



# Nutrition Australia ACT Incorporated

Annual Report 2021

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ABN 55 159 014 153

 **Nutrition  
Australia**

Nutrition Australia ACT Incorporated - A05428

Chifley Health & Wellbeing Hub

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Chifley ACT 2606

NA ACT is also the Registered office of the Australia Nutrition Foundation Incorporated

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Nutrition Australia ACT Incorporated is a registered Health Promotion Charity with the ACNC, and has deductible gift recipient status with the Australian Taxation Office.

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## ABOUT US

Nutrition Australia ACT Inc. (NAACT) is a not-for-profit, non-government, registered health promotion charity. NAACT operates through a Committee of Management ensuring good governance practices and management.

### Committee of Management

The Committee of Management comprises of volunteer committee members with experience in policy, education, regulation, clinical dietetics, research and health promotion.

<b>Chair</b>	Gillian Duffy
<b>Secretary</b>	Sarah Cooper
<b>Treasurer</b>	Vacant
<b>Members</b>	Brad Tarrant Allison Wood Elysha Nheu Lauren Resnick Michelle Minehan (from Nov 2021) Julie Priestly (from Nov 2021)
<b>Public Officer</b>	Leanne Elliston
<b>National Directors</b>	Gillian Duffy Allison Wood
<b>NAACT Staff</b>	Leanne Elliston APD, Program Manager (full time) Brittany Pennay APD, Project Officer (full time) Courtney Best APD, Part time (part -time from December 2021) Ellen Bruce, APD, Project Officer (casual) Jelena Puskarica APD, Project Officer (casual till November 2021) Jacqueline Bampton APD, Project Officer (casual till April 2021) Freya Vos APD, Project Officer (casual from December 2021)
<b>Accounts</b>	Mary Harrison, Bookkeeper
<b>Financial Auditor</b>	See Accounting
<b>Legal Advisor</b>	KJB Law

## Our purpose

To support the people of the ACT region to make informed food choices to create healthier communities.

We aim to achieve this by supporting and educating the community, developing strategic alliances, maintaining our engagement with the community, maintaining financial sustainability and raising our profile in the region. NAACT will encourage and empower its staff to deliver quality services.

## Our strategic objectives for 2017 – 2021

- **Support, inform, educate the community**
  - to promote the prevention and/or control of lifestyle related diseases associated with overweight and obesity such as Type 2 diabetes, cardiovascular disease and some cancers.
- **Be engaged with community**
  - to be ACT's leading nutrition advocate in promoting health.
- **Build a leading not-for profit**
  - to be an independent and authoritative body that aims to promote the health and wellbeing of the ACT people.
- **Influence and encourage government and organisations to prioritise nutrition**

NAACT has a professional and diverse workforce that enables the organisation to achieve its goals. The organisation has a strong understanding of diet related health challenges and is committed to education in the community to address these health risks.

## Our commitments

As an incorporated association, NAACT adheres to the obligations of the ACNC and is compliant with the ACT Incorporated Association legislation and regulations. We undertake independent financial audits and maintain appropriate insurance policies. In addition, all our staff and volunteers adhere to legislative requirements including the Working with Vulnerable People Act 2011.

NAACT is committed to continuous improvement of practice, management and governance ensuring:

- the application of evidence based and scientific information
- development of effective partnerships
- respect for individuals, cultural diversity and indigenous culture
- equity in access and participation

NAACT employees hold current accreditation with relevant health professional bodies to ensure best practice guidelines are adhered to at all times.

## Message from the chair

Annual report time is always a great opportunity to look back and see how much has been achieved across the year. The COVID pandemic continued to challenge our organisation like many other not for profits and service providers across the country throughout 2021. The return of lockdown and the restrictions in the ACT significantly impacted delivery of all of our activities.

Despite the challenges the team still managed to deliver programs and services to the ACT community, in alignment with the strategic objectives. Working with our partners, local organisations and networks to support healthy eating for all Canberrans, aspects of all programs with a mix of face to face and virtual interaction, and deliver government funded activities with some adjustments. Happily, the team managed to launch a new program for Canberra's early childhood education and care service providers.

The ACT Nutrition Support Service continued to support the ACT community, providing evidence based practical nutrition and healthy eating information through social media and in targeted newsletters. NAACT also had a great presence in the local media on television, radio and the print media across the year. Through the ACT Nutrition Advisory Service we continued to contribute the implementation of some of the ACT Government's population health programs.

Once again NAACT lead a very successful Healthy Lunchbox Week on behalf of the national Nutrition Australia and contributed to National Nutrition Week.

The Board welcomed some new directors and continued to meet monthly across the year, virtually and in person. The next year will see the Board and management focus on our next three-year strategic plan, further board recruitment and business development.

On behalf of the Board, I would like to thank our members and the staff and many fabulous volunteers, who continue to passionately pursue our goal to support healthy eating across the ACT. The Board members, staff and volunteers give countless hours to keep NAACT going, and I would like express my gratitude to you all.



Gillian Duffy  
Chair  
NAACT Board

## SUPPORT, INFORM, EDUCATE THE COMMUNITY

In 2021, NAACT provided a range of nutrition services to the ACT community through fee for service programs and government funded activities. Some of the highlights of our nutrition education programs are summarised below.

### PROJECT DINNERTIME™

Project Dinnertime™ aims to build skills and confidence in the kitchen, getting more people cooking more often.

In 2021, we focussed our attention on providing one-on-one cooking clinics for people with a disability in addition to holiday cooking classes for children.



#### Project Dinnertime™ NDIS Cooking Clinic

In 2021, Project Dinnertime™ for people living with a disability continued to gain strength with its one-on-one cooking clinics. The cooking clinics are tailored to meet the needs of individual participants enabling them to build confidence and skills to prepare nutritious meals, make healthy food choices and manage individual dietary requirements.

**As a NDIS registered service provider, NAACT delivered a total of 64 cooking clinics in 2021 to 11 NDIS participants.**

At the end of 2020 we were successful in receiving a small grant from the ACT Government Disability Inclusion Grants program. This funding allowed us to purchase a range of adaptive kitchen equipment further supporting people with disabilities to take part in cooking clinics.

#### Project Dinnertime™ Junior

Project Dinnertime™ Junior school holiday program is a fun and interactive cooking program that aims to increase children's kitchen confidence and develop lifelong healthy eating habits.

In 2021 our dietitians delivered three series of week-long cooking programs. Children enjoyed cooking two meals each day with plenty leftovers to take home for their families.



Project Dinnertime™ is a registered trademark of Nutrition Australia ACT Incorporated.

## WORKPLACES

NAACT delivers staff wellbeing nutrition services to a wide range of ACT workplaces, from corporate departments to small businesses.

With many workers in the ACT working from home during Covid-19 restrictions, our service delivery was reduced to less than half our usual workload.

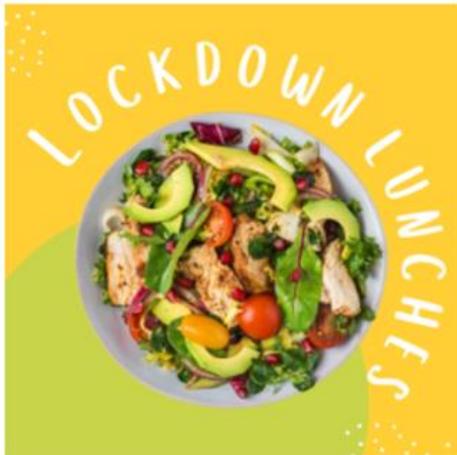
In 2021, NAACT delivered:

- 2 cooking demonstrations
- 5 healthy eating presentations

Our valued clients included:

- Australian War Memorial
- Department of Finance
- Environment, Planning and Sustainable Development Directorate
- National Archives of Australia
- Royal Australian Mint

During COVID restrictions, NAACT developed the following webinar series to motivate and inspire healthy eating at home.



## SCHOOLS

NAACT offers support and advice to students, staff and parents across ACT schools. In 2021, we welcomed a return of activities in the school sector until ACT experienced a return of COVID-19 lockdown and restrictions in Terms 3 and 4.

### School Services

In 2021, we undertook the following school-based activities:

- Ngunnawal Preschool Deadly Lunchboxes Parent Workshop Program
- Mawson Preschool Lunchbox Inspiration Stalls
- Melba Secondary School Talented Athlete Academy Seminar



### Outside School Hours Care (OSHC) Services

Services in the OSHC setting include menu assessments, staff training and food activities with children. In 2021 we delivered:

- 3 staff training sessions
- 1 menu assessment
- 1 children's food and cooking workshop

Valued clients include:

- Telopea Park Outside School Hours Care
- Lyons Early Childhood School Outside School Hours Care
- Woden Community Service Outside School Hours Care

### Healthy Schools Network ACT

NAACT is an active member of the ACT Healthy Schools Network, a collaboration of local not-for-profit organisations that actively promote health and mental wellbeing in ACT primary schools, secondary schools and the early childhood years.

The network meets each term to provide an update on activities in schools and receive latest information and advice relevant to the schools sector.



## EARLY CHILDHOOD

NAACT offers several fee-for-service programs to early childhood education and care services. We provide accurate and up to date nutrition information for childcare facilities to meet the food and nutrition requirements within the *National Quality Standard* and *The Early Years Learning Framework for Australia*.

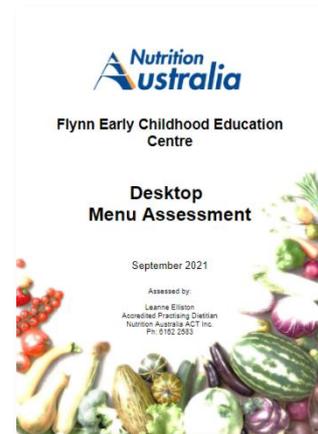
Like our other services in 2021, the return of lockdown and restrictions significantly impacted delivery of activities in this sector.

In 2021, NAACT delivered:

- 1 parent information stall
- 1 staff training session
- 1 menu assessment

Valued clients included:

- Canberra Grammar School Early Learning Centre
- Flynn Early Childhood Education Centre
- University Early Childhood Centre



### National Nutrition Network

NAACT is a member of the early childhood [National Nutrition Network](#), a national group that informs the future strategic direction of research and collaboration activities that support food provision in the Early Childhood Education and Care sector.

The National Nutrition Network aims to promote best practice provision of food within Early Childhood Education and Care services to facilitate positive short and long-term nutrition, health and development outcomes for children who attend care.

As a representative on the group, NAACT participates in regular discussions sharing challenges and ideas that inform research and intervention development for continued improvement in food provision and nutrition education in the early year's sector.



## COMMUNITY NUTRITION ACTIVITIES AND PARTNERSHIPS

NAACT prides itself in building strong relationships with local government and non-government organisations to deliver successful services and programs that target healthy food choices among the ACT community.

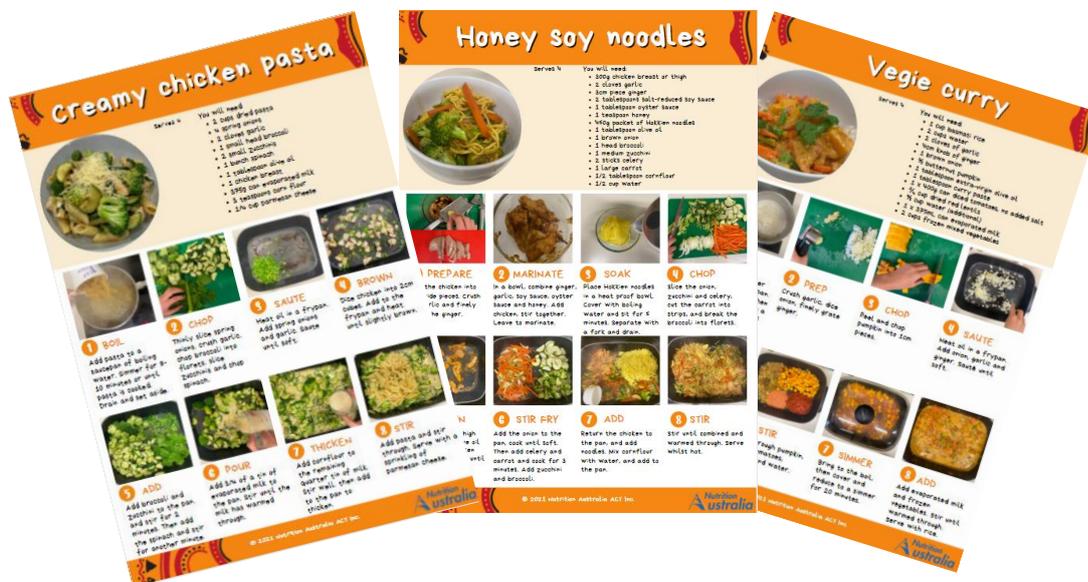
In 2021, we worked with and delivered a range of tailored nutrition services for the following community organisations:

- ACT Health Directorate
- ANU Postgraduate and Research Students Association
- Blueearth
- Carers ACT
- Duntroon Community Centre
- St Vincent De Paul
- Uniting
- Warehouse Circus

### ACT Health - Ngunnawal Bush Healing Farm

NAACT facilitated the healthy eating component of the ACT Health 'Ngunnawal Bush Healing Farm', a healthy lifestyle program for Aboriginal and Torres Strait people. NAACT delivered 10 virtual cooking workshops whereby participants cooked in real time with ingredients provided.

To supplement this service, NAACT created 10 co-branded pictorial recipes. We look forward to continuing this program in 2022.



## St Vincent de Paul - Eat Well Feel Well

NAACT teamed up with St Vincent De Paul to facilitate eight cooking workshops with 20 participants of the Compeer Friendship program that aims to support people living with mental illness.

From san choy bow to vegetable curry, each of the participants prepared a total of 16 simple, healthy, and budget conscious recipes enhancing confidence and skills to keep cooking healthy meals at home. Each of the workshops ended with a communal gathering of high-spirited feast and fun.

All participants received a recipe book comprising the recipes learned during the workshops.



As a result of this initiative, participants improved their nutrition knowledge and food budgeting skills, built skills and confidence in preparing healthy meals for themselves and their families and were empowered to make sustainable healthy food choices in the future.



## Warehouse Circus Spinout program

In 2021, NAACT continued its partnership with Warehouse Circus to deliver a healthy eating and food exposure program for children with disabilities within their existing Spinout program.

Over Term 2 we had classes from Malkara Specialist School, Cranleigh School, The Woden School and Black Mountain School visit NAACT each week to engage in food exploration activities and create healthy snacks. We look forward to continuing this collaborative program in 2022.



## ACT Children's Week

Children's Week is a national celebration of children's rights, talents and citizenship. It focuses the attention of the wider community on children and what's important to them.

NAACT was successful in receiving a small ACT children's Week grant to deliver a virtual cooking workshop. Participating families were provided recipes and associated shopping list in advance enabling children to cook from their own homes concurrently with our dietitian.

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*"Host was bubbly, engaging, helpful and showed so much patience with my child."*

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## FOOD SAFETY SUPERVISOR TRAINING

NAACT continues its partnership agreement with Nutrition Australia Qld to deliver units of competencies that meet Food Safety Supervisor requirements for ACT registered food businesses.

We offer two food safety supervisor courses that meet specific units of competency as follows:

- Food Safety Supervisor for retail and hospitality
  - SITXFSA002 – Participate in safe food handling practices
  - SITXFSA001 – Use hygienic practices for food safety
- Food Safety Supervisor for people working with vulnerable populations
  - HLTFSE001 – Follow basic food safety practices
  - HLTFSE007 – Oversee the day to day implementation of food safety in the workplace
  - HLTFSE005 – Apply and monitor food safety requirements

In 2021, NAACT delivered three Food Safety Supervisor courses to 17 participants.



RTO Number 110074



## BE ENGAGED WITH THE COMMUNITY

### NATIONAL HEALTHY LUNCHBOX WEEK 2021

NAACT coordinates the national Healthy Lunchbox Week (HLW) campaign which aims to inspire Australian families to create healthy and enjoyable lunchboxes.

In 2021, Healthy Lunchbox Week was a great success with significant growth seen across website and social media engagement.



#### 2021 Key Messages



#### 2021 Activities

- Healthy Lunchbox Week website content development including four new fact sheets, lunchbox e-book and development of 'six days of sandwiches, wraps and rolls' videos.
  - 35,000 page views (13% increase from 2020)
  - 11,166 website sessions (18% increase)
  - 8,886K unique website visitors (14% increase)
  - Top page: Recipes (9927 views)
  - Social media campaign comprising 61 posts distributed across Nutrition Australia social media platforms. Total reach: 234,000
- e-DM campaign to 14.5K members, subscribers and public primary schools across Australia.
- Teacher Webinar
  - 286 registered, 126 live participants attended by 57% teachers, 29% health professionals, 14% other.
  - 96% satisfaction rate with 94% recommending to friend or colleague.
- Lunchbox Giveaway – “Make it. Shoot it. Share it.” 40 Photo submissions of which 15 received Smash lunchbox packs.
- Development and dissemination of Communication Toolkit.
- Media release and engagement resulting in four radio interviews, WIN News television interview and Courier Mail article.

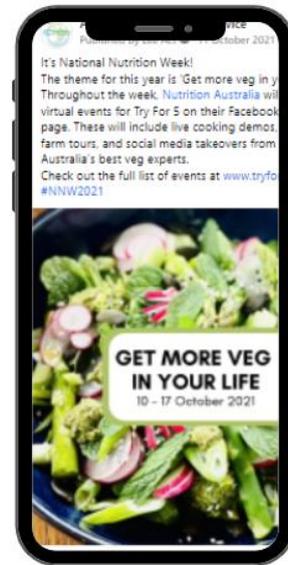


## NATIONAL NUTRITION WEEK 2021

In 2021, Nutrition Australia continued its National Nutrition Week theme of 'Tryfor5', by encouraging Australians to add an extra serve of vegetables to their day.

NAACT supported the National campaign by:

- delivering two webinars to ACT workplaces
- sharing social media messaging among local stakeholders
- distributing e-newsletter articles to over 1500 ACT Nutrition Support Service subscribers.



## ACT NUTRITION SUPPORT SERVICE®

The ACT Nutrition Support Service® (ACTNSS) provides locally targeted nutrition support and advice across the ACT.

Through multi-phased communication strategies, practical nutrition information is developed and disseminated among the ACT community via subscribers, social media and the ACTNSS website.



In 2021, ACTNSS continued to provide evidence-based food and nutrition recommendations and policy support to prioritise nutrition for clients, staff and volunteers among targeted community sectors.

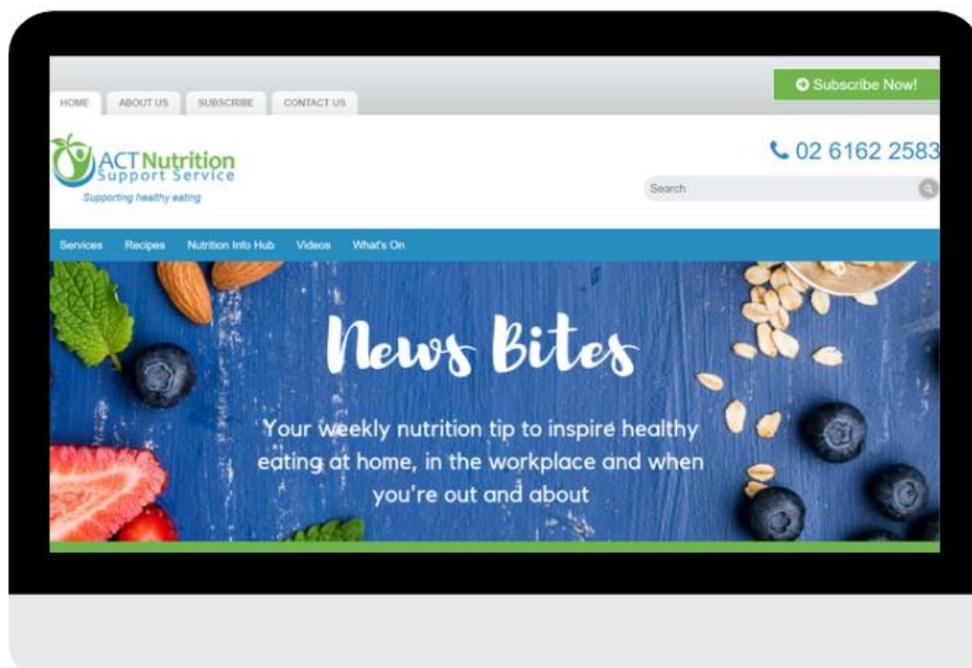
### Website

The ACTNSS website serves as a nutrition hub of information for the ACT community providing a suite of evidence-based nutrition fact sheets and practical healthy recipes.

#### 2021 Website stats

- 13,295 Users (60% increase\*)
- 37,513 Pageviews (19% increase\*)
- 17,857 Sessions (46% increase\*)

\*compared to 2020



## Social Media

In 2021, the ACTNSS continued its active social media presence using Facebook as its key social media platform.

 Facebook @ACTNutritionSupportService  
3,432 likes

### 2021 Facebook stats

- 101 Posts
- 70,282 Total Reach
- 4,149 Engagements



## E-newsletters

Organisations and individuals that subscribe to the ACTNSS receive our weekly 'Newsbite' e-newsletter, containing topical nutrition information.

### Newsbite stats

- 1536 subscribers.
- 52 Newsbite's authored
- 22,000 Newsbites were opened
- The most popular Newsbite topic for 2021 was 'Christmas Salads' with an open rate of 33.2%



Sector specific e-newsletters are distributed quarterly to subscribers across five sectors in the community.

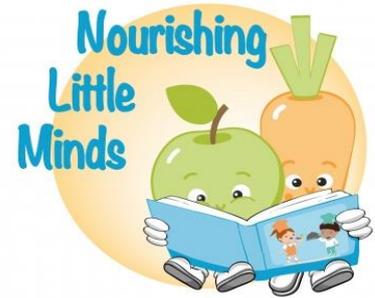
Workplaces	Schools	Early childhood	Disability	Mums & bubs
				
437 subscribers	734 subscribers	650 subscribers	312 subscribers	96 subscribers

*The 'ACT Nutrition Support Service' is a registered trademark of Nutrition Australia ACT Inc.*

## NOURISHING LITTLE MINDS®

### ACT Health Promotion Grants Program

Delivered in partnership with Libraries ACT, Nourishing Little Minds is a 4-week program that aims to improve healthy eating habits for young children by making healthy food fun and enjoyable. Each of the four sessions involve a food-based Story Time followed by simple hands-on food and tasting experiences.



Program deliveries returned in 2021 for Terms 2 and 3 but then paused again due to the return of Covid-19 restrictions.

In 2021 we delivered 6 x 4-week programs to 53 children aged 0-5 years.

The program will now continue into 2022 after which a comprehensive evaluation will take place. The evaluation of the project has been approved by Human Research Ethics Committee of the University of Canberra.



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*"Keep doing what you're doing. Loved the way the educators engaged with children"*

*"I enjoyed the relaxed approach and it not being "preachy" about healthy eating"*

*"Wonderful program thank you :)"*

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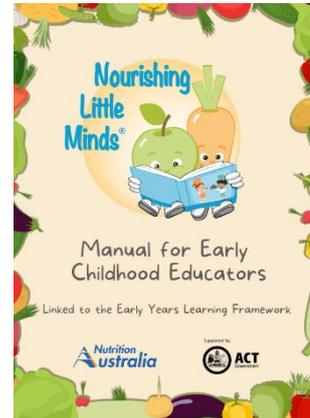
## NOURISHING LITTLE MINDS IN EARLY CHILDCARE

### ACT Health, Healthy Canberra Grant

In 2021 we launched the NEW Nourishing Little Minds Early Childhood Program for Canberra's early childhood education and care (ECEC) service providers.

Aligning with the Early Years Learning Framework (EYLF) and the National Quality Standards (NQS), the NLM program aims to strengthen healthy food and drink culture and empower educators to help children become confident food explorers, while building healthy habits for life.

From 2021 to 2022 this program will be rolled out to 80 early childhood services in the ACT.



ECEC services that take part in the program receive free on-site professional development for educators and their very own NLM resource kit comprising of an educator manual, templates and storybooks to help embed a range of healthy educational activities into daily programming.

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*“Professionally delivered and it was a good reminder of our responsibility (in) supporting children to eat vegetables”*

*“Really helpful to understand the creative ways to engage the children to eat healthy food”*

*“Very engaging and to the point, well run program with lot of resources”*

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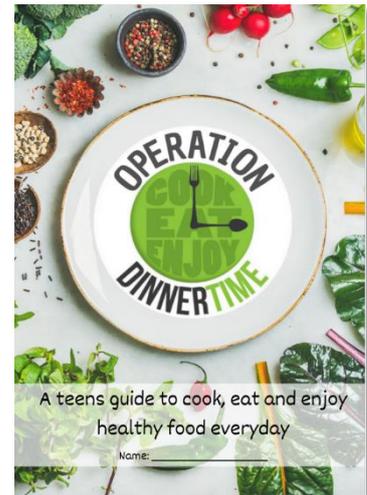
## OPERATION DINNERTIME FOR TEENS

### Defence Community Organisation Family Support Funding Program

Teens need to learn to cook and even more so when their parents are deployed serving the country. *Operation Dinnertime for Teens* was developed to empower teenagers from Defence families to prepare healthy meals whilst creating social support networks and building resilience.

NAACT dietitians delivered 4 x eight-week cooking programs to 30 teenagers who learnt new cooking skills and made lasting friendships.

The frequency of participants helping to cook meals at home more than twice a week increased from 59% to 76%. Cooking confidence also increased with 100% of participants feeling more confident by the end of the program.



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*"I loved this program because I learnt more cooking skills and made friends"*

*"Good food, easy recipes and good teachers"*

*"I really enjoyed it & honestly recommend. I want to do it next year for a term!"*

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## INFLUENCE AND ENCOURAGE GOVERNMENT AND ORGANISATIONS TO PRIORITISE NUTRITION

### NUTRITION ADVISORY SERVICE

The Nutrition Advisory Service (NAS), operating under the umbrella name of the ACT Nutrition Support Service, supports the ACT Government's population health programs.

#### School Canteens

NAACT has played a significant role in building healthier school canteens in the ACT, guided by the *ACT Public School Food and Drink Policy*.

NAACT provides phone, email and face-to-face nutrition advice and support to ACT Public School Canteens to assist them to meet their requirements under the ACT Public School Food and Drink Policy.

In 2021, NAACT completed 73 school canteen menu assessments which involved assessing over 5,000 individual food and drink items.

- 59% were classified as **GREEN** (healthy food and drinks that should dominate the menu)
- 40% were classified as **AMBER** (occasional food and drinks that should make up less than half of the menu)
- 1% were classified as **RED** (unhealthy foods to avoid on canteen menus)

**Of the 73 public school canteens that received menu assessments, 51 (70%) were compliant with the Policy at the time of their assessment, this represents an 11% improvement from canteens in 2020.**

#### Canteen Day

NAACT co-ordinated Canteen Day in the ACT on 5 November 2021 (in line with Queensland Association of School Tuckshop 'Tuckshop Day'). The day provides an opportunity to recognise and appreciated the work of school canteens.

Key activities:

- Resource development - eight social media tiles, newsletter template, classroom resources and a school poster.
- Distributed certificates to all ACT public school canteens.
- Media release resulting in a radio interview with ABC Canberra Radio and local canteen manager from Ngunnawal Primary School.



## Healthier Choices Canberra

Healthier Choices Canberra is an ACT Health Initiative making it easy for Canberrans to find tasty, fresh and healthier food and drink options at the places we visit regularly like local supermarkets, cafes, club restaurants and kid’s entertainment venues.

NAACT is funded by ACT Health to support businesses and assess menus.

In 2021, NAACT completed 3 supermarket audits and 1 supermarket stall which included a Facebook Live recording.



## FOOD&ME™ Review

Food&ME™ is a leading curriculum linked nutrition education resource used by ACT school teachers. Written and piloted by NAACT, Food&ME™ aligns with the Food and Nutrition components of the National Curriculum for Health and Physical Education and is supported by the ACT Government’s *Fresh Tastes* initiative.



In collaboration with ACT Health and ACT Education directorate, the Year 7-8 Food&ME™ units were updated to include cross-curricular links, achievement standard mapping rubrics and additional activities and recipes housed within an interactive Google Site.

Other additions NAACT made to the Food&ME™ suite of resources included:

- two short classroom videos
- additional virtual compatibility activities
- suite of infographic classroom recipes.



Food&ME™ is a registered trademark of Nutrition Australia ACT Incorporated.

## ADVOCACY AND PARTNERSHIPS

NAACT strives to work in collaboration with local organisations and networks that share a common goal of supporting healthy eating for all Canberrans.

Our key partners and stakeholders in 2021 included:

- ACT Health, Preventative and Population Health, ACT Government
- ACT Health, Health Protection Service, ACT Government
- Education Directorate, ACT Government
- Community Services Directorate, ACT Government
- Libraries ACT, ACT Government
- WorkSafe, Healthier Work, ACT Government
- University of Canberra
- Warehouse Circus
- Carers ACT
- Bluearth
- St Vincent de Paul



NAACT staff participate in networking events and meetings to improve the health of the ACT population. In 2021, this included representation at:

- ACT Healthy Schools Network
- Health Protection Food Regulation Advisory Committee, ACT Government
- ACT Food at School Collaborative Working Group
- University of Canberra Discipline of Nutrition and Dietetics Program Advisory Committee

# BE A CREDIBLE SOURCE OF EVIDENCE BASED FOOD, NUTRITION AND HEALTH INFORMATION

## MEDIA

In 2021, NAACT experienced its largest media presence to date with 31 media appearances across 17 media outlets.

### Radio



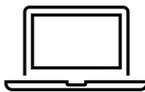
- ABC Radio Canberra
- 2CC Talking Canberra
- Mix 106.3 Canberra
- 2 NUR FM 103.7 Newcastle
- ABC Radio Townsville

### Print



- The Daily Telegraph
- Fourish magazine
- Our Generation Magazine
- The Courier Mail

### Online



- ABC News online
- House of Wellness
- Care for Kids
- News.com.au

### Television



- Win News
- ABC News National
- ABC Behind the News



## ENCOURAGE AND EMPOWER STAFF TO DELIVER QUALITY SERVICES



As an employer of Accredited Practising Dietitians, NAACT supports staff to maintain accreditation by attending local continuing professional development opportunities that align with professional goals and improve staff knowledge and capacity to deliver evidence-based nutrition education.

In 2021 staff were supported to undertake professional development activities and webinars delivered by Dietitian Connection, Education in Nutrition and Dietitians Australia.

## NATIONAL REPRESENTATION

NAACT participated in various activities to support the operations of Nutrition Australia's national body. In 2021, this included representation on the following:

- National Nutrition Australia Board
- Nutrition Australia senior staff forums
- Early childhood National Nutrition Network
- National School Canteen Network

NAACT supports the National body by administering membership and provides secretariat support for the National Board meetings.

### National advocacy

In 2021, NAACT represented national participation in the following National advocacy activities:

- Australian Dietary Guideline Review Stakeholder Scoping Survey
- National Obesity Prevention Strategy Scoping Survey
- Roundtable discussion: Australian Government Department of Health's Food Systems Summit National Dialogue, *What role does food labelling play in helping to shift consumers towards healthier, safe and sustainable consumption?*

## UNIVERSITY OF CANBERRA STUDENT PLACEMENTS AND INTERNS

In 2021, NAACT continued its strong relationship with the University of Canberra (UC) by supervising six Master of Nutrition and Dietetics students each undertaking six weeks of community nutrition placements. Placement projects included:

- Healthy Lunchbox Week 2021 campaign evaluation
- Healthy Lunchbox Week 2022 campaign needs assessment
- Healthy Lunchbox Week campaign scoping and development of classroom resources



NAACT supervised two intern dietitian graduate and five Bachelor of Nutrition internships under the UC Work Integrated Learning program.



## BUILD A LEADING NOT-FOR-PROFIT

### MAINTAIN AND BUILD ON EXISTING GOVERNANCE STRUCTURES

NAACT has an ongoing commitment to effective documentation, reporting and evaluation. Over the year, the NAACT Board met on a monthly basis with an additional strategic planning meeting day in January 2021.

All governance structures are maintained with regular financial audits and insurances kept up to date.

As a Health Promotion Charity, reporting to the ACNC is undertaken on an annual basis.

### VOLUNTEERS

NAACT welcomes and appreciates the wonderful assistance that our volunteers provide to help deliver community projects.

In 2021 six volunteers provided their time to assist with the following activities:

- School holiday cooking classes
- Public events
- Community cooking programs
- Food preparation for catering activities
- Recipe testing
- Resource development and printing

