

# EAT WELL, LIVE WELL NUTRITION TOOLKIT

## COMMUNITY ENGAGEMENT SUMMARY

The City has developed a nutrition toolkit that provides information about the food and nutrition needs of the Greater Geelong community at every age and life stage. The toolkit is designed to empower, educate and enable the community to take control of and improve their health and wellbeing.

Our toolkit features meal plans, recipes and factsheets to develop healthy and sustainable eating patterns, habits and skills. The toolkit has been driven by national guidelines and is just one of the ways that we can create a healthy, caring and inclusive community through our Council Plan.

On 26 April 2022, the City commenced community engagement and invited the community to take part in a survey about our Eat Well, Live Well toolkit. The responses will help us to assess the community's satisfaction with the resource and if it changed their knowledge, attitudes, and behaviour about healthy eating.



**36 DAYS**  
of engagement



**143**  
Invitation letters  
to complete  
survey  
delivered

**PAGE  
VIEWS**



**316**  
Page Views

**189**  
Visitors



**14**  
people left  
feedback

The survey was open for 36 days, with 14 people completing the survey and leaving feedback. Of these 14 participants, 12 identified as women, and two identified as male.

Overall, community members were satisfied with the quality and usefulness of the Eat Well, Live Well toolkit.

- 46% of community members strongly agreed that the toolkit was HIGH QUALITY.
- 61% of community members strongly agreed that the toolkit was EASY TO UNDERSTAND.
- 61% of community members strongly agreed that the information in the toolkit was TRUSTWORTHY.
- 30% of community members strongly agreed that the information in the toolkit was USEFUL.

Community members reported what they liked most about the toolkit:

- Easy to read and it was set out in a way that was interesting and sequential.
- Easy to read and understand. Plain language.
- The pictures of the hand that explained serving sizes. This was visual and not in grams and I found that much easier to remember.

- The talk by the dietician was magnificent and resonated with me totally, sensible and the part of habits was an eye opener!
- Easy to understand. Great quality in written format.
- Easy healthy recipes, food pyramid/balance up to date, nutritionist based.
- Serves per day page was useful as a reference to have in the kitchen. Also the food waste section.
- Easy to understand.
- Lots of pictures suitable for people with low literacy.
- Clear concise non judgmental.
- Base information.
- The use of images, breaks up the text and helpful for those with lower literacy.

Community members reported what they liked least about the toolkit:

- Some of the full-page photography is not necessary - takes up unnecessary space.
- Only has 3 recipes and they are all for a family of 4. I live alone and could not easily use them as it was too hard to work out what 1/4 of 1/2 a pumpkin was for example.
- Not widely available.
- A lot of paper wastage.
- Enjoy traditional foods (not really like least) but thought it could be expanded a bit.
- The serving suggestions on page 10 and page 11 do not relate together and a bit confusing.
- No mention of organic produce.

Suggestions for improvement included:

- More information about what specific age groups need to eat to stay well and also some more easy healthy recipes.
- More recipes.
- I'd like to see more easy, basic recipes and suggestions for bulking them up as was done for the soup. So many recipe books and magazines feature obscure ingredients that are often expensive and are clearly not about the food groups and balancing them.
- More promotion.
- Perhaps could advise diff diet acc to ages.
- Perhaps a way to keep it easy in the kitchen (magnet on back) or interactive part for kids to partake in.
- Elaborate further on serving suggestions on page 10 and 11 of the toolkit.
- List the community gardens and advise how to start one in your neighbourhood.

## NEXT STEPS

The Eat Well, Live Well toolkit is available for order through our website, [Eat Well, Live Well - City of Greater Geelong \(geelongaustralia.com.au\)](http://Eat Well, Live Well - City of Greater Geelong (geelongaustralia.com.au)). The comments received were valuable and if further toolkits are designed, the comments on improvement will be taken into account.