

Health Promotion Evaluation Snapshot

Cooks Workshop, October, 2018



Health Promotion aims to improve environments that support healthy living.

We work with Schools, Early Childhood Education and Care Services and Communities to achieve the best health for all



Munch & Move is a NSW Health initiative that supports the healthy development of children birth to 5 years by promoting physical activity, healthy eating and reduced small screen time.

Feedback
"Loved it!"
"Interesting hearing from other cooks"
"Great workshop and very beneficial to helping us with our menus"



What & How?

A cooks workshop was developed by MLHD Health Promotion Service and approved by Office of Preventative Health (OPH).

- Workshops delivered at 4 locations; Deniliquin, Wagga Wagga, Albury & Young.
- Cooks workshop was inspired by the Healthy Menu Planning workshop previously delivered by OPH.
- Tips on fussy eating and how to modify a recipe for babies and toddlers.

Why?

Services identified that training for their cooks was needed.

- Support and provide training to service cooks to provide a menu that meets the Caring for Children Guidelines and encourages healthy eating amongst children.
- Workshop made available to all services to provide an opportunity to achieve Munch & Move practice 15 (Service cook completes training on providing nutritious meals).

Who?

Cooks from Early Education and Care Services attended.

- Directors from some services also attended the workshops.
- MLHD Health Promotion Officers facilitated the workshops.

Results

27 participants attended from 21 services.

- Participants reported feeling more comfortable reading food labels and knowing how and when to introduce solids to the children.
- Services achieving practice 15 increased from 18.3% (Jan 2018) to 76% (Oct 2018).

More Information?

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