

2025/2026 Graduate Scholarship Recipient

Jade Ashwell

Foodcore Nutrition Services



About me

My calling to health promotion began before I knew health promotion existed. From a young age I have felt a strong urge to help those in need, which flourished into a passion for nutrition around age 12, when I decided that teaching and encouraging people to eat nutritious food was how I was going to do just that.

Upon starting my Bachelor of Health Science at Edith Cowan University I discovered my newfound love for health promotion and chose to complete a double major, in health promotion and nutrition.

This opened my eyes to the many factors that contribute to our health outcomes and expanded my career possibilities. With nutrition still at the core of my passions and increasing interest in prevention, I hope to influence and empower future generations for a healthier, brighter future. .

About the project

Through the Australian Health Promotion Association (WA Branch) and Healthway Scholarship I can turn these hopes into realities with the wonderful team at Foodcore Nutrition Services. I will be working on a food and nutrition project to support the wellbeing of children attending Out of School Hours Care (OSHC).

My project aims to empower OSHC educators through capacity building activities and direct food and nutrition support and resources. Working collaboratively with OSHC providers, we will achieve this by ensuring OSHC services provide children in their care with healthy, nutritious food based on the Australian Dietary Guidelines and Australian Guide to Healthy Eating (AGHE); implement food and nutrition activities; prepare and serve food in a safe manner including allergy awareness; and increase children's exposure to nutritious food.

Key project activities include:

- Literature review and environmental scan
- Stakeholder engagement, including site visits, group training sessions, and partnerships meetings
- Resource development such as webinars, short education videos, recipes, food and nutrition activities to engage children.