



HEALTHY LODDON CAMPASPE ACTIVATION PROJECT WRAP UP 2024/25 *Mount Alexander Shire*

EDGY VEG AWARDS

The Edgy Veg project in Mount Alexander Shire was an initiative that celebrated local food and encouraged healthier eating by showcasing creative, vegetable-rich dishes across the Shire.

Building on the previous success of the project in Macedon Ranges Shire, the extension of the Edgy Veg Awards into Mount Alexander Shire brought together local eateries, and community partners to highlight seasonal produce and support the local food system.

Sixteen venues in Mount Alexander Shire participated, offering new vegelicious menu items that demonstrated how delicious and satisfying vegetable-based meals can be.

The project increased awareness of healthy, seasonal food, supporting local businesses, and helping shift attitudes toward vegetable-rich meals.

Many participants tried dishes they wouldn't normally order, and local chefs embraced the challenge with enthusiasm.

The initiative also helped build food knowledge and confidence in cooking at home, thanks to take-home recipe cards.





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HEALTHY SCHOOLS PROJECT

The 2024–2025 Healthy Schools Project in Mount Alexander Shire worked with three schools across the Shire, each addressing unique health and wellbeing priorities. Through a targeted approach, the project supported students, staff, and communities to create healthier school environments.



Castlemaine Secondary College

At Castlemaine Secondary College, the focus on healthy eating led to the removal of red rated foods from the canteen menu and the implementation of the Bendigo Foodshare Cooking for Change program. Students learned valuable cooking skills and also prepared and donated nearly 200 nutritious meals to the local community. Small-scale infrastructure improvements, including a new freezer and biodegradable containers, have enabled the school to continue these efforts sustainably.



Newstead Primary School

Newstead Primary School embraced active transport as its key focus. The ActivePaths program, delivered by Bicycle Network, helped map safe routes to school and engage students in planning and promotion. With four teachers now accredited in bike education and access to a bike ed trailer, the school will continue promoting physical activity through cycling and walking to their students into the future.



St Mary's Primary School, Castlemaine

At St Mary's Primary School Castlemaine, the project supported the launch of a kitchen garden program through a four-year membership with the Stephanie Alexander Kitchen Garden Foundation. Teachers received professional development, and students gained hands-on experience in growing, harvesting, and cooking their own fresh produce.





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YOUTH ACTIVE AND OUTSIDE

The Youth Active and Outside Activation Project gave young people across Mount Alexander Shire the chance to try fun, free physical activities in their local parks and reserves. The project helped build confidence, improve skills, and make physical activity feel more accessible – especially for children and young people who may not usually have the opportunity to get involved.

Participants reported feeling more confident, learning new skills, and being more physically active after taking part. The project also made public spaces more welcoming and better used, with strong engagement from middle years children and support from local youth groups.

Key aspects of the project included:

Physical activity workshops

Physical Activity Workshops including circus, roller-skating, skateboarding, basketball, and general movement classes were hosted.

Focus group engagement

Where young people helped shape the project through surveys and youth council input. Their ideas led to new signage and safety features, including a QR code linking to skate tutorials.

Installation of active transport supporting infrastructure

New seating and small infrastructure upgrades were added to Western Reserve to make the space more social, safer, and easier to access for young people.

