What is EatPlayThrive?

EatPlayThrive is a preventative program consisting of three 2.5 hour workshops conducted over a three week period. Each parent will also receive a follow-up phone call 1-2 weeks after the final workshop. Workshops will cover topics such as the importance of healthy nutrition and regular activity for child development, how to identify healthy foods, practical meal solutions on a budget, avoiding family mealtime conflicts, incorporating movement into daily life plus many more. The final workshop will conclude with parents cooking a healthy meal together, using skills learned over the program’s duration. The project is funded by the Department of Health until mid-2015 and ECU will be evaluating the impact of the program.

What Ngala will provide:

- Three 2.5 hour sessions, professionally facilitated by Ngala over a three week period.
- Crèche service for children aged 0-4 years if required, alternatively we can work alongside your crèche workers.
- All program materials including tip sheets, cooking equipment and supplies.
- A template flyer marketing the program to your families.

What we need service providers to provide:

- A suitable venue (including bench top and sink at a minimum) for the workshop.
- A suitable venue for the crèche (if required for children 0-4 years).
- Encouragement for your families to participate and take their registrations (we can supply a template).

When can we run EatPlayThrive at your service?

Ngala can conduct EatPlayThrive programs at any time convenient to you—all that is required is a consecutive three week period. For booking details please contact Ngala.

For further enquiries or expressions of interest please contact Alisha Wells, Coordinator on (08) 9368 9368 or email eatplaythrive@ngala.com.au

A joint Australian, State and Territory Government Initiative under the National Partnership agreement on Preventative Health.