

2024 - 2025 annual report.

Find out more at:
www.nationalnutritionfoundation.org.au

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acknowledgement of country.

We acknowledge the Traditional Owners of the land on which we at National Nutrition Foundation work, live, learn and gather. In Western Australia that is the Whadjuk people of the Noongar Nation, in Victoria that is the Wurundjeri People of the Kulin Nation and all Aboriginal and Torres Strait Islander peoples across Australia. We pay our deep respects to Elders past, present and emerging.

In our work to nourish minds and bodies, we recognise the deep connection of Aboriginal and Torres Strait Islander peoples to the land, waters, plants, and animals and the wisdom in their practices that have nurtured these resources for over 65,000 years.



about national nutrition foundation.

- National Nutrition Foundation is an independent, national not-for-profit organisation that enables Australians to enjoy nutritious foods and drinks through collaborations, programs and services, and advocacy initiatives.
- National Nutrition Foundation is a new brand, with a proud 45-year history.
- National Nutrition Foundation was previously known as Nutrition Australia Vic Division. As a state-based division of Nutrition Australia, we have been collaborating on national initiatives and delivering local services in Vic, SA, Tas, and WA since 1979.
- Now, as an independent national not-for-profit organisation, National Nutrition Foundation takes a fresh approach, by working at all levels across the country to enable all Australians to enjoy nutritious foods and drinks.

OUR VISION

healthy eating for people and planet.



OUR MISSION

**to enable, empower and
influence Australia's
food systems and the
people who depend on
them.**

message from the board.



It is our privilege, as the Board of the National Nutrition Foundation, to present this message for our inaugural Annual Report. As we look back on our first year as a newly formed entity, we are filled with immense pride in what we have achieved together and are excited for the path ahead.

Our journey began with a clear and ambitious vision: to redefine how we support Australians in making informed choices about what they, and the ones they love, eat. In just twelve months, we have laid solid foundations and set the stage for lasting impact. The first year for any organisation is both a challenge and an opportunity, and we are delighted to report that our team has embraced both with determination and enthusiasm.

This year has seen the ongoing success of the Fresh School Nutrition Advisory Program delivered in WA thanks to funding from the Western Australian Department of Health and the Health Eating Advisory Service thanks to funding from the Victorian Department of Health, as well as several bespoke projects such as Healthy Heads in Trucks and Sheds. Through these initiatives not only are we able to empower individuals by improving food and nutrition literacy and knowledge, but NNF is able to influence food environments through improved food offerings enabling individuals to make the healthy choice the easy choice. These activities are a testament to our commitment to making a tangible difference in people's lives.

None of this would have been possible without the dedication, expertise, and passion of our staff. The NNF's achievements are a direct reflection of their hard work, creativity, and unwavering belief in our mission. We would like to extend our heartfelt thanks to every member of our team, your contributions are the cornerstone of our success.

A major milestone this year was the launch of our new website. The site has quickly become a key platform for individuals, families, and professionals seeking guidance and inspiration. Its positive reception underscores the importance of clear communication and digital innovation in our work.

We are in the midst of an exciting period of growth and transformation. We are expanding our reach, forging new partnerships, and embracing innovative approaches to nutrition advocacy. We are committed to listening, learning, and adapting so we can serve our communities more effectively. This year has demonstrated that bold ideas, when matched with action, can generate real momentum for change.

At the heart of our organisation is a new way of championing the importance of nutrition in everyday life. We believe that everyone deserves the knowledge and support to be able to access and make healthy choices. Going forward, we will continue to advocate for evidence-based policies, empower individuals through education, and lead the conversation on nutrition's critical role in wellbeing.

The achievements of our first year are only the beginning. With the continued support of our stakeholders, partners, and the broader community, we are confident we will build on this foundation to create lasting and meaningful change. Together, we can ensure that good nutrition is within everyone's reach.

Thank you for being part of our journey.

message from the co-ceos.

It is our great pleasure to welcome you to the first annual report of the National Nutrition Foundation. This publication marks not only a significant milestone the launch of our new entity but also a celebration of the collective achievements and aspirations that unite us as we embark on this exciting journey.

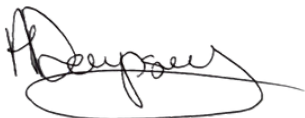
At the heart of the National Nutrition Foundation is a team of talented and dedicated professionals. Their deep expertise, tireless commitment, and passion for advancing nutrition education and improving food environments have set a strong foundation for our work. Every accomplishment shared within this report is a testament to their skill, collaboration, and drive to make a genuine difference in the health and wellbeing of Australians.

We firmly believe that meaningful partnerships are essential to creating lasting change. Throughout this year, we have been privileged to collaborate with a diverse array of stakeholders from community organisations and universities to government bodies, schools and other for-purpose organisations. Together, these collaborations have amplified our impact, broadened our reach, and enriched our understanding of the complex landscape of food and nutrition.

This year saw the successful launch of both our new entity and our public-facing website. The website stands as a vibrant hub for credible, accessible, and up-to-date nutrition information. More than just a digital platform, it symbolises our commitment to redefining how we communicate about food and nutrition making evidence-based guidance more engaging and relevant for every Australian.

As we look to the future, we are energised by the opportunities before us. The coming year promises new avenues for collaboration, education, and advocacy. By harnessing our collective strengths, we are confident that the National Nutrition Foundation will continue to inspire positive change and deliver real benefits for all Australians.

In closing, we extend our heartfelt gratitude to our staff, partners, and supporters. Your belief in our mission and your ongoing engagement are the driving forces behind our progress. Together, let's continue to champion better nutrition and a healthier tomorrow.



Aisling Dempsey



Margaret Rozman



governance.

Our Constitution establishes a governance structure for the Foundation. The Board Directors are responsible for the overall performance and compliance of the Foundation. The Board provides strategic direction, governance and leadership in pursuing our vision and delivering against our strategic priorities.

board directors



Andrea Spencer

Director



Aisling Dempsey

Co-CEO and Executive Director



Andrew Jaworski

Director & Company Secretary



Emilia Rankin

Director



John Wills

Chair



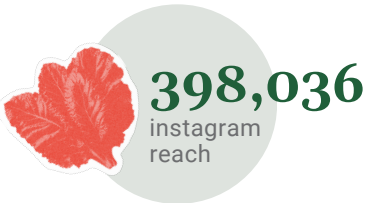
Margaret Rozman

Co-CEO and Executive Director

Audited financials are available from the ACNC at <https://www.acnc.gov.au/charity/charities>

our impact.

In Australia, across all states and territories.





our programs and initiatives.

healthy eating advisory service.

Healthy
Eating
Advisory
Service

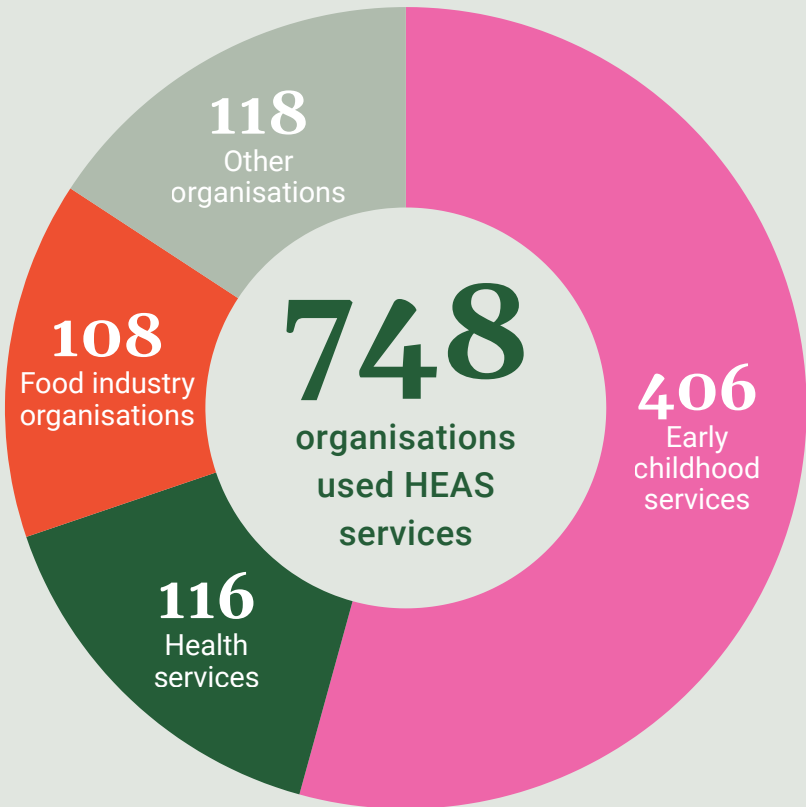
The Healthy Eating Advisory Service (HEAS) supports organisations across Victoria to create healthier food environments through comprehensive tools, resources, training, and implementation support. HEAS is funded by the Victorian Department of Health and delivered by National Nutrition Foundation.

HEAS' work delivers on several state government priorities in the Victorian Public Health and Wellbeing Plan 2024-2027, the Healthy Kids, Healthy Futures five-year action plan, and the Victorian Cancer Plan 2020-2024.

HEAS' 2024-2028 strategic plan aligns with these Victorian public health priorities, emphasising equity, innovation, evidence-informed practice, and systems approaches. The plan focuses on comprehensive implementation support, enhanced stakeholder engagement, systems change, and service excellence to create sustainable impact.

“The HEAS are such a fabulous support. Couldn't do it without them. They provide timely advice and are extremely supportive.”

impact.



healthy eating advisory service.

highlights.

The 2024-2025 year demonstrated HEAS' continued evolution as Victoria's premier healthy eating implementation support service. Through innovative digital tools, strengthened partnerships, comprehensive support across key settings, and continuously adapting to evolving needs, HEAS is well-positioned to continue driving meaningful change toward healthier food environments where healthy choices are the norm across Victoria.



Visits to the HEAS website **grew by 7% to 172,125 users**, with strong organic search performance demonstrating content authority.



HEAS support **80 public health services** to implement the Healthy choices: policy directive for Victorian public health services in **494 sites and 470 food services**, resulting in **100% compliance** across the state.



The Catering for Good directory features **35 food business** that provide healthier and more sustainable catering in line with the Victorian Government's Good Food policy and Healthy Choices Guidelines.



HEAS supported NHMRC-funded research projects to **maximise collective impact** and ensure evidence-based practice.



The creation and **launch of the Cooks Network Directory** for Early Childhood Services. An interactive directory which is designed to help cooks, chefs and educators working in long day care to **connect with others** in their local area.



Sponsorship of the Aquatics & Recreation Victoria **Nutrition and Healthy Choices Award** for sport and recreation clubs.

healthy eating advisory service. key initiatives.

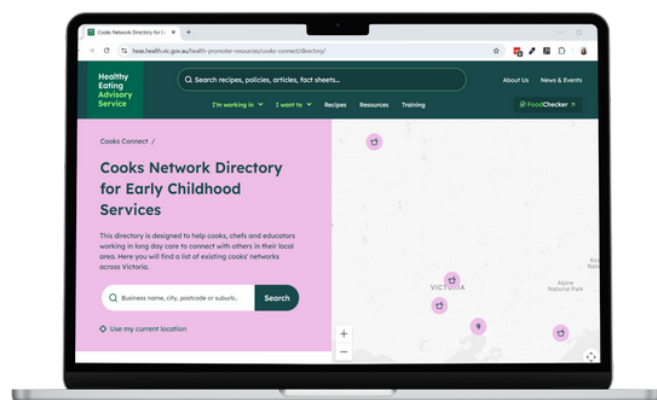
Healthy
Eating
Advisory
Service

Cooks Connect

Cooks Connect is an initiative, developed by HEAS using the principles of co-design, to empower local health promotion officers to establish and run a local cooks network. A cooks network brings together long day care cooks within a community to collaborate and share their knowledge and skills with other cooks. A network is an effective way for local health promotion officers to provide capacity building to cooks and for cooks to feel connected and empowered.

“The networking was great and hearing stories from other services around what they are doing was fabulous. This is the first time we’ve had a real connection between the kitchen and the classroom.”

- Cooks Connect participant.



This year we:

- delivered training for local health promoters who are establishing or running a local cooks network.
- hosted 3 Community of Practice meetings to support over 30 health promoters who are establishing or running a local cooks network.
- launched the Cooks Network Directory on the HEAS website, with 11 cooks networks across Victoria currently listed.
- held focus groups with health promoters and cooks to understand if the current initiative is meeting their needs and what changes they want to see. The focus groups formed part of an internal review and we are continuing to use the principles of co-design in future updates to the initiative.

healthy eating advisory service. key initiatives.

Policy directive

The Victorian Government's Healthy choices: policy directive for Victorian public health services (the Policy directive) requires public health services to ensure that healthier food and drinks are provided and promoted across in-house managed retail food outlets, vending machines, staff/visitor catering, and items purchased by staff and visitors from patient/resident menus.

HEAS is funded by the Victorian Department of Health to support health services to implement and maintain the Policy directive through intensive coaching, resources, and training, as well as providing support to assess foods and drinks via FoodChecker and report their annual results to the Department of Health.

In 2024, 100% of health services (n=80) were compliant with the Policy directive. A summary of the results are published on the Department of Health website [here](#).



100%

of health services were compliant with the Policy directive.



80

health services across Victoria.

“The support provided by [HEAS] is wonderful it certainly makes the whole process less stressful with [their] support.”

“Level of support from [HEAS], including staff upskilling and strategies for improvement have been fantastic - thank you!”

Highlights

- Provided ongoing intensive coaching for staff in all 80 health services.
- Developed and launched an online training course to support health service staff to implement and maintain the Policy directive.
- Produced 3 animated videos about supplying healthier foods and drinks in health services and how to make healthier swaps, and a fourth video about the Policy directive featuring the Victorian Chief Health Officer.
- Hosted the Virtual Health Services Award, in partnership with the Victorian Department of Health to celebrate excellence in implementing the Healthy choices: policy directive across Victorian health services. The event recognised 3 standout services for their achievements in innovation, collaboration, and quality outcomes. Awards were presented by Dr David Lister, Deputy Chief Health Officer.



healthy eating advisory service.

key initiatives.

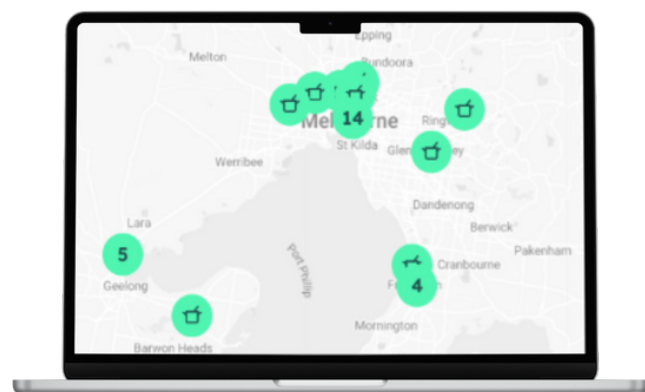
Catering for Good

Catering for Good is an online directory of food businesses that provide healthier and more sustainable catering, in line with Victorian Government's Good Food policy.

The Directory makes it easy for Victorian businesses to find caterers that offer healthier food and drink options, aim to minimise environmental impact and deliver positive environmental outcomes. It also highlights caterers that are certified social enterprises (certified by Social Traders), and Victorian Aboriginal and/or Torres Strait Islander owned businesses (certified by Kinaway).



"We now have two caterers in the Wyndham Tarneit area - this is so exciting! Loving the visibility these caterers are getting."



In 24-25, 13 businesses were added to the Directory, resulting in 35 caterers listed on the Directory to date.



13

new caterers added to the directory

We also undertook a dedicated marketing campaign to promote the Directory to both caterers, and workplaces, which included:

- producing promotional videos for caterers and workplaces
- distribution of posters to workplaces
- social media campaign
- co-designing a toolkit to support health promoters with support local food business to be listed on the Directory



healthy eating advisory service. collaborations.

Healthy
Eating
Advisory
Service

National Allergy Council

HEAS worked in partnership with the National Allergy Council to develop an online training course and supporting resources on managing food allergies and intolerances in children's education and care. The course and suite of resources were launched in August 2025.



11

new online allergy training modules being developed.



13

food allergy & intolerance fact sheets updated and translated into 6 languages



2

video case studies being developed

Network participation

- VPHWP Stakeholder Forums (formally known as Victorian Healthy Eating Enterprise)
- Local Public Health Units including presentation at Western Public Health Unit healthy eating and food systems action group meeting
- Participated in National Nutrition Network for Early Childhood Education and Care quarterly meetings
- Federation of Canteens in Schools (FOCiS) and National School Food Network

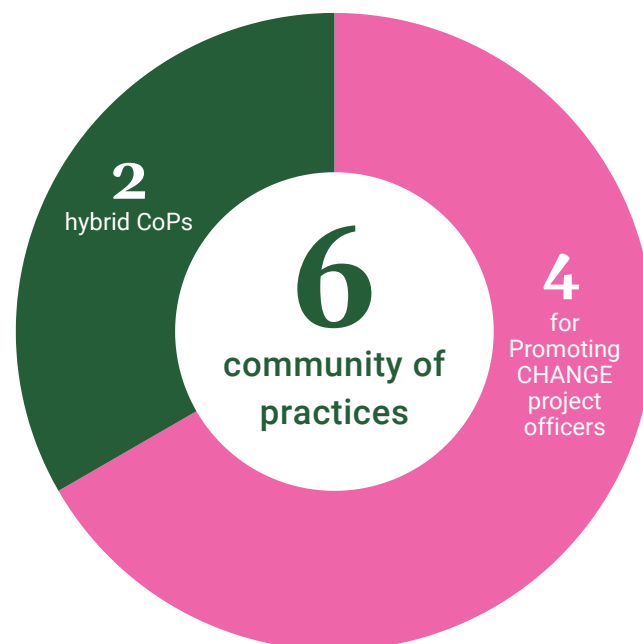
Deakin University

Promoting CHANGE, Deakin University

Deakin University: HEAS continued to support the NHMRC-funded Promoting CHANGE research project, testing an intervention to local government owned and/or managed food outlets within sports and recreation facilities, sporting clubs, libraries, community centres, and arts centres to increase healthier food and drinks provision.

For the 24-25 period, HEAS:

- Provided individualised support to the project officers who are working with their local facilities to increase the provision of healthier foods and drinks.
- Attended quarterly Advisory Group meetings which are also attended by participating local government representatives, partner organisation representatives, and the Promoting CHANGE research team.



Assessing Digital Tool Needs for Scalable Healthy Food Retail Transformation research project, Deakin University.

Member of advisory group and supported recruitment. Exploring integration of Store Scout - Kiosk and FoodChecker. Ad hoc consultation to Deakin University.

fresh school nutrition advisory program.



The fresh School Nutrition Advisory Program (freshSNAP) provides an integrated, comprehensive state-wide advisory and implementation service to support schools to create healthy food and drink environments and deliver nutrition education. FreshSNAP provides free advisory and consultation services to school canteens and food provision staff, curriculum-aligned teaching and learning resources and resources for parents and caregivers.

FreshSNAP is delivered by National Nutrition Foundation thanks to funding from the Western Australian Department of Health.



364

students reached through classroom incursions



133

pre-service teachers have completed training on freshSNAP.ed



208

downloadable activity sheets



2,175

curriculum support materials downloaded

Now in its third year of supporting WA schools in creating healthier food and drink environments key achievements over the last 12 months include:

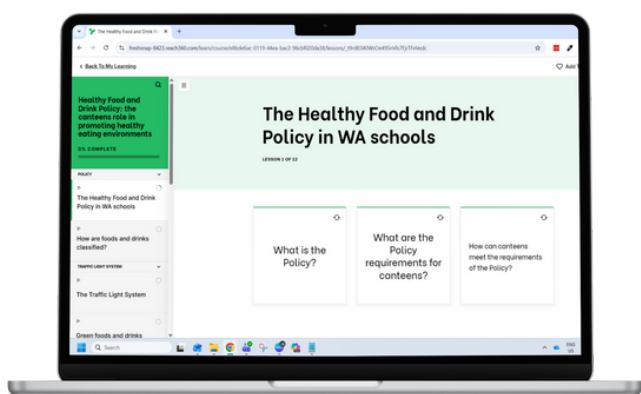
- The release of self-paced online learning for canteen and catering staff. This free online learning is available to access at a time that is convenient to the user
- The launch of FoodChecker for WA schools, enabling canteen managers and staff to assess recipes and menus using the WA School Food and Drink Criteria at any time from any internet-connected device
- A significant and comprehensive update to freshSNAP.ed curriculum resources to ensure alignment with the updated National and State Curriculum

freshSNAP key initiatives.



Online learning

The release of self-paced online learning provides canteen and catering staff with a flexible way to build their skills. This free training can be accessed at any time, allowing participants to learn at their own pace and fit professional development around their schedule.



freshSNAP.ed

A major and comprehensive update has been made to the freshSNAP.ed curriculum resources to ensure full alignment with the latest National and State Curriculum requirements. These enhancements strengthen the relevance and quality of the materials, supporting educators in delivering up-to-date and compliant learning experiences.



FoodChecker

FoodChecker is now available for WA schools, giving canteen managers and staff an easy way to review recipes and menus against the WA School Food and Drink Criteria. This online tool can be accessed anytime from any internet-connected device, making it simple to ensure compliance and support healthier choices.



freshSNAP key initiatives.



Teacher Wellbeing Professional Development

FreshSNAP's inaugural Teacher Wellbeing Professional Development Day was held in June 2025 and proved to be a valuable opportunity to connect with WA teachers and showcase the range of resources available to support both classroom teaching and personal wellbeing. The freshSNAP team delivered two sessions, one focused on practical strategies for improving personal health and wellbeing, and the other on how to use the updated freshSNAP.ed curriculum materials in the classroom. Additional presentations were delivered by OzHarvest, who introduced their FEAST Program, and Helping Minds, who facilitated a mindfulness session.

The event was fully catered by the freshSNAP team, featuring a selection of nutritious recipes from the freshSNAP website, including muffins, soup, quinoa salad, hummus, and more.



Highlights

Evaluation results from the freshSNAP Teacher Professional Development Day found the following:



Agreed or Strongly Agreed their knowledge of the importance of teaching nutrition had improved due to the training



Agreed or Strongly Agreed their confidence to integrate nutrition education in various learning areas of the curriculum had improved due to the training



Agreed or Strongly Agreed they would recommend the training to others

freshSNAP key initiatives.



“Absolutely loved it”

“Great presentation with heaps of good information provided”

“Really love the resources you guys have created!”



Pre-service teacher training

FreshSNAP delivered face to face sessions for pre-service teachers at Notre Dame and Edith Cowan Universities. The sessions showcase the freshSNAP program and the resources they can use on their practical placements, or in their classrooms after graduation.

Feedback from the face to face professional learning for pre-service teachers:

“I feel much more confident in teaching nutrition on my upcoming prac using the amazing resources online. Very informative presentation and Alex and Romi were very knowledgeable!!”

Network participation

- Curriculum Advisory Committee Technologies Year 7-10 – School Curriculum and Standards Authority (SCSA)
- Federation of Canteens in Schools (FOCiS) and National School Food Network



foodchecker.



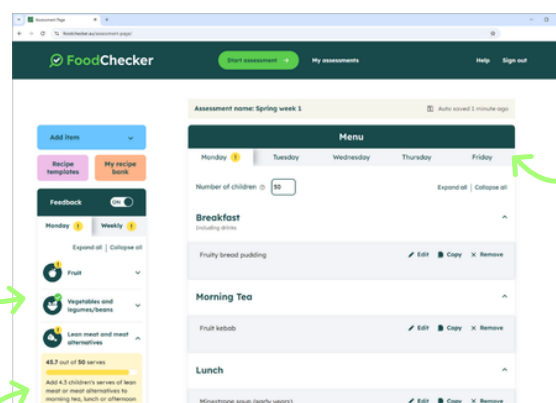
FoodChecker.au is a free, online tool to assess foods and drinks against relevant state government criteria for long day care, schools, health services, workplaces, sport and recreation facilities.

FoodChecker has been developed by National Nutrition Foundation, with support from the Victorian Government. Adaptations to South Australian, Queensland and Western Australian assessments are funded by Preventive Health SA, Health and Wellbeing Queensland, and Department of Health Western Australia respectively. These adaptations are made with the permission of the State of Victoria, acting through the Department of Health.

This Australian-first tool provides instant feedback on the foods and drinks supplied, and tailored recommendations for healthier changes to meet the relevant guidelines.

The following major updates were made to FoodChecker in 2024-25:

- Completed a major upgrade to the software, coding and server underpinning the site, for enhanced security and performance.
- Reviewed over 10,000 premade food and drink products according to Victorian, South Australia, Queensland and Western Australian state government criteria.
- Developed a 'live feedback' feature for long day care menu assessments. Users will receive immediate feedback on their menus as they go, and get specific advice on what to add or remove to meet the Menu planning guidelines for long day care. See example below. This has received very positive testing feedback by cooks and health promotion staff and is due to be launched in July 2025.



Instant results

Tailored advice

Easy navigation



16,500+
assessments completed



1,500
people registered



3,300
new products added to FoodChecker

"I was pleased to see how engaged and interactive she was when discussing the food checker tool and the traffic light system."

"The improvements to FoodChecker, including the ability to get instant classifications for recipes has been really useful. It is also much clearer which ingredients need to have quantities specified."

foodchecker.



FoodChecker supports:

Victoria



Long day care



Schools



Hospitals and health services



Sport and recreation facilities



Retail, catering and vending

Western Australia



Schools

Queensland



Hospitals and health services

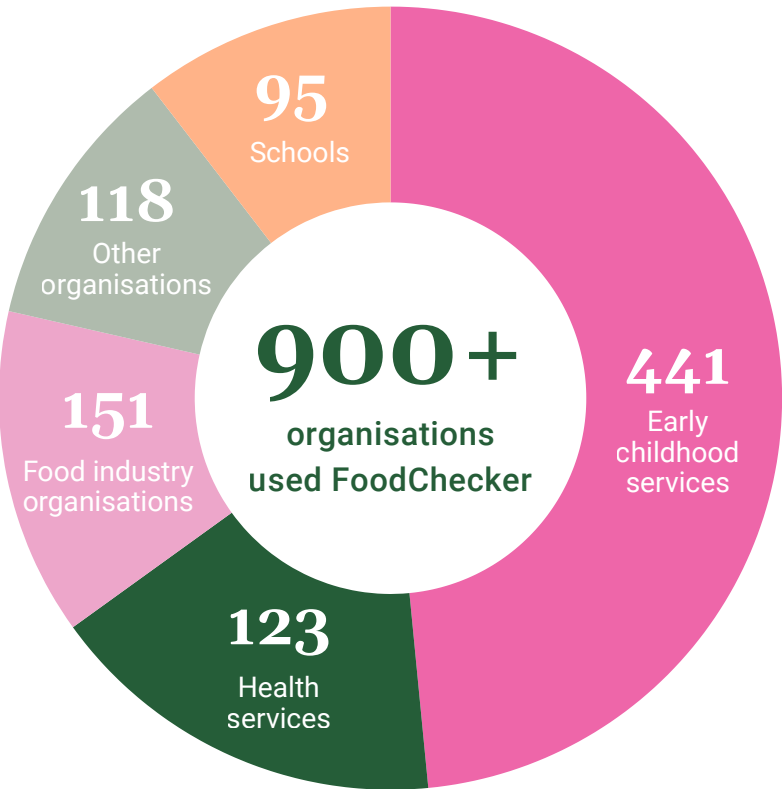
South Australia



Schools



Hospitals and health services



vic kids eat well.



Vic Kids Eat Well is a Victorian state-wide movement that is focused on transforming the food and drink environments where kids spend their time. Vic Kids Eat Well is a collaboration of Cancer Council Victoria's Achievement Program (AP), in partnership with National Nutrition Foundation's Healthy Eating Advisory Service (HEAS).

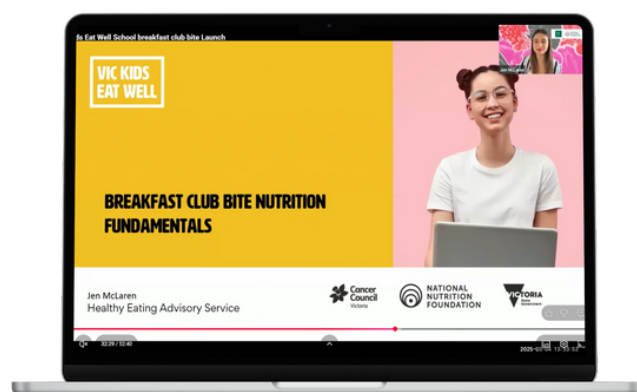
HEAS has contributed to the development, launch and implementation of Vic Kids Eat Well which was launched in January 2022.



Our involvement

To support health promoter and workforce capacity building, we:

- Co-facilitated bi-monthly community of practice (CoP) sessions to support implementation in schools, OSHC, sports clubs and community and council facilities.
- Co-facilitated monthly Q and A sessions where health promoters engaged with members of the VKEW team.
- Co-facilitated the launch of the new Breakfast Club Bites to the health promotion workforce via an online webinar. The launch of the Breakfast Club Bites coincided with the Department of Education's increased funding for School Breakfast Club programs across Victorian Government schools.
- Co-presented at the Bendigo Regional Healthy Choices forum. This forum provided an opportunity to promote the Healthy Choices guidelines in sports clubs and sport & recreation facilities and how VKEW and HEAS can support these settings to implement the guidelines.
- Attended ACHPER conference and co-facilitated workshops about VKEW and how VKEW can support schools to improve their food environment.



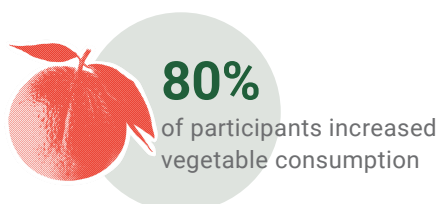
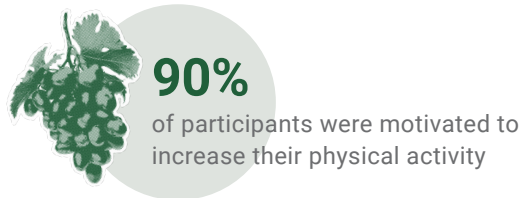
wellness challenge.

National Nutrition Foundation and YMCA continued to join forces with QIC-GRE to deliver The Wellness Challenge, across seven shopping centres and office buildings in Victoria and Queensland.

The Wellness Challenge is aimed at increasing community engagement in healthy eating and physical activity.

The Wellness Hub pop-ups offered local community members the opportunity to interact with qualified dietitians and personal trainers in centres across Australia.

“A huge thanks to the amazing staff of The Wellness Six Week Challenge. I was provided with a wealth of resources, support, and motivation. I found the body scan a useful baseline tool at the start and the completion of the challenge. Highly recommend”



healthy heads in trucks and sheds.



In collaboration with the National Nutrition Foundation, Healthy Heads in Trucks & Sheds has developed several nutrition initiatives, which aim to educate, raise awareness, and empower individuals across the road transport, warehousing, and logistics sectors to make informed, nutritious food and drink choices.



70% of truck drivers do not meet the guidelines for a healthy and balanced diet.

Guided by the expert advice of the National Nutrition Foundation, Healthy Heads has developed a range of targeted programs and information designed to improve access to healthier options and promote positive behaviours for more remote workers 'on the road' and those in workplace settings. Healthy Heads focus is on improving the general health, mental health and wellbeing of those working in Road Transport, Warehousing and Logistics.



40+

pre-pilot surveys completed



32

bp sites implemented discounted Healthier Choices Menu



Key initiatives

- bp's Healthier Choices Menu:** Implemented across 32 bp sites nationwide, this freshly prepared menu is available 24 hours a day and features meals classified as 'green' under the Victorian Government's Healthy Choices food and drink classification guide. Discounts are offered as an incentive and to make the freshly cooked meals more accessible for people across the industry.
- Nutrition in Sheds:** A pilot initiative focused on enhancing availability and visibility of nutritious food options in warehouse and distribution centres, while increasing nutrition awareness among workers. Workplaces share educational posters and information, and mini webinars. Canteen and food providers undertake an inventory and recipe audit and establish healthier options in their offering.
- Nutrition Communication Resources:** Healthy Heads, with expert and detailed input from National Nutrition Foundation, produced a suite of engaging resources including a resource aimed at heavy vehicle drivers and one at workplaces. The resources include posters, infographics and nutritious recipes.

ymca programs.



We delivered interactive cooking and nutrition presentations programs to YMCA community men's and women's programs.





partnerships
and people.

partners.



Government of Western Australia
Department of Health



health+wellbeing
Queensland



Hort
Innovation



GRAINS & LEGUMES
NUTRITION COUNCIL



QIC

networks.



Well
Collective

people.

This year has been an incredible team effort, marked by collaboration and growth.

We were fortunate to welcome talented placement students from Deakin University, Edith Cowan University and Curtin University whose contributions added fresh perspectives and energy to our projects.

We were also fortunate to have ten dedicated volunteers who contributed their time and talents throughout 2024-25. Their efforts have been invaluable, spanning a diverse range of projects from assisting with the Foundation's rebranding to writing and testing new recipes, and so much more. Each volunteer has played a crucial role in advancing our mission and supporting healthy communities across Australia. Thank you for making such a meaningful difference!

“I am very grateful for the opportunity and would recommend volunteering with NNF to anyone looking to get involved in this space.”

- Chloe, All Rounder Volunteer





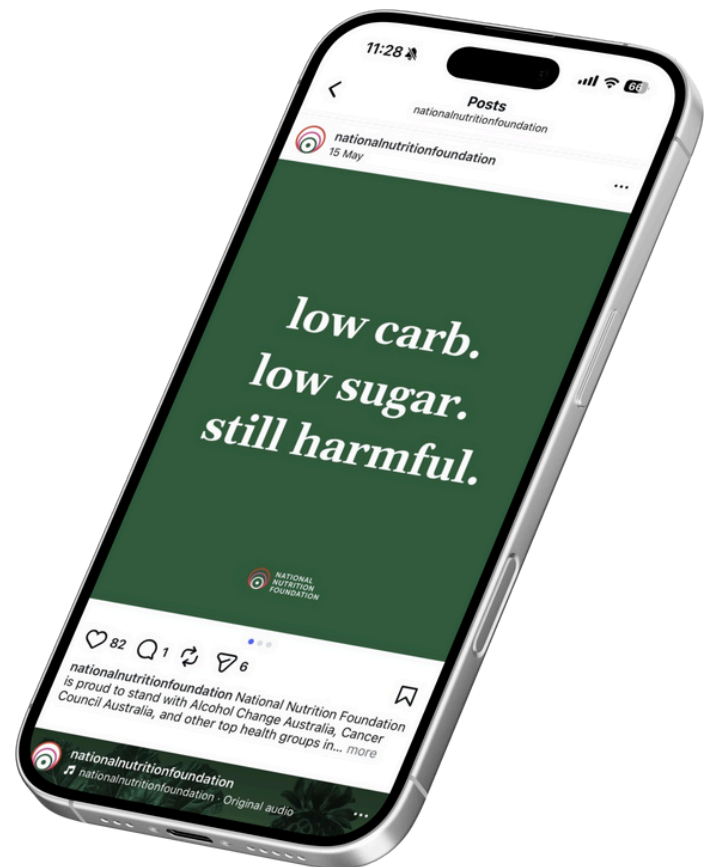
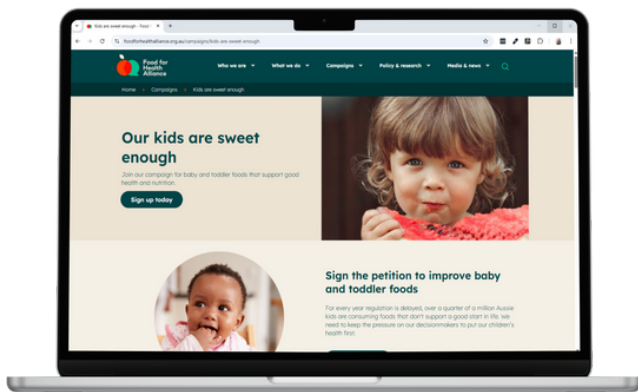
advocacy.

advocacy.

NNF was proud to lend our voice and expertise to several key pieces of advocacy work this year. This included:

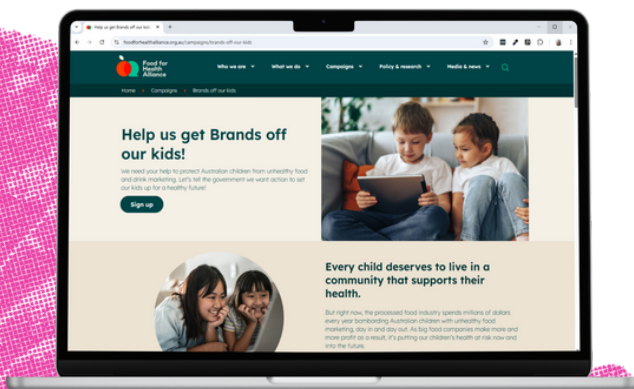
Kids are Sweet Enough

This important piece of work focused on improving the nutritional quality of toddler foods and importantly preventing manufacturers from using misleading or inaccurate statements in the marketing and advertising of these foods to parents and caregivers.



Brands off our kids

Brands Off Our Kids aims to reduce the advertising of 'junk' and non-core food items to children.



Call for alcohol labelling law reforms

Calling for the removal of carbohydrate and sugar claims for alcohol products. Research has shown that adding these nutritional claims to alcoholic beverages results in a consumer perception that the beverage is a 'healthier' choice and that the beverage is not as harmful to their health.

Advocating for nutrition education

Advocating for the inclusion of nutrition education in the Food and Fiber education strategy. NNF called for the expansion of the strategy to include curriculum points that required explicit education to students on the health benefits of a fiber rich diet.



research.

research.

Promoting CHANGE

Deakin University

HEAS continued to support the NHMRC-funded PromotingCHANGE research project, testing an intervention to local government owned and/or managed food outlets within sports and recreation facilities, sporting clubs, libraries, community centres, and arts centres to increase healthier food and drinks provision.

HEAS attends quarterly Advisory Group meetings which are attended by participating local government representatives, partner organisation representatives, and the Promoting CHANGE research team.

promoting  **CHANGE**
EMPOWERING COMMUNITIES TO PROMOTE NUTRITIOUS FOOD





**conferences
and events.**

conferences.

Preventive Health Conference 2025

Hosted by Public Health Association of Australia with the theme "Prevention is Political".

Empowering long day care cooks

Jodie presented on the ongoing success of the Cooks Connect initiative: "Empowering long day care cooks: a co-designed approach to sustaining child nutrition". The presentation highlighted the power of collaboration in improving early childhood nutrition. Co-designed with end users and grounded in real-world needs, the project focused on creating practical resources that support long day care services to offer healthier food options. An example of how policy and practice can work together to create lasting impact, embedding preventive health into government strategies, policies, and funding frameworks to build a healthier future for all Victorian children.

Designing culturally tailored nutrition resources

Tiffany presented her important work on co-designing culturally tailored nutrition resources for CALD (Culturally and Linguistically Diverse) mothers of 5-12-year-olds. Tiffany's research explores how to make healthy eating more accessible and effective through culturally appropriate, visually engaging resources, helping families overcome barriers like language, cultural food insecurity, and cost.



conferences.

HEIWA Conference 2024

Romi presented to Home Economics teachers on the freshSNAP.ed curriculum materials.

Nutrition and Health Innovation Research Institute/Nutrition Society of Australia Symposium 2024

Tiffany presented her important work on co-designing culturally tailored nutrition resources for CALD (Culturally and Linguistically Diverse) mothers of 5-12-year-olds. Tiffany's research explores how to make healthy eating more accessible and effective through culturally appropriate, visually engaging resources helping families overcome barriers like language, cultural food insecurity, and cost.

WACSSO Conference 2024 & International Union of Health Promotion and Education World Conference 2025

Aisling presented on freshSNAP and the impact the program has made in WA schools. The presentation focused on the importance of a whole of school approach and the need for partnership and collaboration between government departments, leadership from the school executive and involving children and young people in the decision making process.

events.

La Trobe University awards

National Nutrition Foundation sponsored the La Trobe University award for most outstanding student in Bachelor of Food and Nutrition, presented to Emma Westlake.



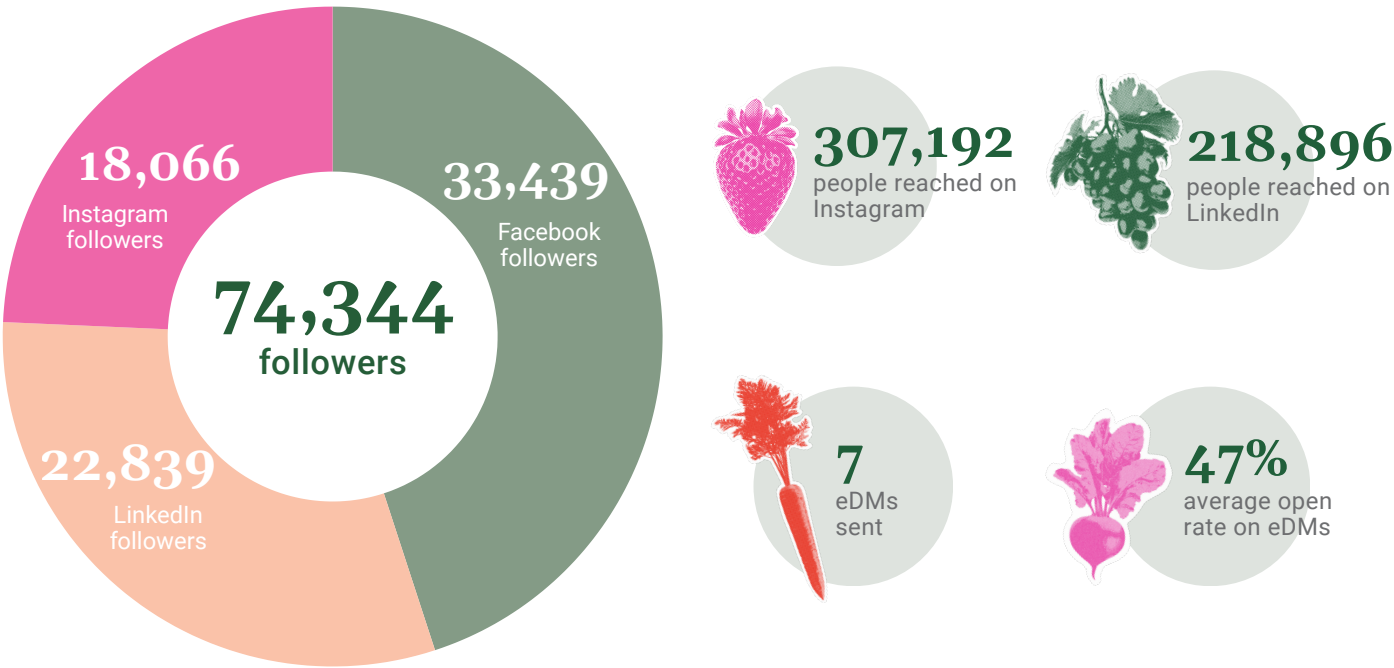


**media and
campaigns.**

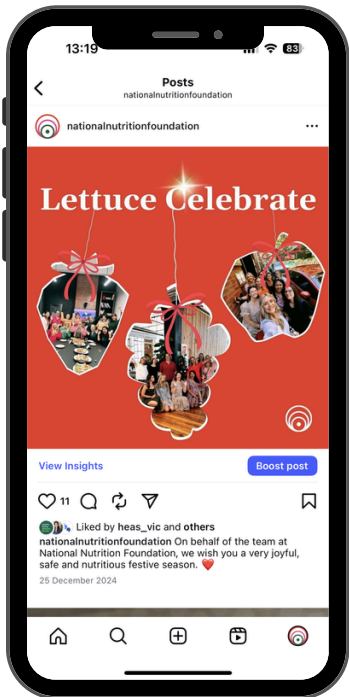
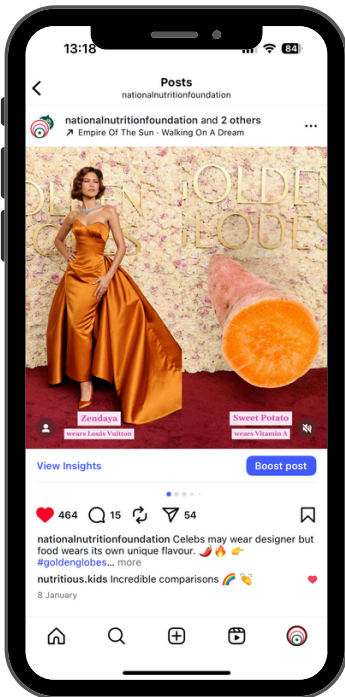
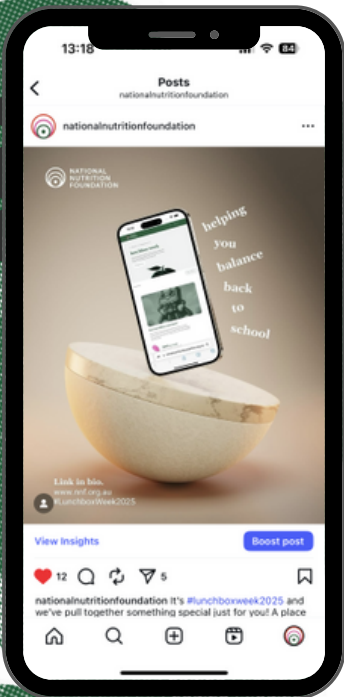
social media.

national nutrition foundation.

Followers



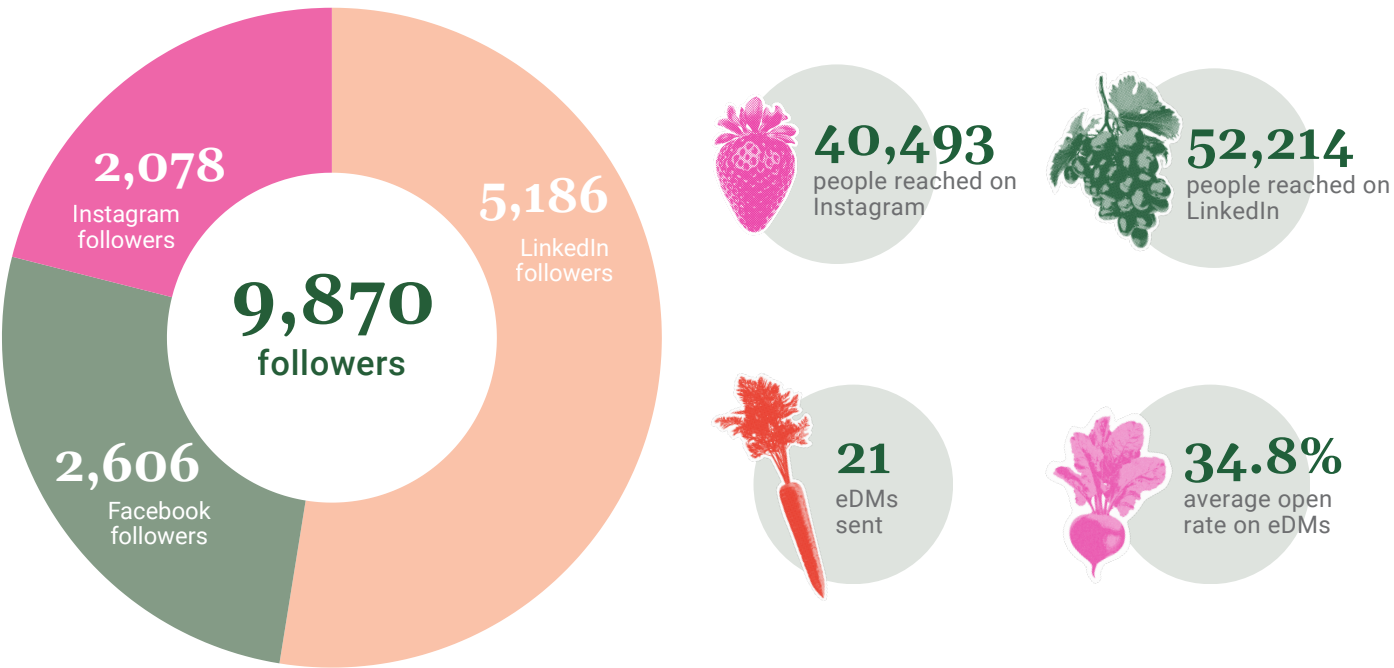
Highlights



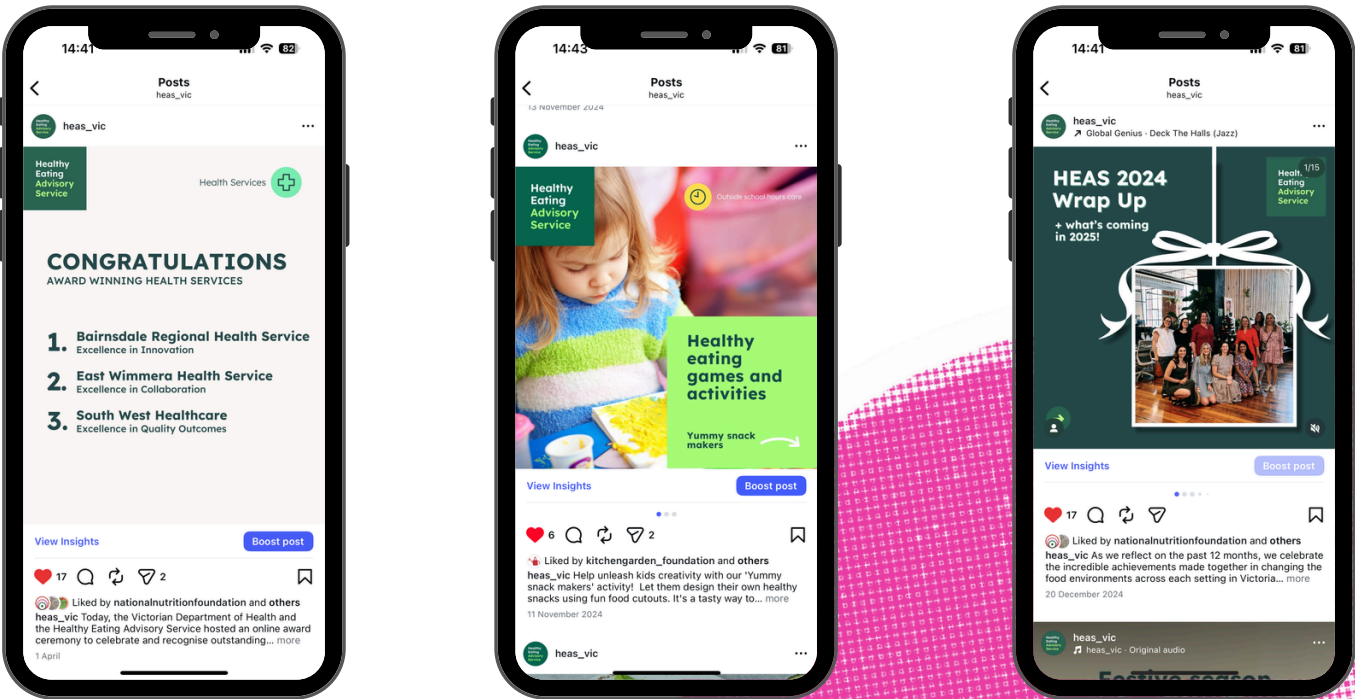
social media.

healthy eating advisory service.

Followers



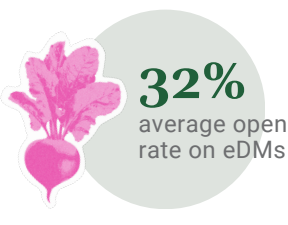
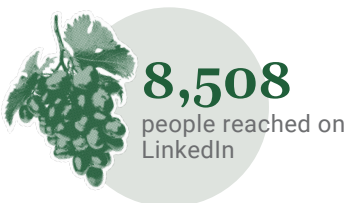
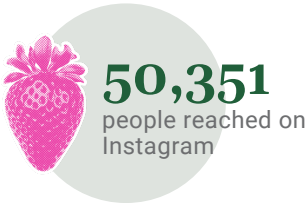
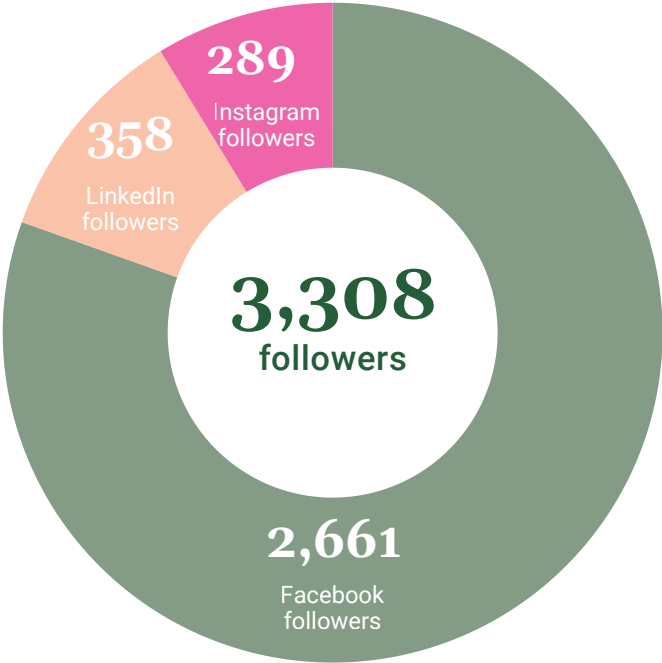
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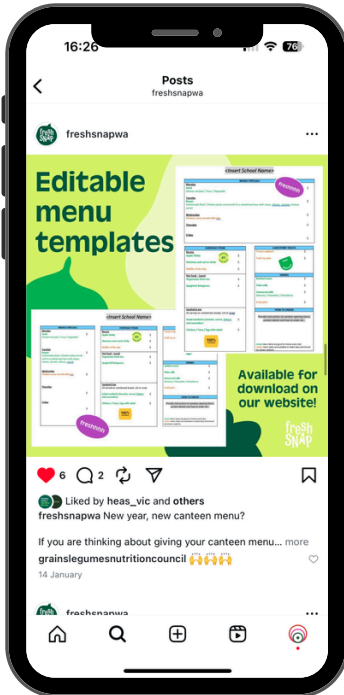
social media.

freshSNAP.

Followers



Highlights



campaigns.

lunchbox week 2025.

Lunchbox week 2025 ran from the 9th - 15th February. NNF was proud to produce a range of practical downloadable resources for parents and caregivers to inspire and simplify packing a nutritious lunchbox.



campaign engagement.



982
website
visits



200%
increase in
Instagram posts



55
resource
downloads

campaigns.

not all heros wear capes.

The 'Not all heroes wear capes' campaign was a fun, eye-catching campaign that aimed to increase awareness of the launch of freshSNAP's first e-learning module, designed for canteen managers.



campaign engagement.



93,392

views on
Facebook



113%

increase in post
interactions



8,491

people reached
on Instagram



want to know more?

we'd love to hear from you.

Contact us

✉ hello@nnf.org.au

☎ (03) 8314 58000

Head Office

Level 1/41-43 Stewart Street,
Richmond VIC 3121

Socials

f @nationalnutritionfoundation

in National Nutrition Foundation