

# 2020 Impacts:

## *Food Sensations*® for Adults



### IMPROVING DIETARY INTAKES

*Food Sensations*® for Adults is a food literacy program that aims to improve dietary intakes through nutrition education and cooking sessions. The current program has been funded by the Western Australian Department of Health since 2016 and is designed for low to middle income adults, including those from:



Organisations with established groups



General public



Regional Community Resource Centres via video conferencing

*Food Sensations* for Adults was delivered in 2020 to **97** groups which resulted in:



**900**

People attending



**358**

Sessions delivered



**1350**

Meals cooked

With COVID-19 restrictions affecting 2020 program delivery, Foodbank WA implemented an online program.

As a result of this innovation:



**19**

programs were delivered with

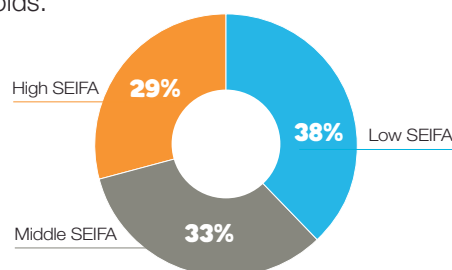


**153**

people

### REACHING LOW AND MIDDLE INCOME WESTERN AUSTRALIANS

During 2020, 71% of participants in the *Food Sensations* for Adults program were from low to middle income households.



This was assessed by converting postcodes to Socio Economic Index for Area (SEIFA).

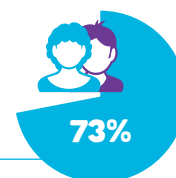
### WHO IS ATTENDING

Evaluation data shows an increase in males attending the program in 2020 (38% in 2020 vs 30% in 2019). Participants covered a range of ages from 18 years and older, 65% were born in Australia and 12% identified as Aboriginal or Torres Strait Islander.

### DEMONSTRATING RESULTS

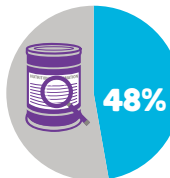
#### MAKING IMPROVEMENTS TO FOOD LITERACY CONFIDENCE AND BEHAVIOURS

Individuals who made an overall change in food literacy confidence and behaviours

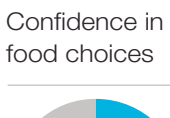


#### Top Changes\*

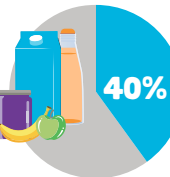
The percentage of individuals who had increased their:



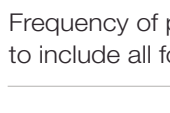
Frequency of using the nutrition information panel to make food choices



Confidence in making changes to food choices



Confidence to select low cost healthy foods



Frequency of planning meals to include all food groups

### IMPROVEMENTS IN DIETARY INTAKES

At the end of the program individuals reported eating an additional:



1/4 serve of fruit/day



1/2 serve of vegetables/day

In a month, this amounts to an additional:



7.5 serves of fruit



12 serves of vegetables

Partner:



Government of Western Australia  
Department of Health



## ABOUT THE PROGRAM

Foodbank WA has been committed to providing nutrition education programs to the community since 2007 as part of their *Healthy Food for All*<sup>®</sup> team.

*Food Sensations* is a FREE program that is hands-on, fun, and provides a safe environment to try new recipes and skills.

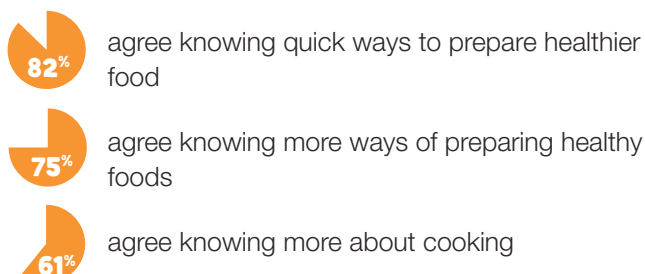
Topics covered over the four sessions include:

- healthy eating
- label reading and food selection
- budgeting and meal planning
- food safety, preparation and cooking

Program delivery is tailored to each group and can cover additional topics such as mindful eating, lunchboxes, snacks, eating out, junk food and fad diets.

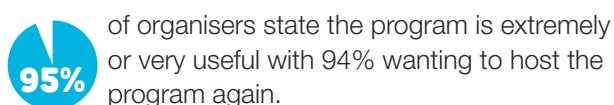
## RESPONDING TO THE PROBLEM

The 2015 WA Nutrition Monitoring Survey<sup>1</sup> found that Western Australians agreed that these areas would help them and their families to eat a healthier diet:



Using skills in food literacy such as food planning, shopping and meal preparation, as well as improving cooking confidence, are important for good nutrition outcomes and promoting food security.

## WHAT COMMUNITY GROUP ORGANISERS ARE SAYING



*"This is a great program, I really believe it gets people thinking about their own eating habits and shows us how we can make changes for better health for themselves and their families."*

(Organiser from a government organisation)

## WHY IT WORKS

Foodbank WA are using a best practice nutrition education model to reach and educate Western Australians in food literacy to improve food choices. Foodbank WA's widespread partnership development continues to expand the reach of the program.

Facilitators are university trained, skilled and committed nutrition professionals who use continuous improvement and innovation processes to ensure high quality program delivery.

## WHAT PARTICIPANTS ARE SAYING

*"The food sensations program has helped me save money and enjoy cooking. A definite benefit to my overall wellbeing."*

(Male from a regional community group program)

*"Thoroughly enjoyed the program. The information was so helpful and I enjoyed the preparing and sharing of the recipes in the group. At home we have some favourite recipes now from the books."*

(Female from a metropolitan public group)

*"The program was a load of fun, full of useful information and fascinating interaction with the other participants"*

(Male from a metropolitan community group program)

*"I really enjoyed the program. CV19 had us in lockdown. The program gave me something to do. I really enjoyed the group. It was fun meeting up by zoom. I liked the presenter. I loved learning about healthy eating."*

(Female from an online program)

## RESEARCH AND EVALUATION

Curtin University's evaluation has resulted in international recognition of the effectiveness of *Food Sensations* for Adults in assisting Western Australians improve their food literacy.

<sup>1</sup> Miller, MR, and Miller, SA. (2017) Nutrition Monitoring Survey Series 2015 Key Findings, Department of Health, Western Australia.

Join *Food Sensations* Social on Facebook.



## FOR MORE INFORMATION

W: [foodbank.org.au/healthyeating](http://foodbank.org.au/healthyeating)

E: [FoodSensationsEvaluation@curtin.edu.au](mailto:FoodSensationsEvaluation@curtin.edu.au)

Partner:



Government of Western Australia  
Department of Health