Share your story

Case study template

Answer the questions below, following the suggested word count. Use your answers in a media release or in a social media post to showcase exciting Vic Kids Eat Well changes and inspire others!

Please don’t forget to “@ tag” us on social media, use: @VicKidsEatWell

You can also send back your story to Vic Kids Eat for us to share on our website, social media channels and in email updates to other Vic Kids Eat Well participants.

Please email completed forms and consent with accompanying photos or video content to: vickidseatwell@cancervic.org.au

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| **Organisation name:** |
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| 1. **Healthy and delicious food and drink changes (50-100 words)**

*What changes has your organisation made to its “food and drink environment” and what options are now available to kids as part of Vic Kids Eat Well?* *Why are the changes you have made important for the kids attending your organisation?* *How has Vic Kids Eat Well and your health promoter helped you make these changes?* |
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| 1. **Please describe some of the new foods and/or drinks on offer?**

*(For example: banana, cinnamon and milk smoothies made by the kids; baked potatoes loaded with grated carrot and chives from our school’s garden; rainbow coloured fruit cups made from fruit donated by a local farm; pasta bake with spinach, zucchini and tuna made by our secondary students in their food tech class and then sold in the canteen; chopped fruit platters for students after the school fundraising colour-run)* |
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| 1. **Benefits *(50-150 words)*** *How have the kids responded to the new options?*

*(For example: enjoying new tastes, improved focus for learning, sustained energy for playing favourite sports, supporting the benefits of healthy community support in the canteen, increased consumption of fruit and vegetables and increased canteen sales)*  |
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| 1. **Tips for others (2-3 sentences)** *Share advice for other organisations that are adding nutritious/fresh/delicious/tasty/veggie-loaded/tasty/colourful options to their food and drink environment/s to benefit kids.*
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| 1. **Future (1 sentence)**

*What plans does your organisation have to keep their healthy momentum going?* |
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| 1. **Quotes (1 sentence)** *Provide a quote/s that describes the positive impact Vic Kids Eat Well has had for your organisation or for the kids associated with your organisation.*

*Please write the title (i.e. Ms/Mr/Dr), name and pronoun of the person providing the quote.*  |
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| 1. **Consent**

*Cancer Council Victoria requires consent for publishing your words and any supplied photos on the Vic Kids Eat Well website, social media channels, in email updates and in media releases.* *All identifiable persons, including those in photos and/or quotes,* ***must complete our online consent form*** *here:* [*https://www.cancervic.org.au/get-support/stories/consent-form-for-media-use*](https://www.cancervic.org.au/get-support/stories/consent-form-for-media-use)*Please note, parents or legal guardians of minors must complete this consent form if their child appears in a supplied photograph associated with this case study for our use.* |
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| 1. **Contact details** *Who is the best contact for further information about this story?*

*Provide a name, email address and phone number.**Please note, contact details will not be published.*  |
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**Photography tips**

* Limit the number of children/young people in the photo, making parental/guardian consent easier to obtain
* Use photos of kids’ hands or backs of heads where they're involved in food selection or preparation without faces so media consent is not required
* SunSmart attire August to April (i.e. hats, covered shoulders) and photography in the shade