



HEALTHY LODDON CAMPASPE ACTIVATION PROJECT WRAP UP 2024/25 *Greater Bendigo*

HEALTHY EATING AND PHYSICAL ACTIVITY IN HEATHCOTE

A variety of projects were led in Heathcote to support healthy eating and physical activity, including:

Heathcote Multicultural Fiesta

The Heathcote Multicultural Fiesta and Growing Project brought the community together to celebrate Filipino culture through food, music, and gardening. Attendees enjoyed cultural performances, karaoke, and growing workshops. A dedicated section of the Heathcote Community House garden was also established for culturally significant produce, giving the Filipino community a space to grow traditional foods and reconnect with their heritage. Participants also gained practical skills in container gardening, supporting healthier eating and food literacy.



Zumba for women

The Zumba for Women program introduced a fun and inclusive way to get active in Heathcote. With three weekly classes and a focus on beginners, the program quickly gained momentum. Now a regular feature at Barrack Reserve, Zumba offers Filipino women and others in the community a welcoming space to move more, build confidence, and connect socially.



Food Growing in Heathcote

The Food Growing in Heathcote initiative successfully built on existing local efforts, including the Heathcote Community House kitchen garden and the Stephanie Alexander Kitchen Garden program at Heathcote Primary School. The project encouraged families to grow fresh produce in simple, portable container gardens and use it in everyday meals. Participants gained skills and confidence in growing food.





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HEALTHY EATING AND PHYSICAL ACTIVITY IN HEATHCOTE (CONT.)

Geocaching

Geocaching was a standout success in Heathcote and Long Gully, offering a fun, low-cost way to boost physical activity. Workshops and a school holiday competition led to many finds on the geocaching app, and importantly, strong participation, especially among primary-aged children.



parkrun Heathcote

The potential of a parkrun in Heathcote generated strong community interest, with over 100 residents expressing a desire to participate or volunteer. Although delivery was rescheduled to later in 2025, the groundwork has been laid for a successful launch. parkrun will activate Barrack Reserve and Mclvor Creek Trail, offering a free, inclusive weekly event that encourages movement and social connection.





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MULTICULTURAL HEALTHY EATING PROJECT

The Multicultural Healthy Eating project helped people from different cultural backgrounds learn about healthy eating through hands-on cooking classes and easy-to-understand food safety videos.

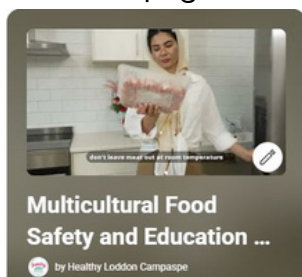
Multicultural cooking classes

Multicultural cooking classes successfully engaged multicultural and non-multicultural women from Long Gully, building practical skills in preparing healthy meals and creating cross-cultural connections. Many participants also shared that they were applying their new skills at home. The final community lunch showcased the participants' achievements and strengthened community ties.



Multicultural food safety and education videos

A series of Food Safety and Education videos provided accessible, multilingual education on food safety and ways to use seasonal fruit for newly arrived residents. Published in English, Dari, Dinka, and Karen, the videos reached diverse audiences and sparked important conversations around safe food handling. The videos are now a permanent regional resource that can be shared across the region. Check them out on HLC's YouTube page.





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HEALTHY SCHOOLS PROJECT

The Healthy Schools Project supported 270 students from four primary schools in Greater Bendigo to create healthier food environments through gardening, cooking, and cultural learning.



St Peters Primary School, North Bendigo

- Established an edible Indigenous garden with WaterUps! wicking beds and Indigenous seedlings.
- Ran three Murnong Mummas Indigenous workshops including tasting, cordial making, and damper making.
- Created a Yarning Circle with outdoor cooking facilities and log seating.
- Provided basic gardening tools (gloves, trowel, shovel, hose, cultivator).
- Purchased outdoor cooking equipment (grill, cast iron pots, utensils) and a food processor to support cooking healthy recipes.
- Joined the Stephanie Alexander Kitchen Garden Program.



California Gully Primary School

- Established an edible garden for school community use.
- Installed ModBox wicking beds with seating and supplied extra gardening tools (shovel and hose set).
- Delivered a growing workshop for students and distributed Growing in Loddon Campaspe booklets.

Specimen Hill Primary School

- Reinvigorated an existing kitchen garden, installed WaterUps! wicking beds, and supplied extra gardening tools (shovel and hose set).
- Joined the Stephanie Alexander Kitchen Garden Program.
- Delivered a growing workshop for students.

Holy Rosary School, Heathcote

- Joined the Stephanie Alexander Kitchen Garden Program.
- Provided basic gardening tools (gloves, trowel, shovel, hose).
- Built a garden classroom with ModBox wicking beds and seating.
- Developed a classroom cooking kit including electric frypan, and a cooking cart with various kitchen tools.

