



## Program Overview

### What is the program and who is it for?

*Need For Feed* is an evidence-based, practical, cooking and nutrition program for students in years 7 to 10 and is conducted after hours in schools across Queensland. The program focuses on improving participants' food preparation and cooking skills, as well as basic nutrition knowledge, attitudes and behaviours associated with healthy eating. The program has been funded by the Queensland Government and the delivery and evaluation of the program is being co-ordinated by Diabetes Queensland.

### What is the purpose of the program?

The program's overall goals are to:

- Improve participants' confidence to prepare foods
- Increase fruit and vegetable consumption amongst participants'
- Reduce consumption of energy dense (nutrient poor) foods and drinks amongst participants'

The programs objectives are to:

- Improve participants' basic cooking and food preparation skills
- Improve participants' nutrition knowledge
- Achieve positive changes in participants' attitudes to cooking and healthy eating
- Increase the number and quality of healthy meals prepared and consumed by participants

### Where is it run and by who?

The program is run using existing cooking facilities within schools by a facilitator (this may be a teacher, school health nurse, community nutritionist etc) with the help of an assistant. The facilitator and assistant will receive payment for their time working on the program.

### When is it run and for how long?

The program is run outside of school hours and has a total of 16 contact hours. Depending on what format it uses, programs will typically consist of 8 modules and will have 15-20 participants. Each school will choose when they will run the program; however the main formats are after school; in school holidays or on Saturday mornings.

### How much does it cost?

Each student is asked to pay a \$30 contribution fee to the school to participate in the entire program, which will help to cover some of the costs of the program. This fee may be negotiated however if it deters or excludes students from participating. All other resources including ingredients and manuals will be provided.

### How does it benefit the students and the school?

The *Need for Feed* program provides students with an opportunity to expand their skills, understanding and enjoyment of healthy food and cooking through a fun and interactive program in a familiar environment. The program will complement existing healthy eating and physical activity curriculum, peer learning initiatives and school engagement strategies. It is also compliant with quality and risk management standards, with the safety of everyone involved being paramount at all times.

### How will the program be evaluated?

Students that participate in the program will be asked to complete a pre and post evaluation form measuring food consumption behaviours, cooking behaviours, cooking confidence and program feedback. Participation in the evaluation is voluntary and informed consent will be obtained from parents at the time of registration.

The facilitator of the program will distribute the pre and post evaluation forms at the first and last session of the program. A small sub-set of participants will be provided with a six month follow up survey (distributed through the school). Responses will remain anonymous and confidential.

Facilitators will also be asked to contribute to the program evaluation through completing a program feedback form after they have implemented the program. Facilitators will provide feedback on student's skill development (completed at the first and last session of the program for each student). Facilitator informed consent will be obtained when they register to facilitate the program.

**For more information:**

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