

# Nourish Our Kids Project

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## Footy Nuts "Eat Well, Play Well, Learn Well"

The "Nourish Our Kids" project is introducing nutrition into the indigenous children's diet by an innovative range of nut products, branded "Footy Nuts".

The simple idea is to encourage indigenous kids and their families to swap the processed snack foods they currently eat, for more nutritious natural nut snacks as well as to add nuts to some of their favourite recipes such as damper, giving them a nutritious breakfast to start their day.

The first community to embrace the project is Nganambala, a small community about 300kms southwest of Darwin. The project has been developed in close consultation with the Nganambala school principal and with the indigenous health promotion organization, Red Dust Role Models. The community has also had local medical support to monitor any medical issues that might arise. The 'ownership' of the project by each local community is essential for its effectiveness.

The project trial commenced at Nganambala in October 2013 and it is proposed to be extended to two additional communities in 2014.

One way of exciting the kids in our remote indigenous communities to make the swap to more nutritious and healthy nut snacks is through the active encouragement of their footy heroes. The project already has support from several indigenous AFL players. Education sessions and material will be required to demonstrate the benefits of the products. Our goal is for Footy Nuts to be eventually sold through the regional stores on a sustainable commercial basis.

With funding support we would like to carry out a PHD research on the nuts effectiveness

The project is a joint initiative of four Rotary clubs; Albert Park, North Brighton, Docklands and Melbourne. Current project partners include, Red Dust Role Models, Scalzo Foods, Aboriginal Literacy Foundation and the ALF

We are seeking additional partners and we would be happy to discuss how you might participate with this project.

### **For more information in this project, please contact:**

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