



**Food for  
HEALTH**

**Rotary  
E-Club  
Greater South Oz**



*Food For Health is a major project by  
Rotary E-Club of Greater South Oz and  
OPAL (Obesity Prevention and Lifestyle)  
a joint initiative of State and Local Governments*

The key focus of this project is to promote better food choices for a healthier lifestyle. Community Organisations and Service Clubs have an important role to play in encouraging these healthier lifestyles. This can be achieved by adopting guidelines and recipes from our website which will help our commitment to serve humanity by keeping you and your family healthy.

By adopting these beneficial lifestyle choices, the program supports our community to live a longer, healthier life where people have fewer long-term chronic diseases.

Our children are the first generation in human history to face the risk of a shorter lifespan than their parents. **Why?** Shifts in diet, lifestyle patterns and the unhealthy environment in which we live contribute to this. Did you know that there are more health risks due to over-nutrition than under-nutrition in the world today, with more than one billion people living with obesity and related health issues? **So, what can Rotary do to help?**



Rotarians, as respected community leaders contribute to the health of communities through a variety of national and international humanitarian projects. Rotary's major program for Polio Eradication and Australian Rotary Health stand as proud examples.

***This project provides us, as community leaders, with a unique opportunity.***

#### **How?**

**Rotary at a local level can 'act' as a role model.** By: • selling healthy food and drink options at fundraising events • playing a significant role in education and leading by example, and • recognizing the immense good that will be achieved in a healthier community.

**We have a choice.** We can ensure that our fundraising efforts through food and drink sales, contribute to a healthier community or we can continue to contribute to the problem of obesity and the lifestyle diseases that flow from this. If Rotary Clubs and other community groups promote and adopt optional healthier food choices, imagine the impact we will make in our communities.

***Our bodies are our gardens – our wills are our gardeners***



Responding to an increase in consumer demand for healthier options, we are working with [OPAL](#), to compile a set of simple, easy to use guidelines to transition towards healthier choices. In addition, we are working with key partners to assemble a selection of healthy recipes for use at home and to assist with fundraising events. Guidelines from reputable agencies such as the Heart Foundation, Cancer Council and National Health and Medical Research Council (NHMRC), are the basis for these recipes. All recipes and resources are available free of charge from our dedicated website **‘Food For Health’**.

[www.foodforhealth.org.au](http://www.foodforhealth.org.au)

Our E-Club recognizes the practical and cultural challenges inherent in this project.

We know change can be difficult, and we know that fundraisers are vital for funding our community projects. The adoption of new practices can be perceived as hard, but there are existing resources, programs and guidelines to help.

Rotary is composed of respected community leaders who can advocate for our community’s health, and change is already starting to happen.

This is an opportunity for Rotary to position itself as the leading service organisation in this field; one that will inspire others to join us, multiplying the effect across communities.



Website: [www.foodforhealth.org.au](http://www.foodforhealth.org.au)  
Email: [health@foodforhealth.org.au](mailto:health@foodforhealth.org.au)

**Together let’s work through the challenges and offer healthier food at our fundraising events, because “Leading by Example” is the best way to lead and make a difference.**

