Food Literacy in Action aims to engage secondary school students and their families, teachers and communities to apply knowledge and demonstrate the practical application of healthy eating and food literacy.

This fortnightly newsletter will feature school stories, resources and the latest research to help you improve healthy eating and food literacy in your school community.

School Story

The Morning Meet Up project at Mount Ridley College aims to provide a healthy start to the day with regular pop-up breakfast stalls and a smoothie bike.

Using a grant from the Growing Ideas Awards, VCAL students will assist in the development and running of a regular pop-up breakfast stalls in and around the school community. Find out more…

The World Home Economics Day 2015 theme is Sharing Food: Healthy and Sustainable Choices. Participate and register as part of your schools Food Literacy in Action.

Why sharing food with children is important:

- Regular family meals can support children’s leaning, mental and physical health. Science says: eat with your kids is a great article that outlines research in this area.

Ideas for sharing food with your students:

- Sharing home-grown vegetables, herbs or fruit.
- Students cook a healthy meal to share with their family or eat together as a class.
- Host a healthy breakfast for your school community.
- Explore new foods with your students.
- Visit a school farm to see how food is grown.

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Food literacy means having the knowledge, skills and the capacity to source, prepare, cook and share food in a sustainable manner to promote a healthy and balanced lifestyle. Food literacy is also about individuals understanding the role that food plays in communities and cultures.