

Project overview...

Happy Hearts is a weekly playgroup supporting Culturally and Linguistically Diverse (CALD) families living in Coffs Harbour connect to community.

Yummy Tummies is a weekly program that promotes healthy eating, improves nutrition intake and develops skills to prepare nutritious meals for local CALD families.

Red Cross Innovation Fund in action...

Happy Hearts playgroup has been busy supporting CALD parents develop a deeper sense of belonging to community through informal chats whilst the children play and 'munch and crunch' on healthy snacks.

Yummy Tummies weekly sessions has seen CALD families having fun exchanging food stories, recipes and practical cooking experiences, visiting local supermarkets and markets and sharing meals together.

“Happy Hearts and Yummy Tummies”

Red Cross, Coffs Harbour

