



HEALTHY LODDON CAMPASPE ACTIVATION PROJECT WRAP UP 2024/25 *Macedon Ranges Shire*

VEG ON THE VERGE

Veg on the Verge supported households in Macedon Ranges Shire to grow fresh food on their nature strips, making healthy eating more accessible and achievable.

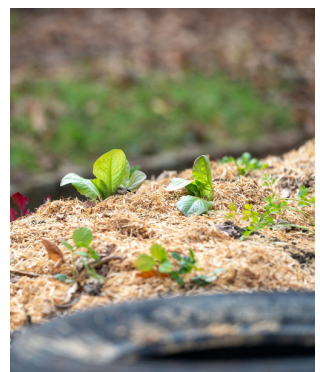
Through two stages of the project, Veg on the Verge supported 17 households to build edible verge (nature strip) gardens. The project aimed to:

- Help more people grow their own food
- Improve access to fresh fruit and vegetables
- Test and improve Council's permit process for verge gardening
- Support changes to Council policy to make verge gardening easier for everyone

Stage 2 of Veg on the Verge delivered:

- A welcome session to explain the project and Council guidelines
- Two workshops: one on winter gardening and one on pruning fruit trees
- Participants testing of the permit process for planting their verge gardens

Veg on the Verge helped participants learn more about healthy eating, grow their skills in gardening, and feel more confident about growing and cooking healthy food. The learning from the project will also help shape future policy to better support community-led food growing across the Shire.





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Macedon Ranges Shire

HEALTHY SCHOOLS PROJECT

The Healthy Schools Project in Macedon Ranges Shire successfully supported three schools to create more supportive environments for healthy eating and physical activity.



Reaching over 400 participants, the project delivered tailored initiatives – responding to the needs of each school. Evaluation data showed improvements in students' confidence to be physically active and increased awareness of healthy food options.

Malmsbury Primary School

Embedded the Stephanie Alexander Kitchen Garden Program (SAKGF), supported staff and volunteers with professional development, and partnered with local food businesses to improve lunch offerings. They were also signed up to the Vic Kids Eat Well program to help embed healthy habits for the future.

St Mary's Primary School Lancefield Romsey

Embraced school gardening for the first time, establishing a kitchen garden and integrating it into their curriculum. All students participated in fruit and vegetable incursions, and new community partnerships were established with Lancefield Men's Shed and Junior Landcare, helping to build a sustainable basis for future growth.

Gisborne Secondary College

Implemented minor infrastructure upgrades, including downball and pickleball courts, boosting physical activity opportunities. Year 11 Vocational Major students also led recipe development and food service at a Healthy Schools Carnival, with strong student interest in adopting new canteen options.





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PHYSICAL ACTIVITY PROJECT - FOOTPATH AND OUTDOOR FITNESS EQUIPMENT ACTIVATIONS

The Macedon Ranges physical activity activation project delivered a range of initiatives aimed at increasing community engagement with outdoor spaces and promoting physical activity.

Outdoor Fitness Workshops

Outdoor Fitness Equipment Workshops were held in Kyneton, Romsey, and Gisborne, giving participants the skills and confidence to use public fitness equipment independently.

Youth Rainbow Physical Activities

Rainbow Physical Activities engaged over 35 young people through Pride Crews and delivered inclusive events during Pride Month, including a Rainbow Pool Party and walking group.

Activity Positive signage

Activity Positive Signs and Walk This Way footpath stickers enhanced the Kyneton River Walk by promoting positive use of public spaces.

