



17 March 2021

Project Team

Wellbeing in Tasmania

Email: hello@wellbeing.tas.gov.au

Dear Project Team,

RE: Submission- Tasmania's Child and Youth Wellbeing Strategy

Eat Well Tasmania is a not for profit funded by the Department of Health. We champion the eating of seasonal Tasmanian food by Tasmanians. Our vision: *in 2025 Tasmanian will have strong food culture supported by a policy environment that values eating well.* We engage with everyday Tasmanians via social media and deliver collaborative projects with our industry partners.

Eat Well Tasmania champions eating seasonal Tasmanian food working in two ways:

1. Our external facing activities focus on consumers and community organisations via daily posts on Facebook and Instagram and through our [website](#). We aim to provide resources and ideas that encourage Tasmanians to eat seasonal food every day. One of our current focuses is our What's In Season campaign which via our social media platforms we aim to create awareness and information about seasonal fresh produce- what's is good to eat, where you can get it, who grows/producers it and who is using it.
2. Our core strategic work is about influencing the policy environment so that governments, institutions, and businesses are also supporting Tasmanians to eat well. We develop and deliver partnership projects to address roadblocks and create new opportunities making it easier to get seasonal Tasmanian food.

Eat Well Tasmania plays a key role in working collaboratively with similar organisations including Families Tasmania, Tasmanian Schools Canteen Association, Speak Up Stay ChatTY, Local Government Association Tasmania, Community Housing and various community other groups.



Eat Well Tasmania believe a key focus area in creating a healthier Tasmanian population is the importance of eating healthy, as part of maximising Tasmanian's wellbeing.

Eat Well Tasmania believe there are greater opportunities to promote the need to eat healthy as part of a holistic approach to Wellbeing. With several mental health support agencies advocating for the importance of healthy nutrition as part of wellbeing.

For example:

- [Headspace Australia](#).
- [Beyond Blue](#).
- A [Harvard Health blog](#) explaining the link between nutrition and the impact on mental health.
- Queensland Government's [Good Mood Food campaign](#).
- Nutrition Australia- [Nutrition & Mood What's the Connection](#).

Eat Well Tasmania believe our State would benefit from similar initiatives and we would welcome the opportunity to partner with likeminded organisations on developing appropriate strategies and initiatives to assist in the promotion of a healthier Tasmania and improvement in Wellbeing.

Please feel free to contact me on 0438.254.130 or via email carl@eatwelltas.org.au if you wish to discuss further.

Yours Sincerely



Carl Saunder

State Manager, Eat Well Tasmania

