

Dear Nutrition Australia Member,

Nutrition Australia ACT has made another steady start to the year. Our AGM was held in March in which we showcased our activities for 2009 – we really gained an understanding of how much we are growing.

The Division has been busy with workplace and community presentations and events, and bookings for 2010 are being made at a steady pace. A key activity for the beginning of 2010 has been facilitating the Kids at Play training workshops, which are discussed in further detail in this newsletter.

We've once again successful in obtaining a grant from ACT Health as part of the 'Healthy Schools, Healthy Children' funding round. We will be staging a professional learning day for ACT primary and secondary school teachers titled 'Making a difference: up-skilling ACT teachers in food and nutrition education'. This project will further build on the nutrition and food skills professional learning program held in 2008. The workshops will be based on a number of food and nutrition themes and facilitated by experts in the field. Participants will explore teaching methods and develop the skills necessary to achieve appropriate health outcomes. For further details, please contact us at act@nutritionaustralia.org.

We are looking forward to continuing with the great start to 2010 and keeping you informed of our activities. Please remember that we encourage you to contact us for further details on any of our work. You may also wish to become involved.

Peta Craig
Chair, Nutrition Australia ACT

Items in this issue	Page
Getting Kids to eat well seminar	1
Revised Core Food Groups	2
Kids Eat Kids Play	3
Nutrition Australia website	3
Review of food labeling law and policy	4
Recipe of the month	4
Upcoming events	5

Getting Kids to Eat Well Seminar

On Tuesday 20th April, Nutrition Australia ACT hosted a seminar at the Hellenic Club on the theme "getting kids to eat well". The seminar was aimed at parents, grandparents, carers and childcare workers and was well attended.

Dietitian and author, Glenn Cardwell from Western Australia was the guest speaker. Glenn has three grown up children of his

own, 30 years experience, including five years at the Children's Hospital in Sydney and education tours with Dr Chris Green (author of Toddler Taming).

Glenn's presentation was based on his recently released book "Getting Kids to Eat Well - 10 Eating Principles to get your kids to eat well, whatever their age or stage".

He worked through his top five tips giving practical advice and examples. Glenn's

message focused on getting children to make wise food choices without coercion, raised voices or threats. His tips include:

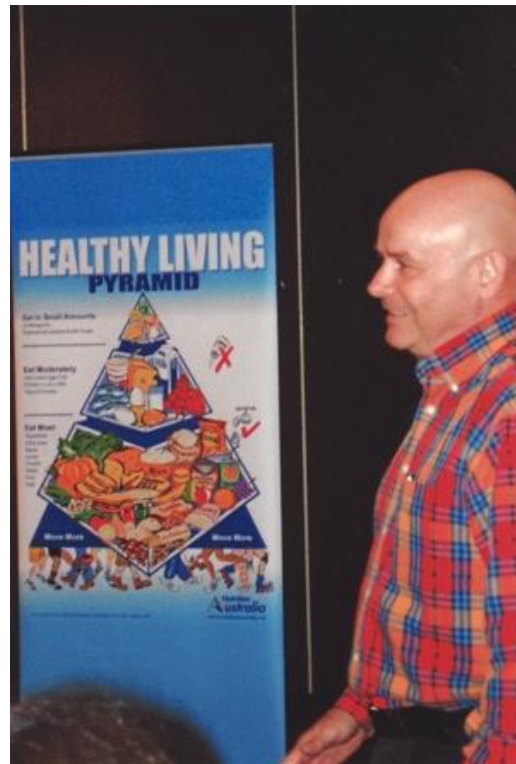
- All food is good
- Tastes change throughout time
- Family meal times are important
- Be positive about food

It was an interactive seminar with the audience free to ask questions and share their experiences throughout the presentation.

The presentation was followed by a panel question and answer discussion including ACT paediatric nutritionists Pip Golley and Leanne Elliston.

The audience was provided with information about ACT Health programs and resources, as well as many free recipe and information resources.

Evaluation received from participants provided many positive comments and feedback.



Glenn Cardwell in action

Revised Core Food Groups

The National Health and Medical Research Council (NHMRC) have released a draft document for public consultation. The document updates and revises the Core Food Groups and the Australian Guide to Healthy Eating. The revised version is titled 'A new food guidance system for Australia – Foundation and Total Diets'.

The aim of the revised recommendations was to translate the Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes (NRVs) (2006) into food consumption patterns.

The revision and development of the recommendations were based on:

- addressing the total diet and overall health;
- scientific evidence;
- and being flexible and practical.

This included basing the guidelines on food consumption patterns which:

- could deliver the nutrient requirements for people of varying age/gender, activity levels and life-stages
- are culturally acceptable, socially equitable and environmentally sustainable
- reflect the current Australian food supply and food consumption patterns
- provide some flexibility in food choice, and
- promote health and wellbeing.

A different approach has been taken in developing this proposed new food guidance system. Using scientific evidence derived from the literature, the most current national intake data and the 2006 NHMRC Nutrient Reference Values (NRVs), the committee developed Foundation Diets for age and gender group. These were created to achieve 100% of the RDI for ten key nutrients based on a sedentary activity level.

They have also created 'Total Diets' which are total intake patterns which provide flexibility and cover increasing energy requirements for larger and more active people within each age and gender group.

The full document and further information are available at:
http://www.nhmrc.gov.au/guidelines/consultations/food_guidance.htm
Public consultation on the draft document closed 10 May 2010.

Kids Eat Kids Play

Kids at Play is a healthy lifestyle program designed to help ACT-based early childhood services advance the health and wellbeing of children aged 0–5 years.

Kids at Play promotes healthy eating and active play messages that will help guide children in being healthy throughout their lives. Kids at Play also provides information to help families reinforce these healthy messages at home. The program focuses on increasing physical activity levels, reducing screen-time and improving healthy eating. The five key messages that Kids at Play promotes are:

1. Active play everyday
2. Switch to play everyday
3. Breastfeeding - good for baby, good for mum
4. Munch into veg and fruit everyday
5. Tap into water everyday

'Kids at Play' has been developed by Heart Foundation ACT, ACT Health and Sport and Recreation Services. Nutrition Australia was consulted throughout the development of the program.

Nutrition Australia ACT are now delivering a number of full day training workshops to Early Childhood directors and staff at a number of venues across the ACT

The program offers a number of resources to assist early childhood services including: factsheets, posters, Kids at Play manual and Kids at Play DVD

To learn more about the Kids at Play program visit the website at www.kidsatplay.act.gov.au



Nutrition Australia website

Nutrition Australia has updated their website and is now ready for you to view! The new look website contains all of the usual information about the organisation as well as news, recipes and resources. Each division now has its own clear link and page with information on services offered in the state

for childcare, schools, workplaces and aged care. So members will now have access to a regularly updated ACT division page.

Information will continue to be updated. To view the new version visit: www.nutritionaustralia.org.

Review of Food Labelling Law and Policy

The Council of Australian Governments (COAG) and the Australia and New Zealand Food Regulation Ministerial Council (the Ministerial Council) are conducting an independent and comprehensive review of food labelling law and policy.

For the purposes of the review, "food labelling" is deemed to include information, representations and claims about food that are, or could be, regulated under the Australia and New Zealand Food Standards Code or consumer protection laws.

In early March, the committee conducting the review released a consultation paper. The paper calls for submissions on a range of questions covering topics ranging from broad issues such as: the role of food regulation in public health, how food labelling can be used to support health promotion and what principles should guide decisions about government intervention on food labelling.

It also looks at the more specific issues such as:

- What classifies as 'adequate information' in the context of a food label;
- to what extent does such information need to be physically present on the label or be provided through other means (eg education or website); and
- How can accurate and consistent labelling be ensured?

Following the publication of the issues Consultation Paper on 5 March, public consultation meetings have been held in Perth, Wellington, Christchurch, Sydney, Hobart, Canberra, Darwin, Victoria, Adelaide and Melbourne. Written submissions were due by the 14 May 2010.

Visit

http://www.aph.gov.au/senate/committee/clac_ctte/protecting_children_junk_food_a_dvert/report/c01.htm to view the full report.

Recipe of the month

Polenta and Apple Bake

This is an extremely simple recipe for the warmer months.

Serves: 4

Ingredients

4 Apple

1 tablespoon Honey

1 teaspoon Lemon

1/2 cups Milk (reduced fat)

2 1/2 tablespoons Polenta

1 tablespoon Sugar

2 tablespoons Sultanas

1 teaspoon Vanilla (essence)

Method

1. Combine apples, honey and lemon zest. Place in a lightly oiled shallow oven proof dish. Cover and bake at 220degreesC for 15minutes or until apples are tender.
2. Blend 3 tablespoons of the milk with polenta. Heat remaining milk in saucepan.
3. Stir in polenta mixture, sugar, vanilla essence and sultanas. Bring to boil. Reduce heat to medium, stirring constantly until mixture thickens.
4. Pour polenta mixture over cooked apples. Bake at 220degreesC for 10 minutes or until mixture is set and golden brown.
5. Serve hot or cold with vanilla yoghurt. Serve hot or cold with vanilla yoghurt.

Volunteering with Nutrition Australia

Nutrition Australia ACT is run by numerous volunteers. If you are interested in becoming involved with our organisation in a voluntary capacity and would like to

receive e-mails about future volunteer opportunities; please email act@nutritionaustralia.org with your name, phone number and mailing address.

Upcoming events

Nutrition Australia ACT Professional Learning Workshops

Nutrition Australia is pleased to offer ACT schools an exciting opportunity to participate in a food and nutrition professional learning program. This program offers a series of hands-on food and nutrition workshops for primary and secondary teachers in the ACT. With a focus on evidence-based nutrition and food skills, this program supports the implementation of 'Every chance to learn: Curriculum framework for ACT schools – preschool to year 10'. The workshop presenters are a wealth of knowledge from organisations including the Home Economics Institute of Australia, Healthy Kids Association, Stephanie Alexander Kitchen Garden Foundation, and

Department of Education and Early Child Development, Victoria

The workshops will be held on Saturday 31 July 2010 at the Centre for Teaching and Learning in Stirling. A minimum of two teachers per school are encouraged to attend the event which provides a great opportunity to support effective change within the school community. Attendance is free as it is supported by a grant from the ACT Health Promotion Grants Program.

For further information, contact Nutrition Australia ACT: 0431 434 664; act@nutritionaustralia.org. Registrations close Friday 16 July.

Membership

We hope you are finding your Nutrition Australia membership beneficial. **Please let us know of particular topics you would like to see presented at upcoming seminars.** We would also appreciate your feedback on this newsletter. E-mail us at act@nutritionaustralia.org.

Don't forget that being a member of Nutrition Australia offers some great benefits:

- 10% discount on most publications
- Editions of our newsletter Pabulum
- Bi-monthly National newsletters

- Invitations to Nutrition Australia seminars and events at a discounted rate or free of charge
- Quarterly ACT newsletter
- Informed of seminars and events held by other parties
- Entitled to member rates for events run by the Dietitians Association of Australia and Nutrition Society of Australia (contact individual organisations for information on their events)

To update your membership details e-mail qld@nutritionaustralia.org. Remember to keep Nutrition Australia ACT informed if your e-mail address changes: act@nutritionaustralia.org.

This newsletter is a privilege and benefit for current members of Nutrition Australia only. We would appreciate if you do assist us in keeping this newsletter a members' only privilege.

This e-mail and any files transmitted with it are intended for the named addressee, are confidential in nature and may contain legally privileged information. The copying or distribution of this e-mail or any information it contains, by anyone other than the addressee or the person responsible for delivering this e-mail to the intended addressee, is prohibited. If you received this communication in error, please notify the sender immediately, then delete the e-mail