initiatives in the places we grow, play, learn, live, work and age.
- Food literacy focused We build skills for planning, budgeting, shopping, preparing, and eating food to support community settings and households with mealtimes, particularly those experiencing food insecurity.
- **Child and youth invested** We work with child and youth settings to create environments that help them to thrive and build strong foundations for lifelong wellbeing.
- **Community-led** We partner with community groups and other not for profits to co-deliver initiatives within their settings so that we can meet the unique needs of their people.
- **Equity-driven** We make our services accessible to all communities, particularly First Nations, culturally and linguistically diverse (CALD) and priority groups; strengthening communities through food.
- **Evidence-informed** We hear and amplify the community voice and develop our programs in consultation with experts and researchers from across Australia. We translate the guidelines and science to make them realistic and meaningful for communities.
- **Decreasing the access gap** We work alongside volunteers and other health professionals to make local nutrition activities more accessible for communities across Queensland.



We directly reached 1189 community based organisations and settings across Queensland through our services

OUR IMPACT



Hands-on cooking and nutrition workshops for more than 628 children, young people, parents/carers and community members.



Food safety services and Accredited Training to over 165 community services: ECECS, OSHC, schools, aged care, disability & respite services



600 early childhood education and care (ECEC) services reached



24% of the sector



Benefiting over 50,000 children aged 0-5 years



444 outside school hours care (OSHC) services reached



55% of the sector



Benefiting over 47,000 children aged 5-12 years

EARLY CHILDHOOD EDUCATION AND CARE SERVICES

Target group: Children aged 0-5 years, parents and carers, ECEC staff (educators, directors and cooks)

In 2024, we delivered services to 600 long day care services and kindergartens across Queensland (reaching 24% of the sector and benefiting over 50,000 children aged 0-5 who attend these services) through the following initiatives and services:

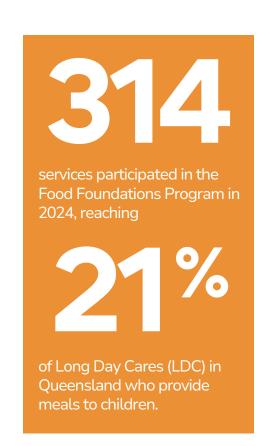
- Food Foundations program
- Professional development for ECEC staff
- Menu planning, reviews and support
- Nutrition information and resources for staff and families

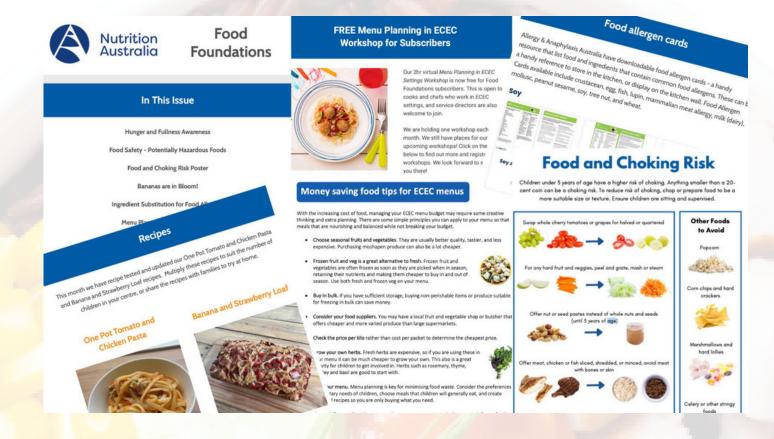
We aim to support children to thrive through food environments that nurture their social, emotional, cultural and physical wellbeing. This includes placing a greater focus on positive mealtime and food experiences for children in ECEC; extending beyond 'what' is eaten and included in the menu.

Food Foundations Program

Our Food Foundations program has been the leading food and nutrition program for early years settings in Queensland for 30 years. Our team of dietitians and nutritionists provide evidence-based nutrition and food safety information for staff, parents/carers and children. The program includes access to resources, professional development, training, telephone and email support.

Food Foundations is based on a subscription model, with the annual fee being highly subsidised to ensure that cost is not a barrier, and the program remains accessible to centres throughout Queensland.





The Food Foundations program includes:

- Monthly Newsletters
- Professional development webinars, delivered by experts in early childhood nutrition on a range of key food and nutrition topics
- Monthly Menu Planning workshops for ECEC directors, cooks and chefs
- Access to the Food Foundations website portal, including access to resources, information and fact sheets, recipes, menu planning tools
- Phone and email support from our team of Dietitians, Nutritionists and food safety experts

Professional development for ECEC staff

throughout 2024, we continued to deliver nutrition and food safety education for ECEC staff via in person and virtual workshops and training, as well as self-paced online training.

In addition to tailored workshops, a total of 199 ECEC services, and 2214 staff, completed our self-paced online training. This included Educators, Directors, Cooks and Chefs.

We continued to operate our Registered Training organisation, delivering accredited Food Safety Supervisor (FSS) training that is tailored for the community and health services sectors. In 2024, we offered in-person FSS training for ECEC cooks, chefs, and staff, as well as live virtual training to increase access to the training across Queensland.

OUTSIDE SCHOOL HOURS CARE (OSHC)

Target group: Primary school aged children, parents and carers, OSHC staff (educators, directors and cooks)

In 2024, we delivered services to 444 OSHC services across Queensland (reaching 55% of the sector and benefiting over 47,000 children aged 5-12 who attend these services) through our *Nutrition in OSHC* program and professional development for staff.

Nutrition in Outside School Hours Care (OSHC) Program

Our *Nutrition in OSHC* program has been the leading food and nutrition program for OSHC settings in QLD for over 20 years. Our team of dietitians and nutritionists provide evidence-based nutrition and food safety information for staff, parents/career and students.

The program includes access to resources, professional development, training, telephone and email support. In 2024, we introduced menu planning workshops for OSHC staff, delivered virtually with small group numbers to ensure they remained interactive.

Our *Nutrition in OSHC* program is based on a subscription model, with an annual subscription fee for participating ECEC services. This program is subsidised to ensure that it remains accessible to services throughout Queensland.





Professional development for OSHC staff

Throughout 2024, we delivered nutrition and food safety education for OSHC staff via in person and virtual workshops and training, as well as self-paced online training. A total of 167 OSHC services, and 1,305 staff (predominantly Educators and Directors), completed our self-paced online training. We also delivered in-person accredited Food Safety Supervisor (FSS) training for OSHC staff working in services that require staff to hold this qualification.

The Nutrition in OSHC program includes:

- Monthly Newsletters
- Professional development webinars, on key food and nutrition topics relevant for children aged
 5-12 years
- Access to the Nutrition in OSHC website portal, including access to resources, information and fact sheets, recipes and menu planning tools
- Phone and email support from our team of Dietitians, Nutritionists and food safety experts
- Menu planning workshops for OSHC directors, educators and cooks
- Professional Development workshops focused on incorporating food and nutrition activities and experiences in OSHC services

SCHOOLS

Target Group: Primary and high school aged children, parents/carers, teachers, and staff

Services:

- Nutrition sessions and workshops for students
- Menu planning support, reviews and consultancy services for Independent Schools
- Nutrition information and resources for children, families and staff

A suite of freely available online lunchbox resources for children, families and the school community are housed on Nutrition Australia's Lunchbox Week Website. Our annual Lunchbox Week Campaign materials for schools include fact sheets, posters, curriculum activities and a Communication Toolkit.

In 2024, we continued to work with several independent and boarding schools, providing ongoing services across the school year to support the wellbeing of students. This included nutrition consultancy services to independent and boarding schools, boarding school menu reviews and planning, and nutrition information sessions and engagement with students.



COMMUNITY GROUPS AND ORGANISATIONS

We aim to empower Queensland families and communities with practical knowledge and skills to access and prepare nutritious food and meals, particularly for those experiencing food insecurity.

In 2024, we continued to partner with a number of community groups, organisations and local councils to deliver 27 practical cooking, food and nutrition workshops to more than 628 children, young people, parents/carers and community members. All initiatives were provided on a cost-recovery basis and were significantly subsidised for priority populations, community groups and settings within high needs communities.













ACCREDITED TRAINING

Target group: Directors, cooks/chefs and staff from ECECs, tuckshops/canteens, Outside School Hours Care, aged care, respite and disability services

Services:

- Delivery of the Food Safety Supervisor (FSS) Course and Recertification Course for the community services and health services sectors
- Delivery of the FSS Course by our third-party providers for school tuckshops and canteens

Throughout 2024, we continued to operate our Registered Training organisation (RTO), delivering 51 accredited Food Safety Supervisor training courses to 326 staff from ECECs, OSHC, Schools, aged care, disability and respite services. Training is tailored specifically for these settings and is delivered by qualified trainers who hold a Cert IV in Training and Assessment.

The Queensland Association of School Tuckshops delivered our accredited Food Safety Supervisor course both in-person and virtually for school tuckshops across Queensland, as a third-party provider for our RTO.

Training was also provided to school canteens and community settings across Western Australia, with Foodcore (previously known as the Western Australia School Canteen Association) delivering Food Safety Supervisor courses as third-party providers for our RTO.

In 2024 we also began delivering FSS courses virtually to ensure that our training is more accessible to settings throughout Queensland, including rural and remote areas. The training was delivered live via Zoom live, maintaining interaction between trainers and students.





Target group: Directors / Managers, cooks / chefs and staff from community settings providing food to populations vulnerable to food-borne illness and allergic food reactions.

Services:

- Development and review of food safety programs
- Food safety onsite compliance audits

For 15 years, NAQ have offered food safety audits for ECECs, tuckshops, Outside School Hours Care, aged care, respite and disability services. In 2024, over 120 community-based services had food safety audits conducted, ensuring that children and vulnerable people in their care are receiving safe provision of food daily.

AGED CARE SERVICES

Target group: aged care residents, nursing and medical staff and food service cooks / chefs and staff

We aim to empower Queensland residential aged care facilities with skills, knowledge and confidence to promote and support optimal nutrition for their residents.

Services:

- Menu, mealtime and policy reviews
- Staff Professional Development
- Dietitian consults with aged care residents

In 2024 we provided ongoing services to six aged care facilities, which included working directly with residents, as well as providing foodservice initiatives and staff training.

OUR SUPPORTERS

We would like to thank the community groups and organisations, local councils, universities, government and non-government organisations, and our colleagues within Queensland and throughout Australia who we have collaborated with in 2024.

We would particularly like to thank Dr Helen Alexiou from the Knowledge Brokering Group, who expertly led the development and facilitation of three Knowledge Exchange Sessions for Nutrition Australia between August and September 2024.

We would also like to thank our many wonderful volunteers whose generosity of time, passion and commitment to our organisation allows us to deliver our impactful work within communities.

Finally, we would like sincerely thank our partner organisations including the Queensland Association of School Tuckshops, Foodcore Nutrition Services, and In Safe Hands, with whom we look forward to continuing to deliver services and training in 2025 and beyond.

OUR COMMITTEE



Mikael Wedemeyer Chair



Rachael Mussig Secretary



Danny Naidoo Treasurer (2024)



Leah Browning Member



Kate Di Prima Member



Nathan Mussig Member



Dr Bonnie Searle Member (2024)

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