

**HEALTHY CITIES ILLAWARRA  
ILLAWARRA BREAKFAST PROGRAM'S**

**HCI Goal : “To empower and support, in practical ways, particular geographical and cultural communities to improve opportunities for better health and equity of access to services”.**

**Objective : “Use place based approaches to enhance, strengthen and support local initiatives in communities with particular needs”.**

Project Objectives	Short Term Impacts	Intermediate-term health & well-being outcomes	Health & Development Outcomes
<p>Promote the development of breakfast programs for children and youth that are based in areas of social disadvantage.</p>	<ul style="list-style-type: none"> <li>• 4<sup>th</sup> year of funding secured through the Casino Community Benefit Fund (CCBF) to support the running of nutrition programs in areas of disadvantage.</li> <li>• Memorandum of Understanding (MOU) established with all programs to clarify relationship and responsibilities.</li> <li>• BP network established for dissemination of best practice information, for improved communication and resource and information sharing.</li> <li>• Monitoring system of purchasing of supplies established: All purchase receipts are checked to ensure the purchase of nutritious items and food only.</li> </ul>	<ul style="list-style-type: none"> <li>• Increase opportunities for children to access a free breakfast in convenient location at, or near school.</li> <li>• Further support provided to other organisations seeking to conduct programs via information, planning assistance and referral.</li> </ul>	<ul style="list-style-type: none"> <li>• Community and school based programs are strengthened in their capacity to deliver quality breakfast programs.</li> <li>• Children and youth in need in the Illawarra have opportunity to receive a nutritious start to the day, contributing to requirements for a balanced diet.</li> </ul>
<p>Provide breakfasts that are nutritious in an environment that is informal, non-judgemental and meets the needs of the local community.</p>	<ul style="list-style-type: none"> <li>• Over 800 nutritious breakfasts served each week.</li> <li>• 9 programs with serving times coordinated to local school timetable.</li> </ul>	<ul style="list-style-type: none"> <li>• Targeted strategies, such as vouchers, rewards, classroom visits have seen an increase of at least 5-10 extra children attending each program during term 2.</li> <li>• All ten breakfast programs report an increase in variety of foods and offer on a regular basis 'special days' (pancakes, muffins ,hot food etc).</li> </ul>	<ul style="list-style-type: none"> <li>• Improved nutritional status in children and decreased risk of developing childhood obesity.</li> <li>• Provision of a safe environment and social support for children in need.</li> </ul>

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	<ul style="list-style-type: none"> <li>Monthly distribution of current information on breakfast nutrition, new recipes and products. Seven out of the ten settings are in neighbour or community centres; two are in schools and one in a health service setting. All programs provide a warm, dry place to spend time before school starts.</li> </ul>	<ul style="list-style-type: none"> <li>Nine out of the ten programs offer children packaged snacks/sandwiches to take to school for recess and lunch.</li> </ul>	
<p>Provide opportunities for positive social interaction for children and responsible adults.</p>	<ul style="list-style-type: none"> <li>Coordinators and volunteers at all programs report actively engaging children in small groups by table setting, encouraging conversation, manners and listening with peers and volunteer adults.</li> <li>Children attending programs report enjoying interaction with friends and meeting new children</li> <li>Majority of programs provide board games and some have facilities for outdoor and ball games</li> </ul>	<ul style="list-style-type: none"> <li>Children and youth have extended opportunities to develop social skills in a positive, friendly, safe environment.</li> <li>Volunteers are positive adult role models for many children</li> </ul>	<p>Enhanced confidence, maturity and social skills in children and youth.</p>
<p>Provide practical education to children and parents about nutritious breakfasts</p>	<ul style="list-style-type: none"> <li>All programs aim to provide healthy food choices providing a positive example to children and parents.</li> <li>The majority offer additional nutritional information by posters, pamphlets and verbal discussion.</li> </ul>	<ul style="list-style-type: none"> <li>Volunteers assist children to make better food choices</li> <li>School newsletters include nutritional information in conjunction to advertising breakfast programs</li> <li>Other health and educational messages are incorporated in the program in a non-threatening way eg. physical activity, dental health, homework completion</li> </ul>	<ul style="list-style-type: none"> <li>Children develop a greater understanding of health and nutritious food which leads to healthier choices.</li> <li>Increased consumption of fruit</li> </ul>
<p>Provide increased opportunity for children to develop specific social and personal skills related to serving, eating and cleaning up of meals.</p>	<ul style="list-style-type: none"> <li>Nine out of ten programs report children participation in running the program including decision making, preparation and cleaning up.</li> </ul>	<ul style="list-style-type: none"> <li>Improved social skills reported in such areas as personal responsibility, decision making etc reported by volunteers, parents and school staff.</li> </ul>	<p>Enhanced social skills in children and youth.</p>

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<p>Reduce tardiness and provide a positive start to the day with children calm and undistracted by hunger.</p>	<ul style="list-style-type: none"> <li>• Programs are coordinated with school timetables and close 10-15 minutes before school start time.</li> <li>• Volunteers encourage children to be punctual.</li> <li>• In seven out of ten programs volunteers escort kids in group to school.</li> </ul>	<ul style="list-style-type: none"> <li>• Staff interviews report that children who attend programs demonstrate improved attendance, are more settled in morning, are more willing to learn and participate in activities. Particular positive changes have been noted in kids who are bullied, have learning or challenging behaviours.</li> </ul>	<p>Enhanced educational experience for all children attending programs.</p>
<p>Increase links between neighbourhood/community centres, the school and the local community.</p>	<ul style="list-style-type: none"> <li>• Schools regularly advertise programs and actively encourage attendance</li> <li>• Most programs have established lines of communication with schools re. the welfare of the children. School community liaison officer links with programs</li> <li>• Nine programs receive sponsorship from local businesses for bread</li> </ul>	<ul style="list-style-type: none"> <li>• Programs report an increase in parent involvement in programs</li> <li>• Increase in access to other activities conducted by centres such as after school activities, homework centres, youth groups, sports etc</li> <li>• Koori groups have increasingly accessed programs as a result of children's involvement in breakfast program in some centres.</li> <li>• Volunteers report increased utilisation of community centre facilities as a result of involvement.</li> </ul>	<ul style="list-style-type: none"> <li>• Stronger local communities and networks.</li> <li>• Enhanced community connections.</li> </ul>
<p>Enhance and increase participation of parents and other volunteers in a community environment.</p>	<ul style="list-style-type: none"> <li>• 70 volunteers work in programs across the region.</li> <li>• Two programs are completely run by parent volunteers.</li> <li>• Training programs are run for volunteers in OHS, food handling etc to increase their knowledge and skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Volunteers/parents are actively involved with decision making of programs</li> <li>• Volunteers are participating in other activities/committees at centres</li> <li>• Children are exposed to positive adult role models</li> <li>• Parents involvement enhances their wider participation in school/community life</li> <li>• Volunteers have accessed 'Foodshare' through their breakfast program volunteer hours</li> <li>• Parents and volunteers are themselves exposed to healthy food choices and are provided with socialisation opportunities</li> <li>• Regular recruitment is carried out by all programs</li> </ul>	<ul style="list-style-type: none"> <li>• Stronger local communities and networks</li> <li>• Increased volunteer skill base for the community</li> <li>• Improved local support networks for families</li> <li>• Social opportunities for volunteers.</li> </ul>

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<p>Increase capacity of local programs to become independently sustained.</p>	<ul style="list-style-type: none"> <li>• Provide regular information on funding and sponsorship opportunities</li> <li>• Assist with development of applications and letter of support</li> <li>• Lobby local MP's for support in securing funds</li> <li>• Four programs have applied for equipment for volunteers grants</li> <li>• Kellogg's and Kraft have provided goods to individual programs</li> <li>• Rotary and Apex provide support funds some programs</li> <li>• Dairy Farmers are supplying yoghurts to three programs following lobbying by HCI</li> <li>• Assistance with local media to promote program.</li> </ul>	<ul style="list-style-type: none"> <li>• Programs have a variety of sources of support and have developed skills to foster these relationships.</li> <li>• Increase in private sector support of local programs and sense of ownership.</li> <li>• Local sponsorship has made volunteers role easier and safer due to the provision of modern equipment such as large grill/toasters, microwaves, urns etc.</li> <li>• Investigate scope for long - term sustainable funding of programs and expansion of programs.</li> <li>• Lobby for increased expansion of programs with current state government funding such as Community Solutions</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast programs are maximising resources.</li> <li>• Breakfast programs have greater certainty and sustainability.</li> </ul>