



**DFES General Circular No: 148/2024**

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**7 October 2024**

**6 Week Free Nutrition Program – Expression of Interest  
It's back... by popular demand!**



We are excited to announce our Nutrition for Mental Health program, **Mood Food**, designed to promote the wellbeing of you and your family - offered at no cost!

**The Impact of Nutrition on Mental Health**

Diets higher in junk food are consistently associated with an increased risk of inflammation, and poor gut and brain health. Poor diet is the leading cause of early death and poor mental health is the leading cause of disability.

**Program Overview**

Developed by Accredited Practicing Dietitians, **Mood Food** aims to educate participants on how to eat for optimal gut, brain, and mental health. The program includes:

- Up-to-date advice from expert dietitians
- Weekly 5–10-minute video modules designed for easy implementation of Mood Food strategies
- Flexible viewing options that allow you to engage from home at your convenience, making it easy to involve family members
- Six weeks of comprehensive meal plans and over 100 healthy recipes
- Evidence-based insights into the relationship between food and mood
- Access to the Mood Food online community
- Informative fact sheets on topics such as food allergies, family meals, and budget-friendly eating
- Lifetime access to resources aimed at enhancing your well-being

**Watch the Mood Food Trailer [here](#)**



This initiative is part of the **Thriving at DFES - Mental Health, Safety and Wellbeing Strategy and Action Plan 2024-2028**, and we are pleased to offer a third round of access to Mood Food for staff and emergency services volunteers.

## How to Participate

### Sign Up Today:

1. **Register your Expression of Interest (EOI)** [here](#) or scan the QR code. EOI closes 18 October 2024.
2. Await confirmation of your EOI, along with program details including start dates and an introduction presentation.
3. Log in to **Mood Food** using the credentials provided and complete the pre-training questionnaires:
  - Wellbeing Questionnaire
  - Kessler Psychological Distress Scale
  - Mediterranean Diet Score
  - Bristol Stool Chart.
  - *(All information is confidential, de-identified, and assessed at a group level to establish baseline measures.)*
4. Complete the six short weekly modules at your own pace, with content available for family and team sharing.
5. Complete post-training questionnaires to evaluate the program's impact on your learning and lifestyle.
6. Provide feedback upon program completion.



**Program Start Date:** Tuesday, October 29, 2024

**Introduction Presentation:** 11:00 AM – 11:45 AM (recording will be available for those unable to attend)

**Minimum Weekly Commitment:** One 5–10-minute video per week.

As places are limited, please ensure you have the capacity to complete the six-week program and provide feedback before registering your EOI. We look forward to supporting your journey towards better mental health through nutrition!

For more information, please contact the Mental Health and Wellbeing team [thriving@dfes.wa.gov.au](mailto:thriving@dfes.wa.gov.au) or 6392 1502

**STACEY NAUGHTIN**  
**DIRECTOR HUMAN RESOURCES AND SAFETY**