

# Round Two Innovation Fund project in action

A whole-of-school approach to healthy eating and healthy living was taken with this Healthy Communities Mid North Coast Innovation Fund project - Long Flat Goes Fruity!

Children learnt about the importance of healthy eating and being active, and even had the chance to try different fruit and veggies thanks to local donations. The children also took up tennis as part of the Premier's Sporting Challenge and the school canteen received an upgrade, in line with the NSW Government Healthy Canteen Strategy.

Parents attended a health forum where healthy lunch boxes was a popular topic. What a great way of getting everyone in the school community involved in healthy living.



Healthy eating and active living habits for children and their parents

Long Flat Public School



Healthy Communities  
Mid North Coast