



theory of change

It is evident that the intersection of food, health, climate change and social equity is critical for wellbeing. Diseases and conditions medically linked to what we eat are impacting the health of Australians: obesity, diabetes, cancer, dental caries, eating disorders, allergies. Meanwhile, the skills and knowledge to access and eat nourishing whole foods are diminishing, dependent on social determinants, economic and political will.

dimensions of wellness

emotional: stability, positive self-esteem, and resilience to stress

physical: exercise and movement, mindful eating and drinking, supported by rest and sleep

social: strong, positive, comforting relationships through empathy, adaptation and altruism

intellectual: continuous learning and creativity whilst striving for personal growth

spiritual: a sense of meaning and purpose in life through connection

environmental: positive relationship with the natural world, reducing environmental harm

occupational: work-life balance whilst pursuing a career that expresses your talent

financial: managing finances in a sustainable way to reduce stress and increase security

digital: an intentional and risk-aware use of technology

inputs

Health Promotion

- Framed by dimensions of wellness
- Empowering
- Meaningful
- Collaborative
- Diverse, Inclusive, Safe
- Evidence-based

Community-led Collaboration

- Health & Social Services
- Clubs & Volunteer Organisations
- Industry, Business & Government
- Beneficiaries

Learning Resources

- Recipes; cost effective, low waste, nutrient dense and nourishing
- Accessible; plain english, multilingual, captioned audio-visual
- Co-designed

activities

Food knowledge & skills workshops

- Shopping & gardening
- Cooking & eating
- Food preservation
- Planning & budgeting
- Cultural storytelling

Food social enterprise development

Events and culturally safe gatherings celebrating or serving food

Digital education networks and micro-learning platforms

Co-creation, promotion and distribution of learning resources

Capacity building community leaders

output

Increased:

- food security and home cooking
- ability and desire to make mindful choices and live well
- feelings of self-efficacy
- consumption of nourishing food and beverages
- exploration of food-related vocations and digital learning opportunities

Improved:

- food knowledge, gardening and cooking skills
- community engagement and social connectedness

Sustainable human-centred, community-led food education and food justice initiatives

impact

Reduced incidence and risk of diet-related disease

Increased wellbeing for marginalised individuals and communities

Policy and systemic changes to support food education and food justice

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