



Annual Report 2025

AUSTRALIAN NUTRITION FOUNDATION INC.
T/A NUTRITION AUSTRALIA
ABN: 58 909 342 093



Nutrition
Australia

Nutrition Australia acknowledges the Traditional Custodians of the lands on which we live, work, and share food and we pay our respects to Elders past and present. We recognize the enduring connection and Aboriginal and Torres Strait Islander peoples to Country, and acknowledge their deep knowledge of food systems which have nurtured communities for tens of thousands of years.



Australian Nutrition Foundation Incorporated A0078
5/70 Maclaurin Crescent
Chifley ACT 2606

Ph: 02 6162 2583
Email: national@nutritionaustralia.org
Web: www.nutritionaustralia.org

Australian Nutrition Foundation (t/a Nutrition Australia) is a registered Health Promotion Charity with the ACNC and has deductible gift recipient status with the Australian Taxation Office.



CONTENTS

About us.....	4
Our vision Mission Values.....	5
National Website.....	6
Programs.....	7
National Nutrition Week.....	9
National Lunchbox Week.....	10
Advocacy and Partnerships.....	11
Strategic Direction.....	13



About Us:

Founded in 1981, Nutrition Australia is an independent, not-for-profit health promotion charity and member organisation operating across all Australian states and territories. Guided by a Board of Directors, Nutrition Australia is committed to strong governance, evidence-based practice, and nourishing communities through nutrition education, advocacy, and partnerships.

Board of Directors

Chair	Mikael Wedemeyer
Secretary	Leanne Elliston
Treasurer	Kirsty Elliott
Director	Gillian Duffy
Director	Barbara Ward
Director	Richard Ball
Public Officer	Leanne Elliston



OUR VISION

A Connected and Nourished Australia

We believe everyone deserves the opportunity to enjoy nourishing food.

OUR PURPOSE

To help people and communities build nourishing, affordable and sustainable food environments.

We do this by:

- *Championing evidence informed, non-judgemental food and nutrition messaging*
- *Maximising social impact through genuine partnerships and a place-based approach*
- *Promoting positive relationships with food for all*
- *Maintainin transparency and independence from food industry*

OUR VALUES

- **Holistic** - We value the social, cultural, emotional and physical aspects of food.
- **Collaboration** - We recognise the power of collaboration with organisations, researchers and communities.
- **Food equity** - We believe everyone deserves access to nutritious, sustainable food - regardless of socioeconomic status
- **Inclusivity** - We believe all bodies should be embraced and celebrated.
- **Diversity** - We value cultural diversity, local knowledge, lived experience and First Nations perspectives.
- **Integrity** - We are free from industry influence and prioritise community needs.

NATIONAL WEBSITE

In 2025, the reinvigorated national Nutrition Australia website was launched. The revised website provides an improved user experience and navigation with enhanced accessibility to Nutrition Australia programs, resources and nutrition information. The updated site strengthens Nutrition Australia's national reach by supporting a wide range of audiences, including educators, families, and community organisations.

Our website is a central hub to discover resources, register for programs, and access current public health nutrition information, supporting Nutrition Australia's vision, to build a connected and nourished Australia.

www.nutritionaustralia.org



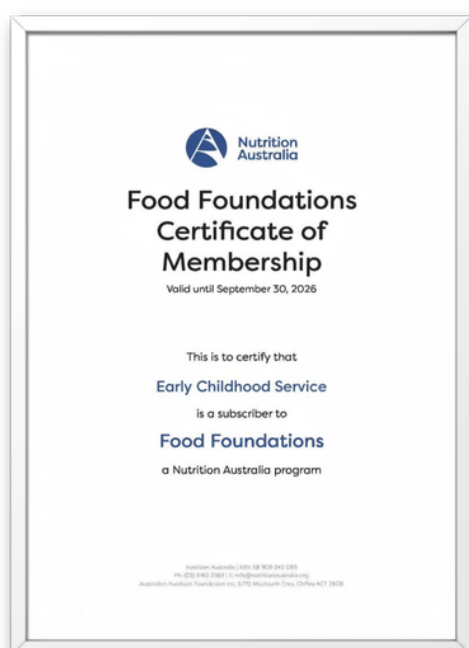
PROGRAMS



Nutrition Australia's flagship subscription-based programs were a key focus throughout 2025. Education providers who have subscribed to these programs are provided with ongoing access to evidence-based nutrition resources, menu planning support, professional development and personal support from our experienced Dietitians.

Food Foundations for Early Childhood Education and Care (ECEC)

The Food Foundations Program supports ECEC settings to provide children with quality food environments and positive mealtime experiences. Subscribers to Food Foundations receive access to professional development webinars, exclusive online resources and recipes, the Nourishing Little Minds manual, opportunities for menu reviews, and a menu planning workshop, designed for cooks, chefs and directors in ECEC settings.



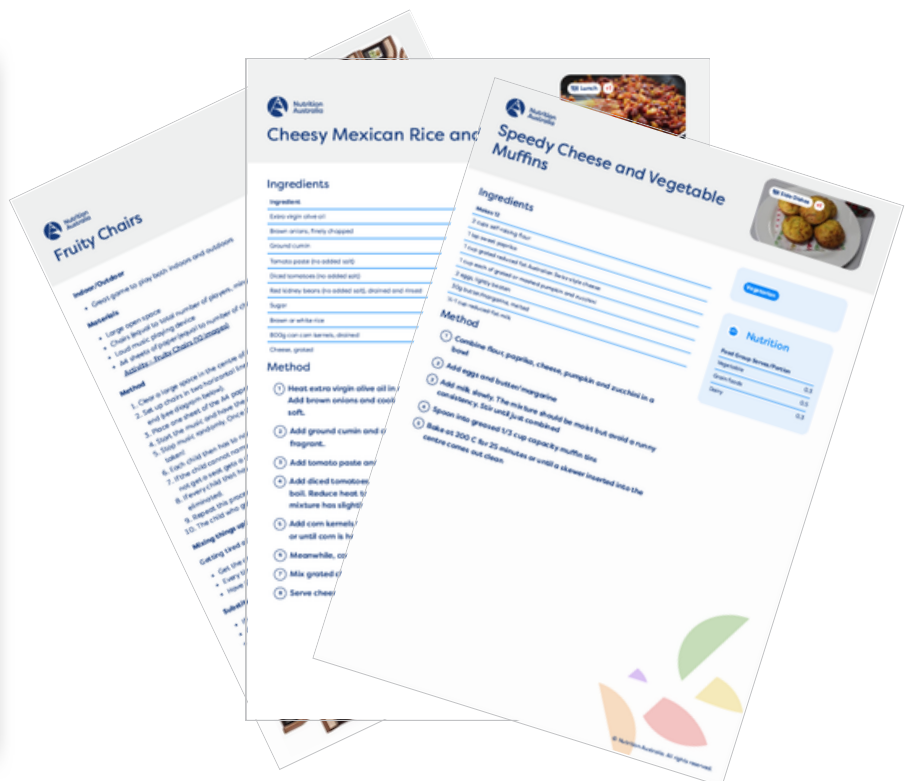
PROGRAMS



Nutrition in Out of School Hours Care (OSHC)

The Nutrition in OSHC Program supports OSHC services to provide children with quality food and mealtime experiences for promoting wellbeing, development and learning outcomes.

Subscribers receive quarterly professional development webinars delivered by experts in childhood nutrition, monthly OSHC newsletters, access to 'subscriber only' website content including menu planning tools and recipes, competitively priced menu reviews and a virtual workshop on menu planning in OSHC.



NATIONAL NUTRITION WEEK

13 - 19 OCTOBER 2025

Nutrition Australia's National Nutrition Week has been running since 1984, making 2025 the 41st year of the campaign. Each year, the campaign focuses on a specific theme to spark conversation and action around emerging nutrition and food system priorities.

Connected and Nourished

The 2025 National Nutrition Week campaign aimed to increase awareness of the social and cultural value of shared meals, and how these contribute to wellbeing. Australians were encouraged to prioritise meaningful and shared meals.

Key themes

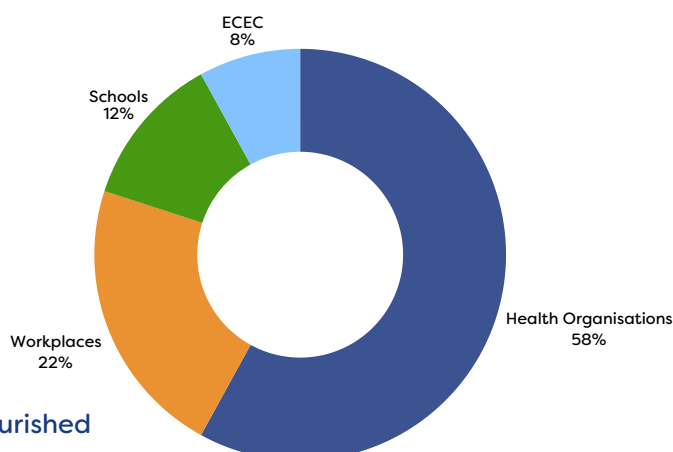
- Food connects us
- Eat with gratitude
- Enjoy eating together
- Mealtimes matter
- Grow, cook, share
- Nourish the moment



Communication Toolkit

- designed to make participation easy and consistent across diverse settings.
- included ready-to-use resources such as social media graphics, suggested messaging, and newsletter copy
- Utilised by more than 160 organisations, workplaces, schools and ECEC services to amplify reach and engage their audiences.

Breadth of NNW support in 2025



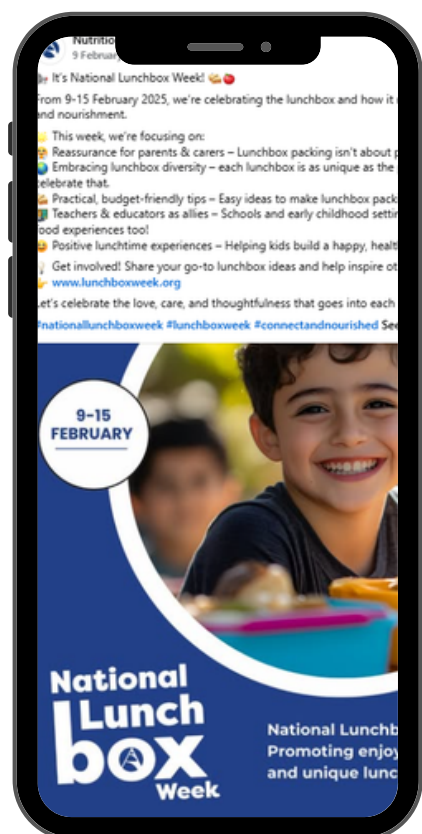
#connectedandnourished
#NNW2025



NATIONAL LUNCHBOX WEEK

9 -15 FEBRUARY 2025

National Lunchbox Week has been running since 2018. Held at the beginning of the school year, our campaign provides timely information and resources for families as they recommence the daily routine of lunchbox packing. Our dedicated Lunchbox Week website is a practical, resource hub designed to help parents and carers in packing school lunchboxes and helps schools share nourishing lunchbox tips



Key Themes for 2025

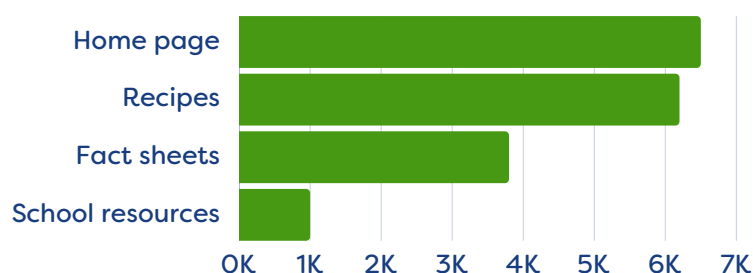
- Reassurance for parents and carers
- Embracing lunchbox diversity
- Keeping lunchbox tips for families practical
- Teachers and educators as allies
- Positive lunchtime experiences for children

Communication Toolkit

- Consistent, evidence-aligned messaging for schools, early childhood services and health professionals to promote Lunchbox Week.
- Social media content, posters and newsletter content
- Distributed to 16,000 recipients comprising of Nutrition Australia subscribers and Australian public and Catholic schools.

Website usage during the week

- 7,469 website sessions
- 27,612 page views



ADVOCACY AND PARTNERSHIPS

Nutrition Australia undertakes advocacy work at both State and Federal Government levels, guiding bodies and health organisations to make evidence-based policy decisions that support improved nutrition outcomes, public health, and improved food environments across their communities.

National Nutrition Network in Early Childhood Education and Care

An active member of the network promoting healthy, sustainable food environments within early childhood education and care. Contributes to policy briefs and journal articles.



Federation of Canteens in Schools

Helping to make healthy food and drinks a priority in every school community, Nutrition Australia plays an active role in FOCIS meetings and is part of the National School Food Network.

Helped facilitate 2025 National Roundtable on School Canteens and contributed to National Consensus Statement.



ADVOCACY AND PARTNERSHIPS

Public Health Association of Australia

Membership, consultation contributions and representation at the 2025 preventive health conference.



Dietitians Australia

Active participation in Parliamentary Friends of Nutrition and Dietitians Week events. Collaboration and support for public health dietitians.



Early Childhood Australia

Presented at the 2025 Early Childhood Australia Regional Rural Remote Early Childhood Forum. Attended Early Childhood Australia conference 2025



STRATEGIC DIRECTION

Nutrition Australia's strategic direction, towards achieving a connected and nourished Australia, is driven around our five key pillars.

1. Governance and Sustainability

Strengthen organisational governance through robust policies, regulatory compliance, transparent decision-making, and effective risk management. Maintain long-term financial sustainability by upholding a strong reserves policy and diversifying funding streams. Protect and enhance the organisation's brand, intellectual property, reputation, and public image.

2. Brand

Safeguard and strengthen the organisation's trademarks, flagship programs, and educational resources to ensure continued relevance, recognition, and impact within the community.

3. Advocacy and sector leadership

Increase the organisation's presence and influence within key policy forums, partnerships, events, and public discussions that advance healthy eating for all Australians. Strengthen credibility and thought leadership through the development of position statements, white papers, and evidence-informed advocacy initiatives.

4. Membership growth and engagement

Enhance the value and relevance of membership by reviewing and evolving member services and engagement opportunities. Grow and diversify the membership base, with a focus on supporting emerging professionals.

5. Community engagement and public impact

Expand community reach and engagement through innovative communication strategies, digital platforms, events, and national campaigns such as National Nutrition Week and National Lunch Box Week. Develop new initiatives that inspire public interest and participation.



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