

fresh TASTES

healthy food at school

Initiative of



ACT
Government

Results from the Fresh Tastes
Final Evaluation Report

2014-2021

fresh TASTES is a free, voluntary service for primary schools to help make **healthy food and drinks a bigger part of everyday life for students.**

The ACT Health Directorate (ACTHD) has led the development and implementation of Fresh Tastes in partnership with the Education Directorate, and with support from the Catholic Education Office and the Association of Independent Schools of the ACT.

Schools are supported to deliver **six action areas** as seen on the right.



Classroom Learning



Food for Sale



Food from Home



Growing Food



Cooking Food



Healthy Food and Drink Guidelines

Whole School Perspective:

Eight principles to create and sustain a culture of healthy food and drinks.



94 Schools

87% of all ACT primary schools completed three years of involvement in Fresh Tastes between 2014 – 2021.

Reaching

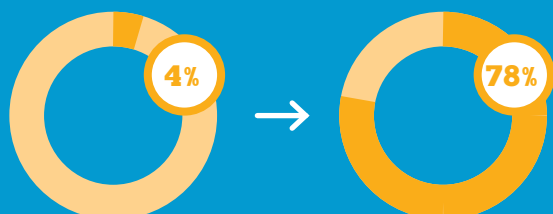
over **42,000** students.



2014-2021 freshTASTES Final Results

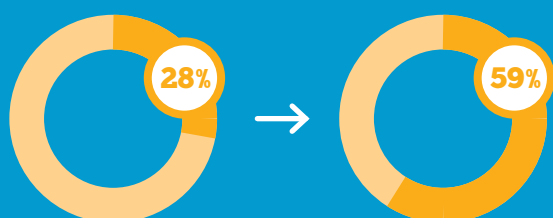
80% of schools reported making a **positive shift** in their food and drink culture.

Increase in schools that established or embedded a healthy food and drink culture:



74% increase in established or embedded healthy school food and drink cultures.

Positive shift in students' support for healthy eating:



31% increase in student support for healthy eating.

Teachers have high or very high confidence to teach about healthy food and drink:



11% increase in teachers who have high or very high confidence to teach about healthy food and drink.

CHANGES IN COMPONENTS OF CULTURE

% of schools reporting as 'established' or 'embedded'

Before After

Leadership



Partnerships & community - school



Partnerships & community - families & students



Knowledge



Communication



Environment - policies



Environment - infrastructure



Resources

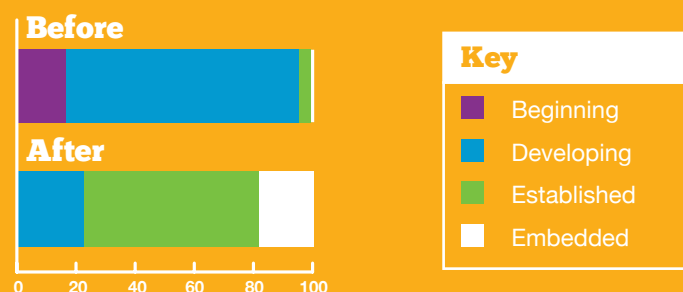


Readiness for change



Changes to Food and Drink Culture

Schools are seeing **positive changes** in their food and drink culture.



Factors for Success

- ✓ Strong leadership support, particularly from the principal.
- ✓ Support from ACT Health's Fresh Tastes team.
- ✓ Appropriate infrastructure e.g. for school kitchen gardens.
- ✓ Healthy food and drinks being a school priority.
- ✓ A passionate and dedicated Fresh Tastes Coordinator to drive action.

Congratulations to the schools involved in Fresh Tastes. Thank you for all your hard work!

To view more fantastic achievements, visit:



act.gov.au/freshtastes