



HEALTHY LODDON CAMPASPE ACTIVATION PROJECT WRAP UP 2024/25

Campaspe Shire

GROWING IN CAMPASPE

The Growing in Campaspe project supported families in Echuca and Rochester to grow, cook, and eat more healthy food, particularly targeting children aged 0–5 years and their families through early learning settings. The project included:

Growing Workshops

Delivered at Rochester Early Learning and Campaspe Community Children's Centre, including presentations and hands-on planting activities for families. Workshops were delivered by school kitchen garden experts from Echuca Twin Rivers Specialist School.



Garden Beds

Installed at both Early Learning Centres, providing ongoing opportunities for children to engage in food growing as part of their daily routine.



Resource Development

Sustainable resources were developed including a Growing in Loddon Campaspe booklet with beginner gardening tips; a seasonal planting calendar to guide families on what to grow and when; a community recipe book featuring healthy meals contributed by participating families; and a short video showcasing the workshops and offering practical gardening advice.



Stephanie Alexander Kitchen Garden training

Delivered to educators, focused on building skills and confidence in delivering garden and kitchen-based learning to students.



The Growing in Campaspe project successfully engaged over 180 children and their families, increased participants' knowledge, skills, and confidence in growing and preparing healthy food.



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Campaspe Shire

HEALTHY SCHOOLS PROJECT

Four schools in Campaspe Shire took part in the HLC Healthy Schools Project, each implementing tailored initiatives to provide a supportive environment for physical activity and healthy eating:



Tongala Primary School

Focused on active travel by developing safe routes to school, installing footpath decals, and planning a launch event. The school also received Active Classroom kits to promote movement throughout the day.

Kyabram P-12 College

Introduced classroom cooking sets and student cooking workshops, upgraded canteen equipment (including soup urns and blenders), and participated in staff training for active classrooms. Their canteen was also reviewed to help encourage healthier options.

Rochester Secondary College

Improved its canteen environment with new equipment and signage, planted fruit trees to promote fresh produce consumption, hosted a Healthy Cooking Day, and engaged students through multiple bike workshops. A bike repair station was also installed.

Girgarre Primary School

Received gardening equipment, veggie pods, and seedlings. They also developed a healthy recipe book with input from their school community to support learning about nutritious meals.



The Healthy Schools Project supported each school to shape its own activities through staff and student consultation, with support from Kyabram District Health Services and local partners to integrate the initiatives into everyday school life.



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Campaspe Shire

HEALTHY SPORTS REWARDS

22 junior sporting clubs across Campaspe Shire participated in the Healthy Sports Rewards project, supporting clubs to replace traditional fast food vouchers with healthier, locally sourced rewards.



Expression of Interest process

An expression of interest process was developed inviting local sporting clubs to apply for vouchers. Clubs completed an online form detailing their junior membership numbers and current sponsorships.

Clubs were then categorised into voucher tiers - extra-small to extra-large - based on the number of junior members, ensuring fair and equitable distribution of resources.



Locally sourced vouchers and rewards

To encourage healthy, active lifestyles among young people and support local businesses, a range of vouchers and rewards were sourced from regional businesses and attractions, including:

- Family passes to Kyabram Fauna Park.
- Vouchers for SportsPower Rochester and Intersport Echuca.
- Paramount Cinema vouchers.
- Child entry passes to the Echuca War Memorial Aquatic Centre.
- Branded merchandise such as drink bottles, swim bags and caps.



The Healthy Sports Rewards project provided a range of benefits to junior sports clubs by promoting healthy lifestyles and supporting local businesses.

Thanks to the positive outcomes seen, the Healthy Sports Rewards project is now being backed by Campaspe Shire and is set to continue in 2026 – highlighting the success and sustainability of this pilot project.





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Campaspe Shire

WALK THIS WAY PROJECT

The Walk This Way project supported everyday physical activity in Kyabram, Echuca and Rochester through a number of initiatives.

Walk This Way

The Walk This Way project mapped walking routes and installed activity stickers featuring student artwork and First Nations designs along footpaths near four local schools in Echuca East, Echuca West, Kyabram and Rochester.

The bright and engaging footpath stickers were placed at school entrances and along residential paths to make walking to school more fun and interactive for kids and families. Additional activity stickers were also installed with exercise prompts linking to video tutorials for exercises like planks and star jumps, helping make walking routes more interactive and engaging for adults and children alike. In Rochester, flood recovery funding also helped launch the Walk This Way project with a local event.



Echuca Parents and Carers Walking Group

In partnership with Echuca Regional Health, a walking group was established in Echuca to encourage parents and carers to be active on a regular basis after school drop-off.

Geocaching

A geocaching competition invited families to explore their local towns during school holidays. With GPS clues and hidden caches, this activity turned exercise into an exciting adventure, and proved especially popular with younger children.





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TONGALA MULTICULTURAL HEALTHY EATING PROJECT

HLC collaborated with local partners in Tongala to support Pacific Islander workers at Greenham abattoir to help improve nutrition knowledge and skills, as well as foster cultural connection. The project delivered:

Garden beds

The project supported the installation of garden beds for growing fresh, local and traditional produce. A traditional Hāngi was also built, offering a culturally significant way to prepare food and bring people together through shared meals and connection.

Nutrition and cooking sessions

Nutrition and cooking sessions were delivered in partnership with Tongala Community Activity Centre, teaching participants how to shop for and prepare healthy, affordable meals. Resources and equipment were also provided to support ongoing nutrition sessions as part of regular English classes.

Culturally relevant resources

Healthy eating resources were included in Greenhams employee welcome packs, offering guidance on balanced meals, healthy food swaps, and traditional recipes using locally available ingredients.

