

## BE PART OF THE SOLUTION AND INSPIRE HIGH SCHOOL STUDENTS TO EAT HEALTHY, WASTE LESS FOOD AND BECOME CHANGE-MAKERS

### ABOUT FEAST

OzHarvest's Food Education and Sustainability Training (FEAST) is year 7 and 8 education program. The program has been developed using evidence-based behavioural changes practices and is aligned to the Australian Curriculum including the cross-curriculum priority of sustainability.

FEAST is created from a belief that our education system has an important role to play in building resilient, confident students and encouraging creativity. During the program, students discover and envision a range of creative solutions to real-world problems of food waste and healthy eating. FEAST includes:

- **Online Curriculum Package**- with a FEAST website portal, lesson plans, worksheets and recipes
- **Cooking in the Classroom**- with a FEAST kitchen kit and apron package (no kitchen required)
- **Teacher training** - face-to-face or 3-hour online training module
- **Ongoing support**- direct access to the OzHarvest FEAST team



*'FEAST aims to inspire Australian school-aged students to be global citizens by empowering them with knowledge and skills to understand the important role our food system plays by increasing their food waste awareness, environmental responsiveness and nutritional literacy.'*

### WHY WE NEED TO TAKE ACTION

- One child in every classroom goes to bed or school hungry every day.<sup>1</sup>
- Nationally, one in four children are overweight or obese and many do not eat enough fresh fruit and veg, which affects how they learn at school and can lead to poor physical and mental health.<sup>2</sup>
- It is estimated that each year Australian students throw away, 5 million sandwiches, 3 million pieces of white fruit and 3 million items of packaged food. So, we can all be part of the solution, starting TODAY.<sup>3</sup>



OzHarvest FEAST program has been a hit in primary school across Australia since launching in 2018. We have already worked with over 400 schools and engage 20,000 students in the fight against food waste.

The FEAST primary school program, has been recognised as a [2020 Banksia Sustainability Award](#) winner, is a [Global Compact Network Australia](#) SDG program and our program has received international recognition by the [peer-reviewed journal BMC Public Health](#).

To continue to deliver magnificent impact we invite investors to be part of the solution and help us with our new FEAST (Food Education and Sustainability Training) High School Program to making our world a better place for all not just the lucky ones!

1. Are the Kids Alright? – The Australian Child Wellbeing Project

2. Background to the National Healthy School Canteens Project – Australian Government Department of Health

3. M. Boulet, B. Wright, C. Williams & M. Rickinson (2019) Return to sender: a behavioural approach to reducing food waste in schools, Australasian Journal of Environmental Management, 26:4, 328-346, DOI: 10.1080/14486563.2019.167258