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JUST COOK

CHALLENGE 2017

Teens learning to cook a basic meal is a subject close to our hearts. The idea of JUST COOK is that teens who cook will eat more vegetables, will be better able to look after themselves when leaving home and are well positioned to feed any children they may have in the future.



Since 2011 we have been running the JUST COOK Create a Family Meal Challenge through schools and youth groups to encourage teens (and some very talented pre-teens) to get in the kitchen and have a go at cooking a meal their family will enjoy. This has been supported with school curriculum teaching materials.

Over the past six years our experience and programme evaluation has led to a few changes. While we appreciate the place schools have in teaching critical life skills (e.g. cooking) we know the curriculum is crowded and teachers have competing priorities.

In response to this, over the past two years we have run the JUST COOK individual challenge alongside the school challenge, actively promoting the challenge via youth social media influencers and channels. We are pleased to see an increase in non-school entry numbers and will continue to look for innovative ways to grow this component of the challenge.

We are grateful for the continued support of our long-standing partners, including new partner Life Education Trust.

Thank you to all who entered the JUST COOK Challenge. We are really impressed with all the creativity, time and effort put into creating your meals. Congratulations to all the winners.

INDIVIDUAL WINNERS

Eggs Category:
Olivia Moore



Tegel Category:
Georgia MacDonald



Beef + Lamb NZ Category:
Lily Woods



Sanitarium Category:
Aria Kelly



Continued on page 2

JUST COOK CHALLENGE 2017

SCHOOL ENTRY WINNERS

Eggs Category:

Mim Punyaratabandhu & Hanaka Eda
(St. Matthew's Collegiate School)



Tegel Category:

Emily Grimes & Isla McKay
(Hutt Intermediate School)



WATTIE'S COLOUR YOUR PLATE WITH VEG WINNERS:

Millie Hudgel
Tamamutu Mitchell
Priya Patel
Matthew Connolly
Annabelle Stephens

Beef + Lamb NZ Category:

Meg & Georgia
(St. Matthew's Collegiate School)



Sanitarium Category:

Anna Kallen
(Havelock North High)



LIFE EDUCATION TRUST FITBIT WINNER:

Brooke Moore

JESS' UNDERGROUND KITCHEN EXPERIENCE WINNER:

Olivia Hyland

Thank you to all our JUST COOK partners. JUST COOK would not be possible without them.



EXPERTS CALL FOR ACTION TO FILL GAPS ON HEALTHY FOOD POLICIES

New Zealand needs major improvements in food policies if it is going to seriously tackle the country's obesity epidemic, according to findings in the University of Auckland's second Healthy Food Environment Policy Index (Food-EPI). The Food-EPI was first published in 2014. The second Healthy Food Environment Policy Index (Food-EPI) was conducted in April to May 2017 by a New Zealand Expert Panel of 71 independent and government public health experts who rated the extent of implementation of policies on food environments and

infrastructure support by the New Zealand Government against international best practice (Figure 1).

This study is an initiative of INFORMAS (the International Network for Food and Obesity/non-communicable diseases (NCDs) Research, Monitoring and Action Support) which aims to monitor and benchmark food environments and policies globally to increase the accountability of governments and the food industry for their actions to reduce obesity and NCDs. The Food-EPI study is funded by the Health Research Council.

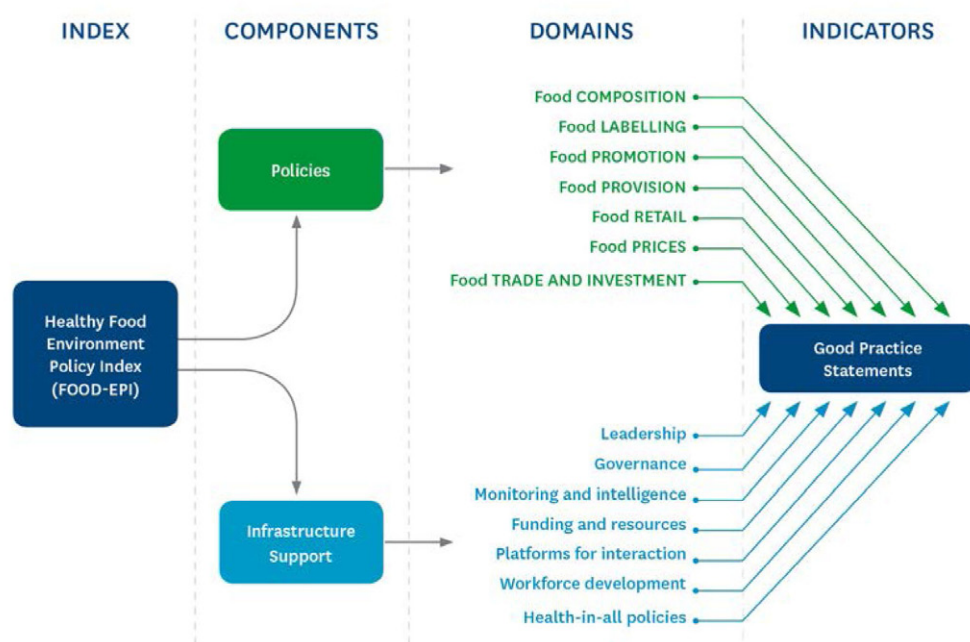


Figure 1: Healthy food environment policy index (Food-EPI)

LEVEL OF IMPLEMENTATION OF FOOD ENVIRONMENT POLICIES AND INFRASTRUCTURE SUPPORT BY THE NEW ZEALAND GOVERNMENT

The experts rated each of the 47 good practice indicators based on documented evidence, validated by government officials, and international best practice benchmarks. The level of implementation was categorised as 'high', 'medium', 'low', or 'very little, if any'. In 2017, over two thirds of the specific food policy indicators, but less than one third of the infrastructure support indicators, were rated as 'low' or 'very little, if any' implementation.

The unique report card, showed that, while there were some strengths, there were a large number of healthy food policies that still need to be implemented in New Zealand. Progress to improve children's health remained very slow. Many large implementation gaps were identified by the experts, including for policies recommended by the World Health Organisation such as healthy food in schools, fiscal policies and marketing restrictions for unhealthy foods. Gaps were identified for supporting communities to limit the density of unhealthy food

outlets (for example, around schools), supporting the food retail and service industry to reduce unhealthy food practices and ensuring that trade and investment agreements do not negatively affect population nutrition and health.

Experts recognized progress since 2014 for implementation of the Health Star Ratings, initiating systems-based approaches with communities, developing and implementing the Healthy Food and Drink Policy in the public sector and improving platforms for interaction between Government and other sectors and across Government.

The New Zealand Government is performing well, at the level of international best practice, in preventing unhealthy foods carrying health claims, providing nutrition information panels on packaged foods, transparency in policy development processes, providing access to information for the public and monitoring prevalence of NCDs and their risk factors and inequalities.

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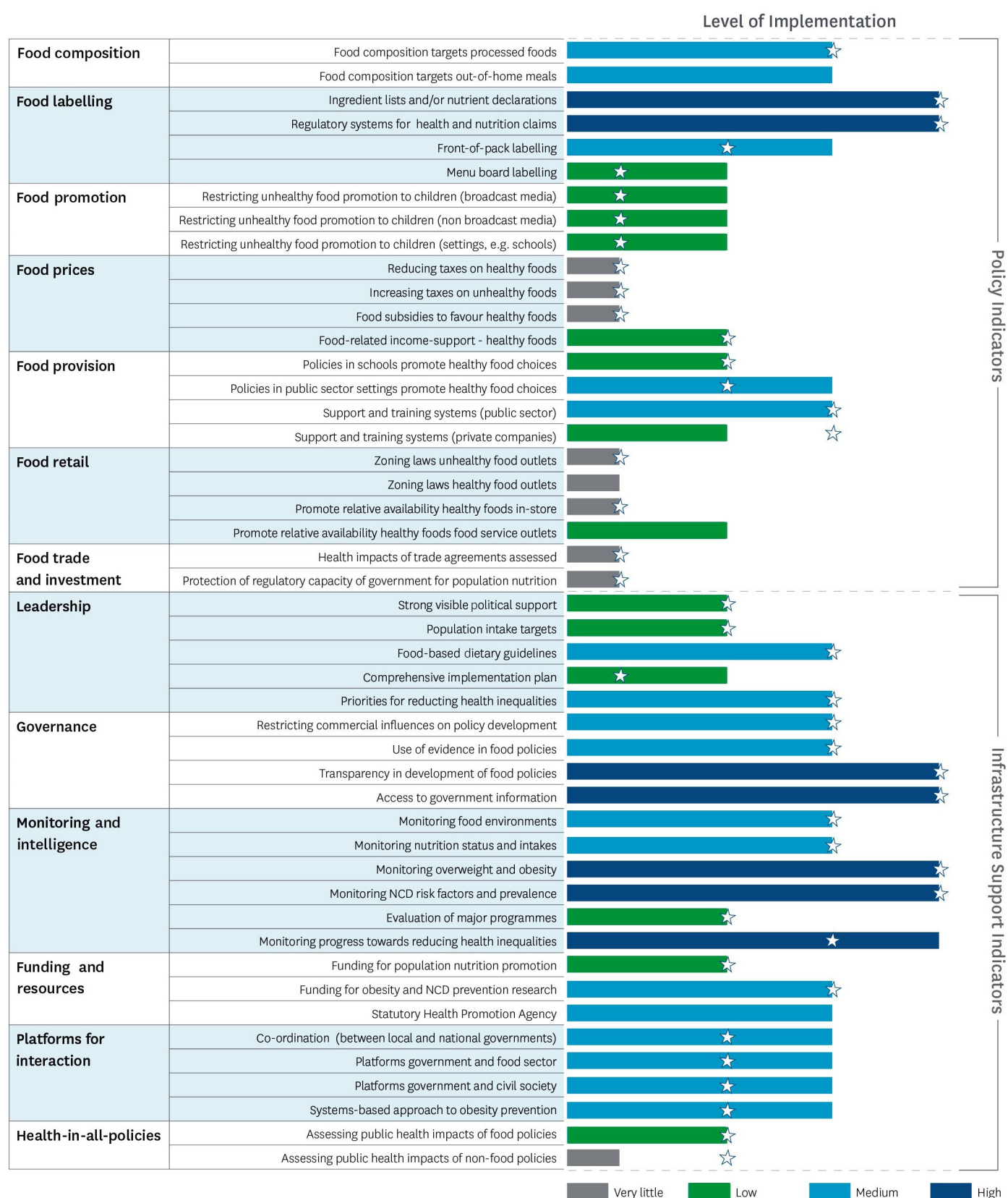


Figure 2: Level of implementation of food environment policies and infrastructure support by the New Zealand Government in 2017 compared to international best practice (* 2014 ratings)

TOP PRIORITIES FOR IMPROVING THE HEALTHINESS OF FOOD ENVIRONMENTS

Four workshops around the country with the experts identified and prioritised 53 concrete actions for the Government to improve the healthiness of New Zealand food environments, with nine recommendations prioritized for immediate action. All recommendations are aligned with the World Health Organization's Global NCD Action Plan, which was endorsed by the New Zealand Government in May 2013 and again in 2017.

Priority recommendations

The Expert Panel recommended 53 actions, prioritising 9 for immediate action. They are to:

	1. Strengthen the Childhood Obesity Plan , including policy objectives and targets to reduce obesity prevalence and inequalities, and more and stronger policies to create healthy children's food environments, and increasing funding for the implementation and evaluation of the plan.	
	2. Set targets for	a. reducing childhood overweight and obesity by 8 percentage-points (from one-third to one-quarter) by 2025 with decreasing inequalities
		b. reducing mean population intakes of salt, sugar & saturated fat based on World Health Organization recommendations
		c. voluntary reformulation of composition (salt, sugar & saturated fat) in key food groups
	3. Increase funding for population nutrition promotion to at least 10% of obesity/overweight health care costs.	
	4. Regulate unhealthy food marketing , as defined by the WHO nutrient profiling model, to children up to 18 years	a. in broadcast media, including during children's peak viewing times (e.g. up to 9pm)
		b. in non-broadcast media, including food packaging, sport sponsorship and social media
		c. in children's settings, including 'school food zones'.
	5. Ensure healthy foods in schools and early childhood education services using the updated Ministry of Health Food and Beverage Classification System	
	6. Introduce a substantial (e.g. 20%) tax on sugar-sweetened beverages and explore using the revenue for programs to improve public health and wellbeing.	
	7. Strengthen the Health Star Rating System by urgently addressing anomalies in the design algorithm (especially for sugar), increasing funding for promotion and making it mandatory if there is not widespread uptake by 2019.	
	8. Implement the new Eating and Activity guidelines by increasing funding for their promotion and translating them for New Zealand's social, environmental and cultural contexts.	
	9. Conduct a new national nutrition survey for children within 3 years and institute a plan for future regular adult and children nutrition surveys.	

Figure 3: Top priorities for improving the healthiness of food environments

The top priority from the Expert Panel was to convert the currently weak childhood obesity plan into something which has real targets for reducing prevalence and is backed by serious policies to get there. Bringing New Zealand's rate of childhood overweight and obesity down from one in three to one in four by 2025 was considered achievable by the panel because one in four was the current rate in Australia. However, the action on healthy food environments will need to be greatly strengthened to achieve even these modest targets.

The government needs to act on these recommendations to improve the diets of New Zealanders, especially for children, and to reduce the burgeoning health care costs of obesity and unhealthy diets. Unhealthy food environments drive unhealthy diets. The experts recommended that about 10 percent of costs attributed to overweight and obesity should be spent on prevention. This would require at least a doubling of current investment in nutrition promotion.

The full report and the full list of recommended actions is available at www.informas.org.

LOCAL CHOICE at FreshChoice SUPERMARKETS –

5 MEALS FOR A FAMILY OF 6 FOR \$50

All FreshChoice supermarkets in West Auckland have changed their isles to make shopping for healthy food easier and they also provide recipe ideas for large families cooking on a budget.

Each week at FreshChoice in Ranui and Glen Eden, a new recipe book appears in the 'Local Choice' section, along with the recipe ingredients which are located at customer's finger tips. Shoppers grab a free recipe book, follow the shopping list on the front of the book, and purchase their 'week eats' at the checkout for under \$50. The dinner meals intend to feed a family of 2 adults and 4 children.

Recipes are a range of vegetarian and meat dishes with a large portion of vegetables designed to making cooking easy. The recipes also outline pantry staples and shared ingredients throughout the week. Shared ingredients such as fresh and frozen

vegetables, rice and chicken are used across more than one meal. For example, one week contains a roast chicken dish and the leftover bones are used to create chicken soup later in the week.

Healthy Families Waitakere Activator Michele Eickstaedt developed a relationship with FreshChoice to trial Local Choice and partnered with Auckland Council Love Food Hate Waste who provided ideas and resources to educate families about portion sizes and food safety to reduce food waste going into landfill.

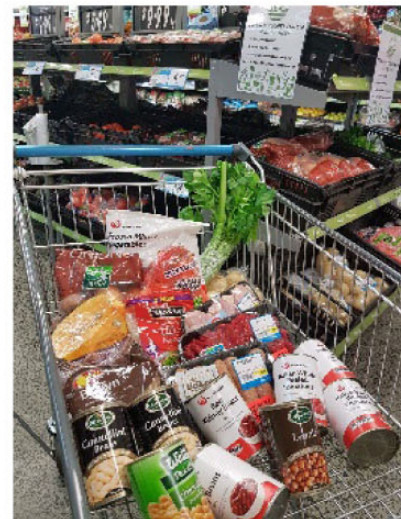
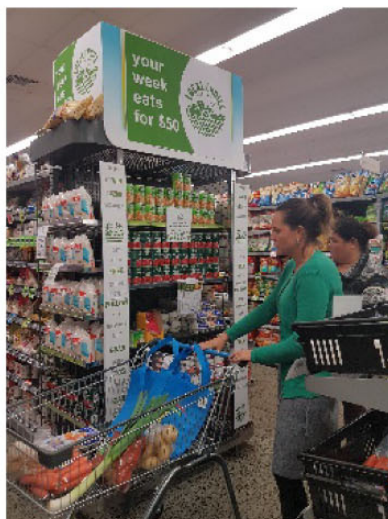
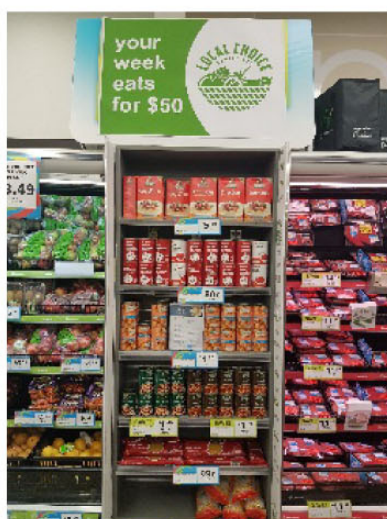
To establish this initiative, Michele Eickstaedt gathered insights through a series of interviews with the local community and found that there was a need for more affordable healthy food options. She then brought people together to create a number of healthy, cheap and easy recipes. This same group of people

also designed the logo and branding for the initiative – Local Choice.

"Bringing the community together to design a solution and connecting with a local supermarket to trial it was a great opportunity for us to make healthier affordable kai more accessible to whānau" says Michele Eickstaedt.

Each week, approximately 10 families have been buying Local Choice ingredients since it launched in May 2017 and customer feedback has been positive. Overall, the sales of the individual ingredients in the Local Choice shopping list have also increased.

"It is evident that supermarket layout influences what food people purchase and by increasing access to healthy food, more people will start cooking and eating healthier to create a change in the food system", says Michele Eickstaedt.



Photos L- R: Local Choice display in Fresh Choice Glen Eden, Local Choice display in Fresh Choice Ranui, a week's ingredients for under \$50, another weeks ingredients for under \$50



RANUI POWER PACK –

A HEALTHIER SNACK PACK FOR SCHOOLS

It is known that primary school children eat approximately one-third of their daily food intake at school, but is it healthy food? Year 5 students at a West Auckland primary school think so, and came up with a healthy lunch idea to prove it. Students were asked what food, packaging, logo and branding they would like in a healthy snack pack and designed their very own 'Ranui Power Pack'.

The Healthy Families Waitakere team initiated the project after mapping the availability of food in Ranui and running a series of focus groups and interviews with local people. It was found that there was a need for more affordable healthy food options for school lunches and based on this, the Healthy Families Waitakere team approached the primary school to trial the production and sale of a healthier snack pack.

Students chose a range of food items from the four food groups to be in their snack pack. Ingredients were sourced from local food outlets including chicken sandwiches, tuna sandwiches, sushi, fruit, yoghurt, carrots, and popcorn. Mini muffins were also provided by a local social enterprise business Café Korero in the Ranui Community Centre.

Production costs were worked out at \$1.70 per snack pack with a sale price of \$2.50. The price was based on existing snack packs being sold at nearby dairies. One Ranui dairy and one supermarket were in support of trialling the sale of the snack packs. However, in order to align with the Food Act 2014 guidelines the team had to think of an alternative method for selling. A pre-order system at the school was set up and 10% (46) of the school's students placed orders for their Friday lunch. The

'Ranui Power Packs' were made in Café Korero and packaged up to be transported to the school.

As a follow up, the Healthy Families Waitakere team mapped out 25 primary schools in West Auckland with 5-10 minutes travel time between them. With an average of 345 students per school, if 10% of students in each school ordered the snack packs, nearly 500 students would be eating food choices for wellbeing every day.

Next steps are to find ways to reduce production costs using wholesale suppliers and find an organisation or group who would like to take over the production and sale of Ranui Power Packs as a potential social enterprise. The Healthy Families Waitakere team are also developing a toolkit with session plans, tools and resources for other schools nationally.



Photos L- R: Student with his Ranui Power Pack, students choosing the packaging, students choosing their favourite food, the Ranui Power Pack

JUST COOK 4

Healthy Ageing Programme



This year the New Zealand Nutrition Foundation (NZNF) developed JUST COOK 4 Healthy Ageing, a 4 week programme aimed at building cooking skills, food and nutrition confidence and addressing social isolation among older people. The project has been piloted in six Auckland locations in partnership with the Selwyn Foundation. Each programme had its own flavour. The JUST COOK 4 Healthy Ageing programme has been piloted at Henderson, Mt Albert, Royal Oak, Grey Lynn, Glen Innes and Papatoetoe. Programme evaluations show that people improve their motivation and confidence to cook as well as making positive change to eating patterns. Participants speak of new friendships and a stronger sense of community.



JUST COOK 4 Healthy Ageing (Henderson)



JUST COOK 4 Healthy Ageing (Grey Lynn)



JUST COOK 4 Healthy Ageing (Grey Lynn)

BACKGROUND

JUST COOK 4 Healthy Ageing was developed in response to research carried out by the NZNF in late 2015/ early 2016 which showed there was a community need for sustainable (cheaper) cooking and nutrition programmes outside of the Canterbury District Health Board (CDHB) region. The NZNF had delivered 13 Senior Chef Programmes across the Auckland region in 2016 and while they were very successful, funding them was a big problem. The new programme is shorter and focuses on planning, preparing and cooking affordable meals for 1 or 2 people. The focus is on meeting the Food and Nutrition Guidelines for older people in a culturally appropriate manner.



JUST COOK 4 HEALTHY AGEING INDIAN STYLE

This successful programme was delivered by Anuradha Sharma (Sport and Recreation Graduate, AUT) to 18 participants from the Indian Papatoetoe Selwyn Centre Community. Participants ranged in age from 60- 85 years and consisted of equal numbers of male and female.

This programme was a first for this community who were keen to learn about healthier ways of eating traditional food and nutritional ways to improve their health.

Anuradha modified the existing programme to make it easier for Hindi speaking participants to understand and follow. Changes to the existing JUST COOK 4 Healthy Ageing cookbook were made by adding nutritious Indian recipes. The participants particularly enjoyed the process of cooking and sharing the meals with each other.

Some of their favourite meals included the Spicy Pumpkin and Kumara soup and Chickpea Roti. The venue for the four sessions was provided by Selwyn Centre. Each session required the facilitator to set up the mobile cooking stations and unload them at the end of the session. Countdown provided grocery vouchers, Tegel and Sealord donated products and the portion plates were provided by Nestlé. We express our great appreciations to all our sponsors. The programme evaluation reveals that the participants are now gradually making nutritional changes to their lifestyle, "I've become more conscious of my sugar levels and it's coming down now", "I eat more vegetables now".

FREE PORTION GUIDANCE TOOLKITS

- RIGHT-SIZING FOOD CHOICES JUST GOT EASIER

Balance, variety and moderation are often used to describe healthy eating. But those words can also mean quite different things to different people. A new Portion Guidance Toolkit from the Nestlé Health and Wellness Team has been developed with those challenges in mind. Pictures of real foods clearly show the standard portion or serving size for common and affordable foods, as well as the recommended number of portions we should consume within each food group. Nestlé New Zealand is dedicated to making it easier for people to enjoy a good life, and providing resources that help communicate aspects of a healthy diet is one example of this.

Because maintaining a healthy weight is literally a balancing act that requires us to match energy intake to energy output, knowing the right portion size can make all the difference. Portion distortion is when portion size is perceived to be larger or smaller than the recommended portion size. Not surprisingly, people are more likely to overestimate portion sizes, something that is made harder by changes in the size of plates and packaging over the years.

Nestlé New Zealand is a long-time corporate member of the NZ Nutrition Foundation and we were pleased to have the opportunity to assist in the developing of this Portion Guidance Toolkit. Information is based on the New Zealand Ministry of Health's Eating and Activity Guidelines.

The toolkit includes a fun **flipchart** that makes it easy to plan a healthy lunchbox, a **poster** with photos of the correct portion size for common foods and a **booklet** of information and tips for choosing practical portions. The **Portion Plate** provides a visual guide to how a balanced and varied meal should look.

To order your free Portion Guidance Toolkit, contact Samantha@theclique.co.nz



KIWIS' FAVOURITE BAKED BEANS AND SPAGHETTI RANGE GETS HEALTHIER

Heinz Wattie's are excited to be launching Wattie's Baked Beanz 50% less added sugar* and Wattie's Spaghetti 50% less added sugar# which contain added sweetness from extracts of the stevia leaf while also containing 30% less salt*#.

While taste is the number one priority for people, increasing number of households are seeking to further reduce their sugar (and salt) intake. Several years have been dedicated on these recipes to ensure that the authentic Wattie's taste has not been compromised.

Wattie's Baked Beanz 50% less added sugar* and Wattie's Spaghetti 50% less added sugar# are the perfect choice for those who want to make a healthier choice, but just don't want to compromise on the taste. We expect these new products to be on supermarket shelves by mid October 2017.

Heinz Wattie's have a long history of continuously improving our foods with subtle sodium reductions, and introducing plenty of choices. These new products are another such addition they are proud to launch into the market.

If you have any questions or feedback about this range, or any of our nutrition initiatives please don't hesitate to get in touch: Penny Bailey, Infant and Corporate Nutritionist, Penny.Bailey@kraftheinzcompany.com

*Compared with regular Wattie's Baked Beans in Tomato Sauce 420g

Compared with regular Wattie's Spaghetti in Tomato Sauce 420g



WHAT'S ON 2017

OCTOBER 2017

Public Health Association Conference 2017

Date: October 2-4 2017

Venue: Otautahi, Christchurch

<http://www.pha.org.nz/Events>

Joint Scientific Meeting of The Australian and New Zealand Obesity Society (ANZOS) and the Obesity Surgery Society of Australia and New Zealand (OSSANZ) in conjunction with the Asia-Oceania Conference on Obesity (AOCO)

Date: October 4-6, 2017

Venue: Adelaide Convention and Exhibition Centre, Adelaide, Australia

<http://www.anzos-ossanz-aoco.org/>

21st International Congress of Nutrition

Date: October 15-20, 2017

Venue: Sheraton Buenos Aires Hotel & Convention Center, Buenos Aires, Argentina

<http://icn2017.com/>

NOVEMBER 2017

Postgraduate and Early Career Nutrition Conference

Date: November 24, 2017

Venue: Tamaki Yacht Club, Auckland

<https://www.pgandecnutritionconference.org/>

10th Asia Pacific Conference on Clinical Nutrition incorporating the Joint Annual Scientific Meeting of the Nutrition Society of Australia (NSA) and the Nutrition Society of New Zealand (NSNZ)

Date: November 26-29, 2017

Venue: Adelaide Convention Centre, Australia

<http://apccn2017.com/>

If you attend any of these and would like to write a review for one of our newsletters please contact us at info@nutritionfoundation.org.nz

We would like to acknowledge and thank all our partners and supporters in providing funding to the New Zealand Nutrition Foundation (NZNF):



Blue Sky community Trust has provided a grant to help cover operating expenses.



Devonport- Takapuna Local Board provided us with our office space at Fort Barracks, Narrow Neck



Foundation North has supported NZNF via a grant to help cover operating expenses



Four Winds Foundation has granted NZNF funds to help with cost of redeveloping the Nutrition Foundation website and management and facilitation of our Healthy Ageing programme.



SKYCITY Auckland Community Trust has supported NZNF with continuation of the JUST COOK Tika Tunu programme (6-week Food and financial literacy programme) within vulnerable communities.

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2. Quotations are verbatim and not presented out of context to support a contrary argument.

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The views expressed in *Nutrition News* are those of the authors and do not necessarily reflect those of the New Zealand Nutrition Foundation

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