

2021 Graduate Scholarship Recipient: Kalyisah M Farid (Foodbank WA)



About me

I knew from high school that I wanted to make a real, sustainable difference to people's lives. Ambitious as it seemed for a young girl born and raised in the Pilbara heat, I began my undergraduate university career doing a double Bachelor of Science in Nutrition and Health Promotion in 2016, and completed it in 2020. Health Promotion was not an avenue I was completely sure of when enrolling to Curtin, but by the first semester, I understood that I made the right choice and was exactly where I needed to be. Health Promotion changed and affirmed my perspective of life, and made me look at the 'bigger picture' of health in a way I hadn't before.

In my short time in Perth I've mentored, been mentored, volunteered with research projects at Curtin and at Telethon Kids Institute, led a student club, volunteered in the community and more. Coming from a rural town with an understanding and experience of the effects of disadvantage, I want to make a meaningful impact on the communities I am part of. Applying for the AHPA Scholarship gave me the challenge to do this, and so I applied with Foodbank WA to work on a project that crossed between my two areas of expertise.

About my scholarship project

Foodbank WA currently delivers the Fuel Your Future (FYF) Program, the only youth focussed food literacy program delivered in Western Australia. This program targets food literacy, which can be briefly defined as the knowledge, skills and behaviours needed to support everyday eating. During my scholarship, I'm working with Foodbank WA to re-develop, implement and evaluate a new FYF program and specifically tailor it to young people between 12-18 years of age in the Perth Metropolitan Area who experience disadvantage or who identify as Aboriginal or Torres Strait Islander. I'll be working closely with stakeholders in the youth sector such as schools and youth centres and most importantly, young people within the Perth Metro Area across the entirety of my project to make it most suitable to them.

During the four phases of my project, I'll be completing a needs assessment which initially began during my university placement with Foodbank WA in early 2020. From this, I will be redesigning, delivering and evaluating the FYF Metro Pilot Program so by the end of my project, Foodbank WA has a complete program ready to deliver post-scholarship. This process will involve formative and process evaluation including practitioner-led discussions, focus groups and pre-post Pilot evaluation to ensure the sustainability of the program, and these findings will be reflected in the final Program, as well as in a comprehensive summary report with recommendations for future.