

NUTRITION AUSTRALIA VIC DIVISION

ANNUAL REPORT
FOR 2018-19

HEALTHY EATING FOR
ALL AUSTRALIANS



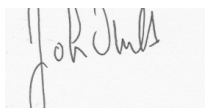
FOREWORD

2018/19 saw the implementation of our new three year strategic plan with a greater focus on advocacy including the increased efforts of the Fruit and Vegetable Consortium and greater contribution to networks. We secured further funding for our Healthy Eating Advisory Service, reviewed our partnerships and sponsorships model and grew our financial and in-kind partnerships. We successfully developed and piloted new products whilst improving service efficiencies, building capacity and ensuring long term sustainability of our organisation so that we can continue to support healthy eating and increase our impact.

Some of our unique achievements for the year include:

- launching an exciting new national product: nutritious, seasonal pre-planned menus for long day care centres
- establishing the Fruit & Vegetable Consortium (FVC), which brings together key organisations to collectively advocate for comprehensive collaborative action to address Australia's low levels of fruit and vegetable consumption
- welcoming Marley Spoon co-founder, Oliva Andrews, as our first ever brand ambassador for National Nutrition Week 2018
- reaching our one-millionth Victorian through our state-government-funded Healthy Eating Advisory Service
- embarking on a ground-breaking \$4 million, five-year national research project with CSIRO and Flinders University to increase children's vegetable consumption
- representing Nutrition Australia and our project partners at over 19 nutrition, health, education and food industry conference and events
- increasing revenue by 14%, to end the year with a satisfying net profit of 6%.

John Wills,
Chair

A handwritten signature in black ink, appearing to read 'John Wills'.

Lucinda Hancock AN,
Chief Executive Officer

A handwritten signature in blue ink, appearing to read 'Lucinda Hancock'.

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2018/19 AT A GLANCE

Who We Are

Nutrition Australia Vic Division is a multi-disciplinary organisation, offering expertise in nutrition and dietetics, public health nutrition and health promotion.

Our Vision:
Healthy Eating for all Australians

What We Do

Communities

Supporting community settings to supply healthier foods and drinks by providing information, training, menu assessments and consultancy services.



Food Industry

Engaging with food industry to improve the food supply across the country through product reformulation and promotion of healthier products.

Menu Design & Development

Designing seasonal menu packages for long day care centres that meet the national quality standard.



Corporate, Research & Agriculture

Working with the corporate, research and agricultural sectors to develop and implement programs to increase consumption of core foods.

National Nutrition Week

Management of National Nutrition Week, Tryfor5 campaign aimed at increasing vegetable consumption and minimising vegetable waste.



Media & Advocacy

Media and advocacy to support evidence based healthy eating strategies.

OUR STRATEGY

2018-2020

Our focus is to support healthy eating:

- To bring together collective voices to influence policy change & support implementation
- To be seen by government, research & industry as pivotal & instrumental to driving sustainable change in eating habits
- To use the Socio-Ecological Model to influence behaviour change.

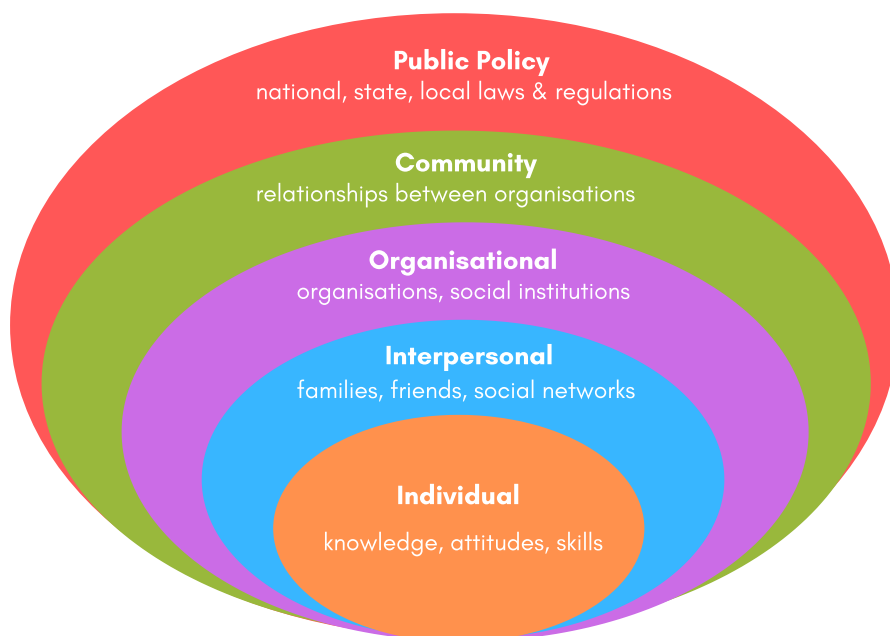
Our priorities:

- Healthy Eating for all
- Supportive food environments
- Food literacy for all.

We deliver our mission to inspire healthy eating by working with and through the entities that individuals trust and have regular contact: education, health, community and workplaces.

We deliver to individuals through these agencies and we also seek to influence the public policy agenda, to change the food environment to inspire and promote healthy eating.

Socio-Ecological Model



PROGRESS SUMMARY

Our strategic plan includes actions and targets to grow our organisation under 4 key pillars.

Advocate & Influence

- Contributed to 5 position papers including the Call for new National Nutrition Policy.
- Participated in 11 leadership groups to keep healthy eating on the public agenda including VicHealth's Healthy Eating and Active Living group.
- Led the Fruit and Vegetable consortium to develop a consensus statement to increase the consumption of fruit and vegetables.
- Secured another 18 months funding for the Healthy Eating Advisory Service.

Partnerships

- Reviewed and updated the national partnership and sponsorship guidelines and ensured compliance.
- Increased financial and in-kind partnerships by 23%.
- All potential risks identified and mitigation / monitoring in place.

Products & Services

- Undertook an organisational efficiencies review and have commenced implementing.
- Developed and marketed two new product offerings
 - A seasonal menu package for long day care centres.
 - Food industry product assessments.

Build Capacity & Sustainability

- Improved financial modelling and performance, net profit greater than 6%.
- Successfully contracted commercial and government services, ensured compliance and exceeded expectations.
- Commenced reengineering operations to improve efficiencies and reduce cost.

Strategic Pillars

- Advocate & Influence

- Partnerships

- Products and Services

- Build Capacity & Sustainability

ADVOCATE & INFLUENCE

NETWORKS & COLLABORATIONS

National Nutrition Network - Early Childhood

- Member of the core advisory group and intervention & advocacy streams
- A collaboration of organisations who aim to promote best practice food provision within Early Childhood Education and Care (ECEC) settings in order to facilitate health, nutrition and positive developmental outcomes for children.

Victorian Healthy Eating Enterprise (VHEE)

- Active member of the VHEE which provides a coordinated platform for its partners to collaboratively encourage a vibrant healthy eating culture across Victoria.

Nourish Network

- Member of Nourish Network Advisory Committee and leading a retailer support action group and members of 3 other action groups
- Convened by Deakin University, GLOBE and is a coalition of academic institutions, public agencies, food business operators, non-profit organisations and communities, who work collaboratively to make healthy and sustainable food provision available and accessible to all.

Healthy Eating and Active Living Group (HEAL)

- Founding member to A Healthier Start for Victorians, a consensus statement on obesity prevention which consists of eight practical recommendations to the Victorian Government to turn the tide on obesity.

Rethink Sugary Drink

- Member of Rethink Sugary Drink, an alliance of health and community organisations that are concerned about the amount of sugar in soft drinks and their overconsumption by Australians leading to chronic health conditions.

A Food First Policy Approach in Aged Care

- In partnership with Dairy Australia, Nutrition Australia held a breakfast seminar. This provided practical information for providing healthy food in aged care along with the critical reason for its importance.

FRUIT & VEG CONSORTIUM

Under the leadership of Nutrition Australia Vic Division, the Fruit & Vegetable Consortium (FVC) has brought together key organisations to collectively advocate for comprehensive collaborative action to address Australia's low levels of fruit and vegetable consumption.

Members of the consortium also include the Heart Foundation, AusVeg, Melbourne Market Authority, Victorian Health Promotion Foundation (VicHealth), Institute for Physical Activity and Nutrition (IPAN) Deakin University, Cancer Council Victoria, Stephanie Alexander Kitchen Garden Foundation and The Good Foundation. This year the Fruit & Vegetable Consortium (FVC) has:

- Finalised a committed membership across multiple industries and sectors.
- Agreed a mission and a national focus for influence and project advocacy.
- Developed a brand identity for future branded communications.
- Finalised a compelling Consensus Statement.
- Developed an advocacy plan and identified a path to funding opportunities via the development of a co-funded business case for government and commercial partners.

These concerted efforts will continue in 2020. It is anticipated that the Consortium will use its business case proposal as a basis for approaching various government agencies and commercial organisations for \$5-10 million funding to enable a comprehensive and sustained national behavioural change programme.

THE FRUIT & VEGETABLE CONSORTIUM

A fresh approach to increasing fruit & vegetable consumption



CAMPAIGNS

NATIONAL NUTRITION WEEK

The theme for National Nutrition Week 14-20 October 2018 was *Small Change, Big Gains* transforming some of Australia's favourite recipes to include more veg, making them more healthy, as part of balanced diet.

The campaign was a collaboration with our principle partner Bayer, major partner Sheldon and Hammond (Scanpan and Victorinox) plus the introduction of our very first brand ambassador; Olivia Andrews for this year's Tryfor5 campaign. These partnerships helped to raise awareness of the connection between food and health, while supporting the community to enjoy healthy eating.

As part of the campaign the Tryfor5 website was refreshed with a new logo design, recipes, cooking videos and downloadable PDFs. The website is a fantastic resource containing nutrition information and practical materials to help people eat a healthier diet by incorporating more veg into their diet.

A campaign highlight was the influencer event, held at Vive Cooking School in Sydney. Influencers were asked to support the campaign by sharing via their social channels. They were treated to cooking demonstrations, fun activities, prizes and gift bags, networking opportunities and insights into latest research.

Summary

- New sponsorship & brand ambassador.
- New TryFor5 branding and new logo.
- Recipe development, videos and downloadable PDFs.
- Website content & portal.
- Influencer event.



www.tryfor5.org.au
is a fantastic
website containing
nutrition information
and practical tips to
help everyday
Australians eat
better

Less than 4% of us
eat our recommend
five serves of
vegetables a day and
only 1% of children /
teenagers!

PARTNERSHIPS WITH RESEARCH INSTITUTIONS

Deakin University, School of Exercise & Nutrition Science



- Development and implementation of a student practicum program for Deakin students at Nutrition Australia Vic Division
- Identifying opportunities for establishing and undertaking collaborative research projects
- Consideration of opportunities to apply for funding and grants
- Establishment of researcher in residence program.

Flinders University



- Pursue jointly beneficial collaborations
- Joint funding applications and developing monitoring and evaluation plans for projects
- Undertaking of nutrition and dietetic community student placements
- Formation of a South Australian office of Nutrition Australia being established on Flinders SAHMRI space.

SERVICES

HEALTHY EATING ADVISORY SERVICE

Healthy Eating Advisory Service

The Healthy Eating Advisory Service (HEAS) is a state wide preventive health initiative of the State Government of Victoria which assists in the implementation of the priorities in the Victorian Public Health and Wellbeing Plan 2015-19.

HEAS provides the skills, knowledge and practical support that organisations need to provide and promote healthier foods and drinks and implement Government healthy eating policies and guidelines. It supports early childhood education and care services (ECECS), primary and secondary schools, hospitals and health services, sport and recreation facilities, tertiary education, workplaces and the food industry by providing:

- FoodChecker, the online tool that allows users to instantly assess their retail outlet, catering, canteen or childcare menus, vending machines and search for healthier products.
- Training to understand and implement Government guidelines and policies
- Tools and resources to support implementation.
- Mentorship Program to increase knowledge, skills and confidence of health promotion professionals to support organisations and food service providers to implement policies and guidelines.
- Community of practice implementation forums.
- Infoline and email support from experienced dietitians.
- Case studies showcasing achievements of organisations.
- HEAS staff also support 8 local government areas to reduce or remove sugar sweetened drinks as part of the VicHealth funded Water in Sport project.

1M+

Since 2012, a total of 2,180 organisations in Victoria have engaged HEAS for one or more of its services, with an estimated reach of 1,122,707 (19% of the Victorian population)

HEALTHY EATING ADVISORY SERVICE

In the 2018-2019 financial year:

826

Organisations used FoodChecker, completed training or joined the Mentorship Program, a 21% increase from the previous year

370,406

Reached an estimated 370,406 (6% of the Victorian population)

209

Organisations with retail outlets, school canteens or long day care services met government policy/guidelines for food provision

99%

Provided equitable and state wide support with organisations in 78 of the 79 (99%) local government areas in Victoria using HEAS services

94%

Personally engaged with hospitals in the 16 most disadvantaged areas and achieved 94% commitment to implementation of Healthy Choices guidelines impacting 60 hospitals in these areas

596

Organisations used FoodChecker to complete 5,361 menu, recipe, vending and product assessments

**Trained
275
in 140
orgs**

Trained 275 professionals from 140 organisations through the Mentorship Program to increase their knowledge, skills and confidence to support organisations and food service providers to implement policies and guidelines

86%

Of users of HEAS training, FoodChecker, website and Mentorship Program were satisfied or very satisfied with the HEAS services

HEAS reach since 2012

2,180 total number of organisations
1,120 early childhood services
272 food industry
137 hospitals and health services
132 sport and recreation services
332 schools
31 tertiary education



Source of Victorians = 6,460,675.

Source: <https://itt.abs.gov.au/itt/r.jsp?>

RegionSummary®ion=2&dataset=ABS_REGIONAL_ASGS2016&geoconcept=ASGS_2016&measure=MEASURE&datasetASGS=ABS_REGIONAL_ASGS2016&datasetLGA=ABS_REGIONAL_LGA2018®ionLGA=LGA_2018®ionASGS=ASGS_2016

SUPPORTING HOSPITALS AND RETAIL OUTLETS

Support the Royal Children's Hospital (RCH) to implement the Victorian Healthy Choices Guidelines.

The Nutrition Australia Consultancy team has supported the RCH to implement the Victorian Healthy Choices guidelines by:

- Educating retailers from nine retail outlets at the RCH about how to align their food and drink offerings with the Healthy choices guidelines.
- Educating retailers on FoodChecker and how to assess their own food and drink recipes and products online.
- Assessing all drink fridges in each retailer to determine level of compliance against the guidelines and then assisting retailers to become compliant through a suite of education and support tools.
- Classifying drinks in each drink fridge as GREEN, AMBER or RED.
- Review of 200 recipes in 5 retailer's catering menus.
- Support each retailer to develop healthier recipes and compliant catering menus. Now RCH staff are provided with these healthier options when ordering catering.

200

recipe reviews

Classifying drinks as GREEN, AMBER or RED

Best
Choice

These foods and drinks are the healthiest choices for every day. Choose **GREEN** foods and drinks as often as possible.

Choose
Carefully

These foods and drinks have some nutritional value, but may also be higher in energy (kilojoules), and have some saturated fat, added sugar and/or added salt.

Choose **AMBER** foods and drinks sometimes, as healthier options are available.

Limit

These foods and drinks are not essential in a balanced diet. They usually have little nutritional value and are high in energy (kilojoules), saturated fat, added sugars and/or added salt. Choose **RED** foods and drinks rarely and only in small amounts.

PRODUCTS

LONG DAY CARE MENU PACK

One of the newest products developed by the Consultancy Unit of Nutrition Australia is the 'Long Day care Menu Pack' which promote optimal nutrition for children in the early years setting.

Features of this successful product include:

- Rotating 4 week seasonal Menu Pack and shopping lists, tailored to the number of children at each centre.
- 120 healthy, dietitian-approved recipes which are tasty and have received the tick of approval from kids.
- Meets the Menu Planning Guidelines for Long Day Care and the Australian Dietary Guidelines.
- Supports centre's accreditation for the National Quality Standards.
- Nut-free, vegetarian options, culturally diverse, seasonal produce.
- Each menu costs just \$2.50 to \$3.00 per child, per day!
- Reduces food waste.
- Is designed by our team of accredited dietitians, who specialise in the early childhood education and care sector.
- These menu packs have been purchased by childcare centres across Australia and there has been overwhelming positive feedback.



Summer Menu Now Available to Order!

Nutrition
Australia

[Home](#) [Menus](#) [About Us](#) [Contact Us](#)

[Search](#) [Shopping Cart](#)

Menus Made Easy for Long Day Care

We create, you make.

Save Time & Costs – Let Us Design Your Menu

Finding inspiration and time to create cost-effective seasonal menus for your centre is challenging, so Nutrition Australia's expert nutrition team has done the hard work! Based around key food groups, our rotating menus are filled with delicious, simple recipes kids love.

PROJECTS

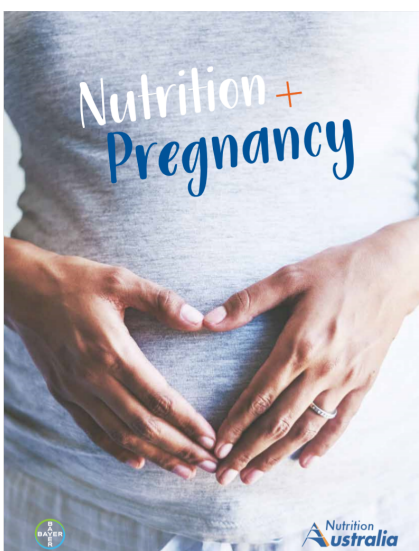
BAYER NUTRITION IN PREGNANCY PILOT

As part of the partnership between Bayer and Nutrition Australia, an education resource was developed and piloted, which focused on self-care and preventative health.

The twelve-month project aimed to increase the knowledge and behaviours of women of childbearing age (16-40 years). An education brochure was developed which could be distributed to pregnant women via health professionals at pharmacies and GP clinics. Outcomes from the 'Nutrition in Pregnancy' pilot include:

- An attractive, easy to use, **16-page brochure**, which aligned with health literacy principles. Geared to a broad audience with culturally diverse images of meals and community members embedded into the resource.
- The brochure encompassed the key nutrition in pregnancy topics in one resource, thereby closing a resource gap for healthcare professionals.
- A total of **5,000 brochures** were disseminated to the pilot regions; two culturally and linguistically diverse (CALD) communities experiencing greater socio-eco disadvantage.
- Evaluation demonstrated the brochure was easy to understand and assisted the selection of healthier food choices. It supported health professionals' communication about pregnancy nutrition and was suitable for patients.

"The pilot had a positive impact on the target audience, providing healthcare professionals with a credible, easy to use, evidence-based resource supporting their communication on pregnancy nutrition"



Energy needs during pregnancy

Pregnancy is such a special time in a woman's life. We know that the food you eat while pregnant affects your own health and wellbeing and the health of your developing baby. There is a lot of conflicting advice around what you should and shouldn't eat during pregnancy, and it can feel overwhelming. We hope to clear up any confusion for you, so you can enjoy a happy, healthy and stress-free pregnancy!



Healthy snack examples include:



VegKIT

It has been estimated that just five per cent of two to six year old children in Australia eat adequate amounts of vegetables. This has led to the \$4 million, five-year national VegKIT project which is designed to address this significant under-consumption issue.

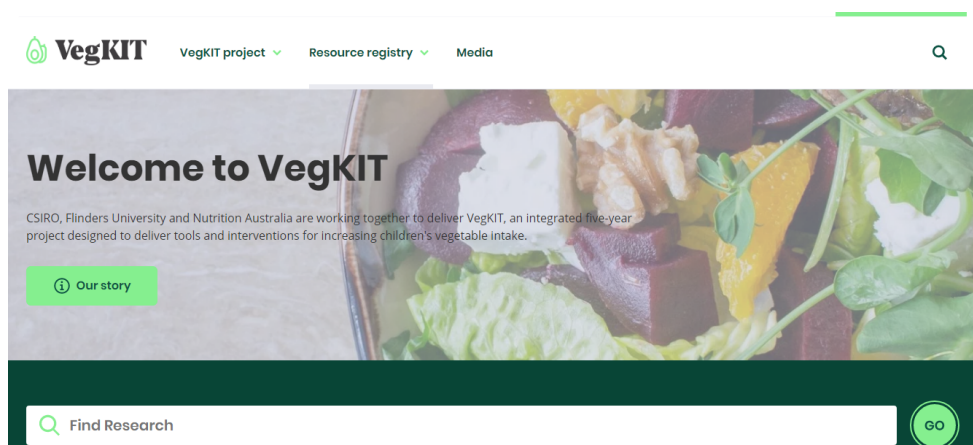
Delivered via a collaboration between CSIRO, Flinders University and Nutrition Australia Vic Division, and financially supported by Hort Innovation, VegKIT is the first Australian program to provide an integrated nation-wide approach to improving children's vegetable consumption.

VegKIT aims to provide a national framework for promoting vegetable consumption and bring together a number of research and educational resources, with the ultimate aim of increasing vegetable intake by more than half a serving per day for every child.

Nutrition Australia Vic Division is the lead organisation responsible for the development of the the VegKIT resource registry and website. The resource registry is an interactive online library with credible initiatives that promote vegetable consumption in children. The registry is a searchable electronic index of published, reliable resources that can be used by health professionals and agencies to research, plan, develop and evaluate their own initiatives.

The resource registry provides access to a wealth of useful research materials from academic journals and grey literature that has been assessed by an independent expert panel according to evaluation and effectiveness, as well as design and best practice guidelines.

vegkit.com.au is the 1st Australian program to provide an integrated nation-wide approach to improving children's vegetable consumption



COMMUNICATION

WEBSITES

Healthy Eating Advisory Service

473,924

Visits (67% increase on 2017-18)

Tryfor5

3,013

Unique visitors during National Nutrition Week

SOCIAL MEDIA

Nutrition Australia

- 26K+ Facebook
- 9K+ Instagram
- 6K+ LinkedIn
- 12K+ Twitter

Healthy Eating Advisory Service

- 550 - Facebook
- 650- Instagram
- 220 LinkedIn
- 250 Twitter

HEAS: Social Media launched for Facebook, Instagram, Twitter & LinkedIn

MEDIA

Nutrition Australia had 544 media mentions including online media, print media and radio.

National Nutrition Week / Tryfor5 had 32 mentions including:

- Healthy Food Guide magazine.
- Radio interview with Nutrition Australia CEO Lucinda Hancock on 3A.
- Article in Senior Australian News and Research.

HEAS had 34 media mentions including:

- School tuck shop changes needed to keep kids healthy and help them learn, nutritionists warn, Herald Sun, 01/08/18.
- Vic Hospital adopts healthier menu to tackle obesity, Herald Sun, 26/11/18.
- Surf Coast Shire data shows bad diet, inactivity leading to 45 per cent overweight or obese, Herald Sun.



PRESENTATIONS & CONFERENCES

19

Presented at 19 conferences, networks, events and workshops including:

- Hort Connections Growing our Future Food Conference.
- Dietitians Association of Australia (DAA): Public Health Forum.
- Almonds Project in partnership with HORT Innovation.
- General Practice Convention & Exhibition.
- Diabetes Victoria - Diabetes Expo.
- Deakin University food policy dialogue.
- Public Health Association of Australia Food Futures conference.
- Public Health Prevention Conference.
- Deakin University Dietetics Annual Awards and Partnerships evening.
- Stephanie Alexander Kitchen Garden Foundation - Connecting Your Kitchen Garden Community.
- Dental Health Services Victoria Smiles4Miles Annual induction day.

A factsheet for health professionals

Almonds for good health

Almonds are a protein-rich, versatile tree nut packed with vitamins, minerals, antioxidants and phytochemicals beneficial to health. The Australian Dietary Guidelines recommends 30 grams (a handful) of nuts, including almonds, every day.¹

What your clients and patients need to know

- Almonds contain many beneficial nutrients including healthy unsaturated fats, protein, fibre and calcium.
- Eating a handful of almonds, regular use as part of a healthy diet may reduce the risk of cardiovascular disease including heart disease and can help with achieving a healthy weight.²
- Almonds are a versatile and portable snack that can be easily incorporated into your diet.

Nutrient content of natural almonds	
	Per 100g
Energy (kJ)	2033
Protein (g)	21.3
Total fat (g)	54.1
Carbohydrate (g)	21.3
Fibre (g)	12.5
Sodium (mg)	1.0
Calcium (mg)	268
Iron (mg)	3.6
Copper (mg)	0.9
Manganese (mg)	2.2
Phosphorus (mg)	481
Thiamine (mg)	0.1
Riboflavin (mg)	0.1
Niacin (mg)	1.4
Pantoic acid (mg)	0.1
Biotin (mg)	0.1
Folate (mg)	0.1
Vitamin B6 (mg)	0.1
Vitamin E (mg)	1.5
Vitamin K (mg)	0.1
Vitamin A (mg)	0.1
Vitamin C (mg)	0.1
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Vitamin FV (mg)	0.1
Vitamin FW (mg)	0.1
Vitamin FX (mg)	0.1
Vitamin FY (mg)	0.1
Vitamin FZ (mg)	0.1
Vitamin GA (mg)	0.1
Vitamin GB (mg)	0.1
Vitamin GC (mg)	0.1
Vitamin GD (mg)	0.1
Vitamin GE (mg)	0.1
Vitamin GF (mg)	0.1
Vitamin GG (mg)	0.1
Vitamin GH (mg)	0.1
Vitamin GI (mg)	0.1
Vitamin GJ (mg)	0.1
Vitamin GK (mg)	0.1
Vitamin GL (mg)	0.1
Vitamin GM (mg)	0.1
Vitamin GN (mg)	0.1
Vitamin GO (mg)	0.1
Vitamin GP (mg)	0.1
Vitamin GQ (mg)	0.1
Vitamin GR (mg)	0.1
Vitamin GS (mg)	0.1
Vitamin GT (mg)	0.1
Vitamin GU (mg)	0.1
Vitamin GV (mg)	0.1
Vitamin GW (mg)	0.1
Vitamin GX (mg)	0.1
Vitamin GY (mg)	0.1
Vitamin GZ (mg)	0.1
Vitamin HA (mg)	0.1
Vitamin HB (mg)	0.1
Vitamin HC (mg)	0.1
Vitamin HD (mg)	0.1
Vitamin HE (mg)	0.1
Vitamin HF (mg)	0.1
Vitamin HG (mg)	0.1
Vitamin HH (mg)	0.1
Vitamin HI (mg)	0.1
Vitamin HJ (mg)	0.1
Vitamin HK (mg)	0.1
Vitamin HL (mg)	0.1
Vitamin HM (mg)	0.1
Vitamin HN (mg)	0.1
Vitamin HO (mg)	0.1
Vitamin HP (mg)	0.1
Vitamin HQ (mg)	0.1
Vitamin HR (mg)	0.1
Vitamin HS (mg)	0.1
Vitamin HT (mg)	0.1
Vitamin HU (mg)	0.1
Vitamin HV (mg)	0.1
Vitamin HW (mg)	0.1
Vitamin HX (mg)	0.1
Vitamin HY (mg)	0.1
Vitamin HZ (mg)	0.1
Vitamin IA (mg)	0.1
Vitamin IB (mg)	0.1
Vitamin IC (mg)	0.1
Vitamin ID (mg)	0.1
Vitamin IE (mg)	0.1
Vitamin IF (mg)	0.1
Vitamin IG (mg)	0.1
Vitamin IH (mg)	0.1
Vitamin II (mg)	0.1
Vitamin IJ (mg)	0.1
Vitamin IK (mg)	0.1
Vitamin IL (mg)	0.1
Vitamin IM (mg)	0.1
Vitamin IN (mg)	0.1
Vitamin IO (mg)	0.1
Vitamin IP (mg)	0.1
Vitamin IQ (mg)	0.1
Vitamin IR (mg)	0.1
Vitamin IS (mg)	0.1
Vitamin IT (mg)	0.1
Vitamin IU (mg)	0.1
Vitamin IV (mg)	0.1
Vitamin IW (mg)	0.1
Vitamin IX (mg)	0.1
Vitamin IY (mg)	0.1
Vitamin IZ (mg)	0.1
Vitamin JA (mg)	0.1
Vitamin JB (mg)	0.1
Vitamin JC (mg)	0.1
Vitamin JD (mg)	0.1
Vitamin JE (mg)	0.1
Vitamin JF (mg)	0.1
Vitamin JG (mg)	0.1
Vitamin JH (mg)	0.1
Vitamin JI (mg)	0.1
Vitamin JJ (mg)	0.1
Vitamin JK (mg)	0.1
Vitamin JL (mg)	0.1
Vitamin JM (mg)	0.1
Vitamin JN (mg)	0.1
Vitamin JO (mg)	0.1
Vitamin JP (mg)	0.1
Vitamin JQ (mg)	0.1
Vitamin JR (mg)	0.1
Vitamin JS (mg)	0.1
Vitamin JT (mg)	0.1
Vitamin JU (mg)	0.1
Vitamin JV (mg)	0.1
Vitamin JW (mg)	0.1
Vitamin JX (mg)	0.1
Vitamin JY (mg)	0.1
Vitamin JZ (mg)	0.1
Vitamin KA (mg)	0.1
Vitamin KB (mg)	0.1
Vitamin KC (mg)	0.1
Vitamin KD (mg)	0.1
Vitamin KE (mg)	0.1
Vitamin KF (mg)	0.1
Vitamin KG (mg)	0.1
Vitamin KH (mg)	0.1
Vitamin KI (mg)	0.1
Vitamin KJ (mg)	0.1
Vitamin KK (mg)	0.1
Vitamin KL (mg)	0.1
Vitamin KM (mg)	0.1
Vitamin KN (mg)	0.1
Vitamin KO (mg)	0.1
Vitamin KP (mg)	0.1
Vitamin KQ (mg)	0.1
Vitamin KR (mg)	0.1
Vitamin KS (mg)	0.1
Vitamin KT (mg)	0.1
Vitamin KU (mg)	0.1
Vitamin KV (mg)	0.1
Vitamin KW (mg)	0.1
Vitamin KX (mg)	0.1
Vitamin KY (mg)	0.1
Vitamin KZ (mg)	0.1
Vitamin LA (mg)	0.1
Vitamin LB (mg)	0.1
Vitamin LC (mg)	0.1
Vitamin LD (mg)	0.1
Vitamin LE (mg)	0.1
Vitamin LF (mg)	0.1
Vitamin LG (mg)	0.1
Vitamin LH (mg)	0.1
Vitamin LI (mg)	0.1
Vitamin LJ (mg)	0.1
Vitamin LK (mg)	0.1
Vitamin LL (mg)	0.1
Vitamin LM (mg)	0.1
Vitamin LN (mg)	0.1
Vitamin LO (mg)	0.1
Vitamin LP (mg)	0.1
Vitamin LQ (mg)	0.1
Vitamin LR (mg)	0.1
Vitamin LS (mg)	0.1
Vitamin LT (mg)	0.1
Vitamin LU (mg)	0.1
Vitamin LV (mg)	0.1
Vitamin LW (mg)	0.1
Vitamin LX (mg)	0.1
Vitamin LY (mg)	0.1
Vitamin LZ (mg)	0.1
Vitamin MA (mg)	0.1
Vitamin MB (mg)	0.1
Vitamin MC (mg)	0.1
Vitamin MD (mg)	0.1
Vitamin ME (mg)	0.1
Vitamin MF (mg)	0.1
Vitamin MG (mg)	0.1
Vitamin MH (mg)	0.1
Vitamin MI (mg)	0.1
Vitamin MJ (mg)	0.1
Vitamin MK (mg)	0.1
Vitamin ML (mg)	0.1
Vitamin MM (mg)	0.1
Vitamin MN (mg)	0.1
Vitamin MO (mg)	0.1
Vitamin MP (mg)	0.1
Vitamin MQ (mg)	0.1
Vitamin MR (mg)	0.1
Vitamin MS (mg)	0.1
Vitamin MT (mg)	0.1
Vitamin MU (mg)	0.1
Vitamin MV (mg)	0.1
Vitamin MW (mg)	0.1
Vitamin MX (mg)	0.1
Vitamin MY (mg)	0.1
Vitamin MZ (mg)	0.1
Vitamin NA (mg)	0.1
Vitamin NB (mg)	0.1
Vitamin NC (mg)	0.1
Vitamin ND (mg)	0.1
Vitamin NE (mg)	0.1
Vitamin NF (mg)	0.1
Vitamin NG (mg)	0.1
Vitamin NH (mg)	0.1
Vitamin NI (mg)	0.1
Vitamin NJ (mg)	0.1
Vitamin NK (mg)	0.1
Vitamin NL (mg)	0.1
Vitamin NM (mg)	0.1
Vitamin NN (mg)	0.1
Vitamin NO (mg)	0.1
Vitamin NP (mg)	0.1
Vitamin NQ (mg)	0.1
Vitamin NR (mg)	0.1
Vitamin NS (mg)	0.1
Vitamin NT (mg)	0.1
Vitamin NU (mg)	0.1
Vitamin NV (mg)	0.1
Vitamin NW (mg)	0.1
Vitamin NX (mg)	0.1
Vitamin NY (mg)	0.1
Vitamin NZ (mg)	0.1
Vitamin OA (mg)	0.1
Vitamin OB (mg)	0.1
Vitamin OC (mg)	0.1
Vitamin OD (mg)	0.1
Vitamin OE (mg)	0.1
Vitamin OF (mg)	0.1
Vitamin OG (mg)	0.1
Vitamin OH (mg)	0.1
Vitamin OI (mg)	0.1
Vitamin OJ (mg)	0.1
Vitamin OK (mg)	0.1
Vitamin OL (mg)	0.1
Vitamin OM (mg)	0.1
Vitamin ON (mg)	0.1
Vitamin OO (mg)	0.1
Vitamin OP (mg)	0.1
Vitamin OQ (mg)	0.1
Vitamin OR (mg)	0.1
Vitamin OS (mg)	0.1
Vitamin OT (mg)	0.1
Vitamin OU (mg)	0.1
Vitamin OV (mg)	0.1
Vitamin OW (mg)	0.1
Vitamin OX (mg)	0.1
Vitamin OY (mg)	0.1
Vitamin OZ (mg)	0.1
Vitamin PA (mg)	0.1
Vitamin PB (mg)	0.1
Vitamin PC (mg)	0.1
Vitamin PD (mg)	0.1
Vitamin PE (mg)	0.1
Vitamin PF (mg)	0.1
Vitamin PG (mg)	0.1
Vitamin PH (mg)	0.1
Vitamin PI (mg)	0.1
Vitamin PJ (mg)	0.1
Vitamin PK (mg)	0.1
Vitamin PL (mg)	0.1
Vitamin PM (mg)	0.1
Vitamin PN (mg)	0.1
Vitamin PO (mg)	0.1
Vitamin PP (mg)	0.1
Vitamin PQ (mg)	0.1

CAPACITY & SUSTAINABILITY

FINANCE

Nutrition Australia reports a surplus of \$139,278 in 2018/19.

This result is in accordance with planned expectations as in 2018/19 we:

- Achieved net profit of 6%
- Revenue has increased 14% across government grants and project revenue

The not for profit environment remains competitive and the Board remains satisfied with our consultancy and government activities. Our financial resources have been well managed and overseen by the CEO, Finance, Audit and Risk Management Committee, NAVic Board of Directors and Deloitte. Nutrition Australia Vic Division has continued to work on securing longer term project work both with the Government and commercial sector.

Income Statement For the Year Ended 30 June 2019

	Note	June 2019 \$	June 2018 \$
Income	2	2,194,488	1,928,529
Expenditure			
Accountancy, Audit & Other Professional Fees		122,759	84,866
Employee Related Expenses		1,524,035	1,342,643
Consultants Program		68,458	51,260
Occupancy Costs		39,328	39,958
Marketing & Promotions		90,698	29,094
Rent		66,739	65,938
Website Services		71,080	140,722
Catering & Food Ingredients for Programs		8,808	13,442
Travel & Motor Vehicle Express		33,612	26,341
Publications & Information Resources Expenses		6,658	17,994
IT & Related Expenses		9,499	4,221
Gifts		1,705	335
Insurance		5,767	4,761
Depreciation		4,548	4,680
Bank Charges		1,076	1,185
Sundry Expenses		411	0
		2,055,211	1,827,439
Profit/(Loss) before Income Tax		139,278	101,090

2018/19 Results:



Revenue \$2.2m,
up 14% on 2018



Net profit \$139k,
up 38% on 2018



Current ratio 1.5,
up 1.2 on 2018



Growth from
Consulting
services + solid
contribution
from HEAS

2019/20 Outlook:



Budgeted for solid
revenue growth &
on track



New products



Increase in net profit
margin improvement
& overhead savings



Investment in business
development role &
new systems

BOARD

Chair

John Wills

Treasurer

Dean Laurence

Deputy Chair

Pauline James

Chief Executive Officer

Lucinda Hancock

Directors

Blake Robinson

Maria Robbins

Shaun Jarvis

Sarah McNaughton

Teri Lichtenstein

THANK YOU

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Volunteers

We can't deliver our programs without the wonderful contribution of our volunteers. More than 42 volunteers gave us 1480+ hours of valuable time in 2018/19. Two students worked on specific projects contributing significant hours.

Acknowledgements

Our partners, sponsors and supporters play a vital role supporting Nutrition Australia Vic Division. They're contributing to improving the health and wellbeing of all Australians.

Partners, Sponsors and Supporters

A special thank you goes to our corporate partners for 2018/19 including:



AusVeg
Dept Health and Human Services
Dept Education and Training
Spotless
Hort. Innovation
CSIRO
Flinders University
Deloitte
Life Education

VicHealth
Heart Foundation
Jamie's Ministry of Food
Deakin University
Melbourne Markets
Nuts for Life
Royal Children's Hospital
Alfred Health
SAKGF

THANK YOU

THANK YOU TO EVERYONE WHO HELPS US DELIVER OUR MISSION OF INSPIRING HEALTHY EATING.

EVERY YEAR WE RELY ON YOUR SUPPORT, AND IN 2018/19 YOU ONCE AGAIN GENEROUSLY GAVE YOUR TIME AND RESOURCES.

Contact us:

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(03) 8341-5800

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vic@nutritionaustralia.org

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