

CRUNCH BITES PODCAST

BITE SIZED CHILDREN'S NUTRITION INFO

Introduction episode

Mikala: Hello and welcome to Crunch Bites, a podcast for parents where we discuss all things children's nutrition and inspire you to build those healthy habits in the home. Join us as we chat about picky eating, reaching for rainbow foods, packing school lunches that actually get eaten, and so much more. Brought to you by Crunch and Sip and presented by Qualified Nutritionists. This podcast is packed with goodness and full of fresh ideas.

Nicole: Hi everyone, and welcome to our brand-new podcast, Crunch Bites. I'm one of your hosts, Nicole. I'm a Qualified Nutritionist with Cancer Council WA.

Mikala: Hi everyone. I'm one of your hosts as well, Mikala. I too am a Qualified Nutritionist with Cancer Council WA.

Nicole: Before we dive into this intro episode, in the spirit of deepening relationships, I would like to start by acknowledging the traditional custodians of the lands that we are recording on today, the Whadjuk people from the Noongar Nation, and recognize their continuing connection to the land, waters, and community. I also want to acknowledge that you may be listening from other lands across the country. So, I would also like to pay my respects to the elders past, present, and future across all of the lands.

Mikala: Thanks, Nicole. This is exciting. This is our intro episode to our brand-new podcast, as Nicole said, Crunch Bites. This has been a project in the pipeline for some time, so we're thrilled to be bringing it to you. And we thought it would be a great idea to kick off with a little bit about ourselves, a bit about the work that we do, and just talk about what to expect in season one of Crunch Bites. So, my name is Mikala. I am a mum of two teenagers. I have packed a lot of lunch boxes over the years, and I'm a real advocate for boosting veggies across the day. I live in the Perth Hills. I have two crazy minpin puppies, love running on the trails, and genuinely enjoy whipping up a salad in any way, shape, or form I can.

Nicole: Thanks, Mikala. This is super exciting. So, I am Nicole. I am your other host. I started my career off in general public health and quickly found a really strong passion in nutrition. I am also a mum of two dogs. They're super crazy, super hyper. I absolutely love getting out into nature. So, at the beach, camping, anywhere I can breathe in that fresh air.

Mikala: You're a big fan of a farmer's market too, aren't you? You're always talking about your Sunday morning trips.

Nicole: Yes, I do love the farmer's market. Such a family friendly place and the fresh fruit and vegetables cannot be beaten.

Mikala: Very true. So, Nicole and I make up part of the Crunch and Sip team at Cancer Council WA, and our program is funded by Healthway. You may have heard of Crunch and Sip. It's a long running nutrition program that is free and available to all WA primary schools. It's basically just an opportunity where kids can bring in extra veg and fruit and a bottle of water to the classroom each day and have that opportunity to boost their serves of veggies,

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sip on water and learn about healthy hydration and help with those long learning blocks across the day.

Nicole: And also in 2019, we expanded the Crunch and Sip program to venture into the parent space. So Parked with Goodness was born and developed. We recognize that parents play a really large role in children's nutrition and we wanted to be able to provide parents with really practical information, tips, and ideas to build those healthy habits in the home. So Parked with Goodness is mainly delivered in face-to-face sessions. And in these sessions, we discuss lots of topics ranging from how to boost vegetables in the lunchbox and across the day to what healthy snacks look like.

Mikala: That's right. And we, we essentially just want to help parents feed their families well and positively guide their children towards the kinds of foods that will help them grow and thrive. In all of our session delivery, we really emphasize that every family is different. Each child is unique and there's no one size fits all model. We're big on encouraging parents to do your best and to remember that every little bit counts. And you know that we want people to feel supported as, as best they can and confident in feeding their family well.

Nicole: Yes, that's exactly right. We always encourage you to do what you can and do your best and that's going to make a huge difference. So, we've been delivering these face-to-face sessions for many years now, but we know that it's not always possible or achievable for parents to carve out time in their busy schedules to attend face-to-face sessions. And we always find it really hard to cover all of the topics we can talk about in children's nutrition and answer all those questions in the small amount of time we have with parents. So that's why we decided to create Crunch Bites and we're super excited for this. It's a platform that allows us to talk to parents, provide tips and ideas on a huge number of topics. But they're brought to you in really digestible bite-sized pieces of information that you can just grab and go and listen to when you do have a spare moment. So, these episodes will be in two formats. We've got our main, which quite often we bring in guest speakers for, and they're a little bit longer. So, we explore topics in a bit more detail with these. And then we've got our minis. So, these are short, sweet, bite-sized bits of information that Mikala and I discuss together.

Mikala: It was really exciting to have the opportunity to interview some of our guests, actually. In season one, there were some amazing, passionate and fun people who were willing to come and chat with us. We covered a range of topics, such as building a positive body image, having a positive relationship with food, how important it is to reach for rainbow foods, and also the impact that junk food advertising and the food industry is having on our kids. There were some really fascinating chats where I feel like I learned a lot and I really hope that you do too. And we plan to release our episodes each fortnight. Season one is up now with the first four episodes, which is really exciting. So please jump on and have a listen. And don't forget to like and share the episodes that you enjoy. Your feedback is really important to us and it helps us spread the word.

Nicole: So, you can find us on Apple and Spotify or wherever you get your podcasts from. And remember, you can head to our website if you would like any more information about our programs. Our website is crunchandsip.com.au. If you're in Western Australia and want to book us to come out to speak to your school with a packed recruitment session, you can also book that through our website.

Mikala: Great. So that's us. We look forward to sharing season one with you and we'll catch you for episode one.

Nicole: Thanks everyone. We'll chat soon.

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