



# *in* **Form**

*Newsletter of the Home Economics Institute of Australia (Qld) Inc.*

*April 2008*



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President Helen Johnston (4th from right) at her last Committee of Management meeting



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*If you have information, news or comments,  
InForm would like to hear from you.*

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## President's Message

Greetings all!! As I sit here writing this report I find that I'm exhausted after an eight week election campaign supporting my husband's desire to become a councillor on the new Sunshine Coast Super Council. We doorknocked 90% of the division to find out what issues were of concern to Sunshine Coast citizens. Some of the issues identified were: housing affordability, cost of rental housing, limited transport infrastructure to enable people to get on with daily lives, the high cost of public transport, and the prediction of huge population increases and unnecessary development over the next few years and the impact that this would have on our beautiful hinterland environment. Clearly, councillors needed to stand on a platform of sustainable futures. As you can see, all of the issues mentioned focussed on the wellbeing of individuals and families in their near environment.

The theme designated by the International Federation for Home Economics for World Home Economics Day for 2005–2008 has been '*Home economics supporting sustainable development and quality of life for all*'. It is extremely fitting then that the theme for this year's professional development program is '*Sustainable futures and home economics*'. The theme was reflected in our World Home Economics Day celebration, and is also reflected in our upcoming annual state conference and regional workshops.

The conference title is *Sustainable futures and home economics: From consumer to citizen*. The conference will be held at the Brisbane Convention and Exhibition Centre on the 23<sup>rd</sup> August. The conference will focus on the relationship between home economics and sustainability—that is, how practices associated with home economics can impact on sustainable futures and the implications of that for learning and teaching. I urge all members to attend the conference because there can be few more pressing and critical goals for the future of mankind than to ensure steady improvement in the quality of life for this and future generations. As the United Nations Decade of Education for Sustainable Development 2005–2014 document states, '*education for sustainable development of life wide and lifelong endeavour which challenges individuals, institutions and societies to view tomorrow as a day that belongs to all of us, or it will not belong to anyone.*'

I believe it is important to attend the professional development workshops on offer as well as the conference this year. Topics covered enable teachers to develop, refine and practise ideas learnt within a reflective and supportive environment. Ongoing professional development will result in self-sustaining, generative change.

This is my last report as President of HEIA(Q). I have thoroughly enjoyed my role as President but feel it is important that the new President be an active home economics teacher advocating for teachers of the present and future. I wish the home economics profession a strong future. Please renew memberships as a 600-plus strong membership base can enable HEIA(Q) to become passionate advocates for sustainability of our profession and for our citizens.

Best wishes  
**Helen Johnston**  
**President, HEIA(Q)**

## World Home Economics Day CELEBRATION

This year HEIA(Q) hosted an exciting and informative event for World Home Economics Day at the Tisane Tea Room in Fortitude Valley, Brisbane on Saturday 15 March. Although the official World Home Economics day is 21 March, as this date fell on Good Friday this year, the Division decided to hold the celebration earlier. Sixty guests began the morning with a sparkling toast to this special occasion and to also launch the new HEIA *Totally Gorgeous Textiles* posters, before enjoying the delicious and decadent Duchess of Bedford high tea.

Kathleen Gordon, a passionate writer and educator, enthralled our members with a thought-provoking presentation exploring how the values of peace, social justice and sustainability can be brought about through the production of ethical textiles and garments in our Western society. She displayed a number of garments from a range of designers and companies currently meeting the strict criteria, as well as offering a collection of useful

resources and tools for our inspired educators to take back to their classrooms.

Cheryl Conroy officially introduced and congratulated the King & Amy O'Malley Scholarship winners for 2008. HEIA(Q) would like to congratulate QUT students Jay Deagon, Caitlin Murray, Joanne Spotswood and Nathalia McGrath on their prestigious achievements.

A stunning handmade silk and wool scarf and tote bag, donated by Sue Going, were raffled to raise funds and support our IFHE colleagues overseas, and the day culminated with some networking and long awaited chatting amongst many old friends and colleagues before conducting the Annual General Meeting (AGM).



HEIA(Q) members enjoying the high tea



Soooo delicious!

## Annual General Meeting

The Committee of Management reported on the various activities of the past year, giving members reason to be justly proud of their professional association. Sadly the Committee of Management said goodbye to three retiring members: Helen Johnston (President), Helen Keith and Megan Hobley. It was disappointing that no nominations were received for the position of President so we will look to fill that position as the year progresses. However, we can look forward to another great year with the return of Vicki Potter to the Committee, and the addition of Yve Rutch who will convene the Professional Development sub-committee. Stability in an excellent executive team is assured with Julianna Kneebone remaining as Vice-President, Renae Stanton as Secretary and Debbie Cain as Treasurer. Sue Going, Kylie King, Jo Spotswood,

Aileen Lockhart, Denise McManus and Jan Reynolds also continue on the Committee. The combination of young members and experienced members augers well for our future.

At the conclusion of the AGM, a very special presentation to long-standing committee member and home economics devotee Helen Keith, saw many teary eyes and warm smiles as Janet Reynolds conveyed the thoughts and well wishes of many past HEIA(Q) presidents, colleagues and friends. Helen retires from official committee duties after 12 years of dedicated service and, although her presence and commitment to the Institute will be sorely missed, we sincerely wish her well in her new ventures and adventures.

### Kylie King



*Standing ovation for Helen Keith*



*The presenters modelling their ethical fashions*



*Acting President Julianna Kneebone (L) with Helen Keith*

# From consumer to citizen

## HEIA(Q) State Conference

Saturday 23 August 2008

Brisbane Convention and Exhibition Centre

The theme designated by the International Federation for Home Economics for World Home Economics Day for 2005–2008 has been 'Home economics supporting sustainable development and quality of life for all', and that theme is reflected in this year's Divisional professional development program: 'Sustainable futures and home economics'. The theme, kicked off fabulously by Kathleen Gordon's presentation *Ethical Textiles* at the World Home Economics Day celebration, will also be reflected in the annual state conference. The title for the conference was inspired by the affinity of the audience at the 2007 state conference with Rosemary Stanton's concept of 'consumer to citizen'.

### Invitation to attend

On behalf of the Home Economics Institute of Australia (Qld), I invite you to attend the 2008 annual state conference: *Sustainable futures and home economics: From consumer to citizen*, being held at the Brisbane Convention & Exhibition Centre, Queensland, on Saturday 23 August 2008.

The conference is designed to empower home economics teachers to address two key imperatives:

- the global imperative of how everyday practices related to home and family impact on sustainable futures, and the implications of that for learning and teaching
- sustainability of good practice in the home economics classroom in light of Queensland's Essential Learnings and Standards, and other educational imperatives.

The overlapping themes will consider, for example: What is sustainable practice? What are the environmental impacts of our current practices? How does sustainability relate to home economics and our everyday practices? What can we do? Can we really make a difference? How can we link this with classroom practices?

The conference will provide an ideal opportunity for you to network with colleagues in a professional and enjoyable environment. We look forward to welcoming you to Brisbane for *Sustainable futures and home economics: From consumer to citizen*.

Michelle Nisbet

**Convenor, Conference Task Group**

### Why did we go back to a one-day program?

Whilst the 2007 two-day conference was clearly very successful, and the evaluations showed that delegates loved having two days to explore the issues, we recognise that a two-day conference puts resource pressures on schools. Plus of course it was a huge undertaking for an organisation that relies so heavily on volunteer labour. Whilst the national Institute runs three-day conferences, they are held every two years, and their organisation rotates among the Divisions so a Division is only likely to have to manage it once every sixteen years. So we decided that 2008 would be a one-day conference and we would re-assess the situation in 2009.

### Who will be leading us?

We are currently negotiating with interstate and international speakers. These are speakers who have not presented at an HEIA(Q) conference so we are in for a set of new faces this year to match our new topics. And we believe we are in for a real treat—so stay tuned and keep in touch with the website for updates. Interstate and international presenters will be complemented by local presenters—we are most fortunate in Queensland to have a wealth of talent in our own ranks so that we can blend the international and local perspectives.

### For further information

Please contact:

Lyn Greenfield at Echo Events,

Tel: 07 3272 0950

Email: [heiaqconference@echoevents.com.au](mailto:heiaqconference@echoevents.com.au)

## The program

### Keynote speakers and themes

Distinguished international and national commentators will engage in two debates, one about food, and one about textiles, defining and discussing sustainability issues, allowing delegates the opportunity to explore the notions of consumption and citizenship. The workshop program will build on the debates to explore ethical issues in detail as well as address practical classroom implementation strategies in the context of the new Queensland Essential Learnings and Standards and other priorities for schools. A high-profile education academic will contextualise the issues in terms of what a 21<sup>st</sup> century curriculum might look like. The workshops will include, for example:

#### Looking at food issues

**Digging deeper into the food basket**—an exploration into the key messages about sustainable food futures: ecological impacts (including organics, local products, food miles etc.); food security (availability, accessibility and appropriateness); and global impacts on others (fair trade etc.)—it is about being healthy and being a good citizen.

**Food Citizenship**—what to look for, where to go, how to be both a good consumer and a good citizen.

**Food and nutrition education: When less is more**—a proposal for scoping and sequencing food and nutrition education against the Essential Learnings so that key issues, including sustainability, can be covered in an intellectually rigorous yet practical way.

**Cooking up a sustainable storm**—a practical demonstration of classroom-friendly ideas that support healthy, sustainable food futures.

#### Looking at housing issues

**Moving on from turning off the tap**—an examination of both ecological and human impacts of current trends regarding housing design, urban renewal and transport systems.

**Reverse Garbage**—a practical and creative workshop that provides insight into issues of sustainability through engagement in a range of creative activities using salvaged materials.

#### Looking at textiles issues

**Slow fashion**—an exploration of ethical textiles from choice of fibre to production, fashion and slow fashion.

**Ethical textiles: What does it look like in the classroom?**—an exploration of ethical textiles (fibre, production, fashion, fair trade, sweatshops, etc.) through the modelling of classroom strategies.

**Genesis Creations**—designing and decorating fabric with the environment (and classroom) in mind.

#### Framing it in education

**What do we value in education?**—an examination of an eco-citizen, healthy citizen and democratic citizen as portrayed through Education Queensland's new Values Framework for all government schools—what does it mean for home economics?

**Let's think: Raising the intellectual bar**—specific classroom strategies to build intellectual rigour into teaching, learning and assessment, with reference to the *Ways of Working* in the Essential Learnings.

**Making it work**—a look at some practical, user-friendly strategies based on brain research to support student learning.

**Philosophical inquiry**—an approach and classroom strategies for developing skills of inquiry, reasoning and critical analysis, modelled in the context of sustainability.

**Unpacking the Essential Learnings and Standards**—an unpacking to show the structure, intent and how to use the Queensland Essential Learnings and Standards, and what this means for home economics.

**Criteria and standards descriptors—Let's do it**—a hands-on workshop of 'how to do it' when it comes to writing task-specific criteria and standards descriptors that align with the Essential Learnings and Standards.

**Essential Learnings and Standards through a sustainability lens**—how to plan from the Essential Learnings and Standards, using sustainability and citizenship issues in the home economics classroom as a model.

# From consumer to citizen

## Conference venue update

### Every cloud ..... This is our silver lining

It was a miserable Saturday afternoon when we found out that there had been a miscommunication with the Hilton Brisbane, and what we thought was a confirmed booking for our state conference was, in fact, not a booking at all. Disaster! We had just had the posters printed, advertising the Hilton. And now, at this late stage (March 2008) we had nowhere to go!

But the black cloud moved over fairly quickly when, much to our amazement, we were able to secure a booking at the Brisbane Convention and Exhibition Centre (BCEC) at South Bank. We had always assumed that the BCEC was way out of our league but desperate times call for desperate actions—and yes, we are going to the BCEC, and it is within our budget. As one of the organising committee said *"It is like we have hit the big time!"*



### The venue

The Brisbane Convention and Exhibition Centre is a world-class venue over three levels, purpose-built to provide superb flexibility and versatility under one roof. Since opening in 1995 it has received 98 industry awards, making it the most awarded convention centre in Australia. Equally impressive on the international stage, it is ranked among the top three convention centres world-wide by the Association Internationale des Palais de Congres (AIPC). Committee members had been on a site inspection many, many years ago when the prices were aimed at large corporate enterprises. But they remembered being impressed. So it was with baited breath that they returned for a 2008 site inspection—had it aged, was it looking ‘past it’ etc. But no, it looked just fabulous. Very different from our past venues, but great. It is bright, light and airy—and even with natural daylight in some rooms. We are delighted. The plenary room is excellent, and the break out rooms that we have been able to secure should mean no more cramped spaces. There is plenty of room for trade tables, and an outdoor balcony for those missing the fresh air. It is excellent.

### And round about?

The Brisbane Convention and Exhibition Centre is located in the heart of Brisbane’s unique riverside cultural and entertainment precinct, South Bank, so those delegates who fly in from out of town have an opportunity to explore South Bank at their fingertips. A stroll through the parklands when you arrive, an early morning jog through South Bank (join all the other joggers), a stroll to Australia’s newest and most celebrated Gallery of Modern Art, or the Friday night markets for those who come in early. The Citycat is there waiting to take you on a river tour of Brisbane. Plus an opportunity to explore the lovely boutiques or new trendy restaurants and coffee shops in Little Stanley Street—ideal for after the conference to make a full day out. Or a walk over the Victoria Bridge will take you to the Queen Street mall in a few minutes.

### Transport and parking

For the locals, take a bus to South Bank, a ferry to South Bank or a train to South Brisbane. The airtrain from the airport also stops at South Brisbane station. Street parking is available plus the BCEC has its own car park, currently \$12 per day.

### Accommodation

Rydges Hotel at South Bank is linked by a walkway to the Convention Centre or, for those who like to be in the city centre, it is about a 10 minute walk away.

### The date

Unfortunately we were not able to secure the venue for the original date planned for the conference. The conference will now be held 23 August 2008. Please amend your HEIA Calendar of Events that was sent to you in March 2008.

***Please amend your professional development poster to note the change of date and venue of the conference.***

***Sustainable futures and home economics:  
From consumer to citizen***

***The HEIA(Q) state conference will be held  
Saturday 23 August  
at the  
Brisbane Convention and Exhibition Centre***



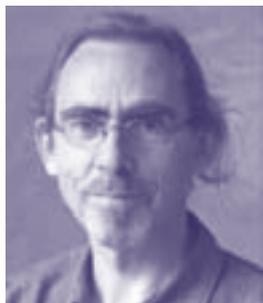
# From consumer to citizen

## Stop Press: News of conference keynote speakers

Negotiations are coming to fruition as our keynote speakers confirm their availability. The program includes two debates about ethical and sustainable practice; one is related to food and nutrition, and the other to textiles and fashion. So it is with great delight that we are able to confirm that Dr Martin Caraher and Sue Thomas will lead the debates. These speakers have not addressed a HEIA(Q) audience before so will bring fresh perspectives to our professional learning.

### Dr Martin Caraher

Martin is Reader in food and health policy at the Department of Health Management and Food Policy at City University, London. He originally trained as an environmental health officer in Dublin. After working in the north west of Ireland he developed an interest in the public health and health promotion aspects of the work. He completed his masters and doctorate in London, and since 1990 he has been working with Professor Tim Lang on aspects of food policy. Martin is known to many home economics professionals following his inspiring contribution to the 2005 national HEIA conference in Tasmania: *Sustainability and home economics: The choice is ours*.



Martin has worked extensively on issues related to food poverty, cooking skills, local sustainable food supplies, the role of markets and co-ops in promoting health, farmers markets, food deserts and food access, retail concentration and globalisation. Current research interests include:

- The role of local food projects in promoting health
- Local area access to food in London with work in the boroughs of Hackney and Islington
- Cooking skills among young people and the changing nature of food skills and the culinary transition
- The role of food markets in promoting health and wellbeing
- Farmers markets and new selling spaces.

Recent work has focused on the impact of food advertising on children's food choices and the impact of advertising regulation. In addition he has been working in schools, including work for the UK Department of Health, for the World Health Organization (Europe) on school feeding programmes in Latvia, and for the World Bank on school food in Lesotho. He has been in contact with colleagues in Australia in the *Coalition on Food Advertising to Children*, sharing ideas and resources. His interests in sustainability come from the perspective of local food chains and the attempts by social enterprises to build sustainability into their work.

Martin has contributed to books on public health and health promotion, including a chapter on international public health in

the Oxford Handbook of Public Health. Together with colleagues he has worked in Australia, Portugal, France, the US and Canada.

Martin sits on the London Food Board which advises the Mayor on food in London and the South East Food and Public Health Group. He is also an Associate Member of the National Heart Forum. He also advises and reviews materials and plans for a range of local and statutory organisations dealing with food. He chaired the National Primary Care Team Community Food Access programme. He regularly appears on TV and radio in relation to food issues.

### Some relevant publications

**Caraher, M., Dixon, P., Lang, T. and Carr-Hill, R. (1998).** Barriers to accessing healthy foods: differentials by gender, social class, income and mode of transport. *Health Education Journal*, 57 (3), 191–201.

**Caraher, M., Lang, T., Dixon, P. and Carr-Hill, R. (1999).** The state of cooking in England: The relationship of cooking skills to food choice. *British Food Journal*, 101 (8), 590–609.

**Caraher, M., Lang, T. and Dixon, P. (2000).** The influence of TV and celebrity chefs on public attitudes and behaviour among the English public. *Association for the Study of Food in Society Journal*, 4 (1), 27–46.

Lang, T. and **Caraher, M. (2001).** Is there a culinary skills transition? Data and debate from the UK about changes in cooking culture. *Journal of the Home Economics Institute of Australia*, 8 (2), 2–14

Barling, D., Lang, T. and **Caraher, M. (2002).** Food, social policy and the environment: Towards a new model. In M. Cahill and T. Fitzpatrick (Eds) *Environmental issues and social welfare*. Blackwell Publishing: Oxford.

**Caraher, M. and Cowburn, G. (2005).** Taxing food: implications for public health nutrition. *Public Health Nutrition*, 8 (8), 1242–1249.

**Caraher, M. and Reynolds, J. (2005).** Lessons for home economics pedagogy and practice. *Journal of the Home Economics Institute of Australia*, 12 (2), 2–15.

**Caraher, M. and Landon, J. (2006).** The impact of advertising on food choice: The social context of advertising. In R. Shepherd, & M. Ratts (Eds.), *The psychology of food choice* (pp. 227–245). Wallingford, Oxfordshire: CABI.

## Sue Thomas

Sue Thomas is a British-born fashion academic teaching at RMIT University, Melbourne, Australia. She has taught at graduate and postgraduate level in Aotearoa, New Zealand and in the United Kingdom. Her qualifications are in fashion design, textiles, education and film. Sue is currently studying for a doctorate in ethics as relating to sustainability in the fashion industry.



Her current teaching subjects include: fashion design, sustainability, ethics, global issues for fashion and textiles, and fashion theory. Her recent publications have included papers on inclusive fashion design, the future(s) of wool, ethics and innovation, 'green wool', and social justice in fashion.

A listed RMIT media expert Sue enjoys making a broad contribution to fashion and social justice issues in a wide range of public forums including consultancy, public lectures and radio commentaries, with regular contributions on ABC Radio 774 Overnights aired throughout Australia and to the world via the web. Her most recent foray was on ABC National 'By Design' discussing Empathy in Design with Alan Saunders. In addition to being an experienced academic writer, her work has appeared in a variety of publications including *Farming Times* and *WSA Performance & Sports Materials*.

Sue's interest in the fashion industry has taken her to Paris, Barcelona, Hong Kong, New York and Toronto, leading students and pursuing research into national identity in fashion design. A member of the Educators for a Socially Responsible Apparel Business (ESRAB) and the International Textiles and Apparel Association (ITAA), she has presented papers in Santa Fe, New York, Savannah and Portland and is a member of a variety of committees.

### Some relevant publications

**Thomas, S.** (2007). *Design Back-story: Empathy, witnessing, reflection and the inclusive response* in proceedings of Include 07 Conference, Royal College of Arts, London [http://www.ektakta.com/include/files2/1\\_416.pdf](http://www.ektakta.com/include/files2/1_416.pdf)

**Thomas, S.** (2006). *Fair go fashion – human rights and fair trade in Australia*, in proceedings of Un-Australia: the annual Conference of Cultural Studies Association of Australasia, University of Canberra, Canberra <http://www.unaustralia.com/electronicpdf/Unstthomas.pdf>

**Thomas, S.** & Klein, D. (2006). *Mr Incredible's New Suit or can wool 'save' our future(s)?*, in proceedings of Wearable Futures: Hybrid Culture in the Design and Development of Soft Technology Conference, University of Wales, Newport, Wales, UK [http://artschool.newport.ac.uk/smartclothes/wearablefutures\\_abstracts.html#thomas](http://artschool.newport.ac.uk/smartclothes/wearablefutures_abstracts.html#thomas)

**Thomas, S.** & Van Kopplen, A. (2005). *Fashion Design: the other person, culture and environment*, in proceedings of Include 05 Conference, Royal College of Arts, London <http://www.hhc.rca.ac.uk/archive/hhrc/programmes/include/2005/proceedings/pdf/thomassue.pdf>

**Thomas, S.** (2002). We dream of green sheep, *Wool, Technology & Sheep Breeding*, Vol 50 no. 3, pp. 327-334, Wool Research Organisation of New Zealand <http://sheepjournal.une.edu.au/cgi/viewcontent.cgi?article=2406&context=sheepjournal>

# New resources for home economics teachers— We need your ideas please

The Home Economics Institute of Australia (Qld) is forming a partnership with Education Queensland to support the development of quality online teacher resources for effective nutrition education and physical activity. The partnership is in its early stages but we anticipate that HEIA(Q)'s role will be to provide advice and feedback, as opposed to developing the resources.

The first stage is to assist Education Queensland with its review of the current Active-Ate website and provide advice as to what we would find valuable in a redeveloped website. The current site is available at <http://education.qld.gov.au/schools/healthy/active-ate/>

### What does this mean for you?

We are very keen for practitioners to have a say and have agreed to include HEIA(Q) members in an online survey regarding the current Active-Ate site, and what we would like in its redevelopment. It may be that you have never used the Active-Ate website, but this should not preclude you from completing the survey. You will still be able to make a contribution to the larger part of the survey—what we would find useful as a home economics profession in the redeveloped website. Dr Janet Reynolds has participated in the survey design to ensure that it is appropriate for the work of home economics teachers as it pertains to nutrition education.

The survey will be an online survey and will be emailed to you in May. It will take about 10–12 minutes to complete.

HEIA(Q) has in place strict control measures to ensure members' email addresses are not used by Education Queensland for any purpose other than for this one-off survey, unless further negotiations are undertaken.

We urge you to complete the survey and actively participate in providing advice regarding the development of resources to support your work related to nutrition education. We are not often asked!

## Helen Keith

### —more than 12 years on the Committee of Management

At the 2008 Annual General Meeting (AGM) of the Queensland Division of the Home Economics Institute of Australia, Helen Keith retired from the Committee of Management (COM). After 12 years on the committee, a special tribute was paid to Helen at the conclusion of the AGM. Dr Janet Reynolds, the first elected national President of HEIA, made the tribute, having worked with Helen on the Committee for those 12 years.

Helen began attending professional association meetings in her early years of teaching and was actively involved for about 10 years prior to the formation of HEIA, when we had the Home Economics Association of Queensland (HEAQ) and the Queensland Association of Home Economics Teachers (QAHET)—yes, we used to have two professional associations.

Helen has been on the HEIA(Q) Committee of Management since it began, except for a 2-year break, making 12 years in all. In that time she has been Vice President to Dr Donna Pendergast, Kathryn Holzheimer and Cheryl Conroy. She has

coordinated World Home Economics Day celebrations, O'Malley presentations, Excellence in Teaching awards, luncheons for past and present members of the COM, trips overseas, national pre-conference tours, and has been a member of and chaired the O'Malley selection panel.

Prior to the AGM, Helen revealed that she has enjoyed working with so many motivated people on the committee, the collegiality and friendships formed, and watching young teachers become involved and grow to make very worthwhile contributions to our profession. She has enjoyed being able to be part of a great team.

Helen has clearly made a valued and valuable contribution to HEIA(Q) and only those who work behind the scenes would know the extent of her contribution. This is reflected by the following comments from her colleagues on the Committee of Management, read out at the AGM.

#### **Claire Cobine, COM colleague**

*Helen has a love for home economics at heart. She has shared her interest in travel with colleagues and students and opened up the exciting worlds of food and textiles. She has led trips, particularly to the Asian cultures and Italy, on more than seven occasions, which she has fully organised. Helen uses local knowledge on these trips so that the experience is an enriching professional journey into another culture. You have to go on one to believe how good they are!*

*Helen has a warm caring personality that has helped her develop strong networks from all walks of life. She has an interest in the wellbeing of the individual and families and has been chairperson of a local community committee to assist Sudanese refugees to resettle in Australia. Currently she is managing, on a voluntary basis, a thrift shop to assist in raising money to build a school in Africa.*

*The home economics profession has been enriched by Helen's interest, commitment and willingness to be involved. She has been a teacher and a friend to so many. Thank you, Helen. Congratulations on a job well done.*

#### **Margo Miller, HEIA Fellow**

*Thank you Helen for your contribution to HEIA over so many years. I have always valued your friendship and loyalty to home economics. Your work for the Association has been greatly appreciated. I wish you every success for the future.*



Helen Keith (L) on the pre-conference tour for the 2007 national conference



Cherie Miller (L) with Helen at the luncheon for past and present members of the Committee



In Japan



Presenting HEIA Simply Gorgeous posters to their hosts in Japan



At the HEIA table at the HEIA(Q) state conference



Helen (L) with interstate and international colleagues at the 2007 national conference dinner

### **Helen Johnston, immediate Past President HEIA(Q)**

*Helen Keith is retiring after 12 years on the HEIA(Q) Committee of Management and previously many with HEAQ. Her wealth of knowledge, her home economics expertise, her ability to think through issues and see both sides of an argument, and her calm personality, will be sadly missed. Over the years Helen has put up her hand to take on a variety of responsibilities and tasks for the COM and has always undertaken these tasks supportively and with integrity, efficiency and professionalism. Helen has been pivotal in providing professional development opportunities for teachers to travel internationally. Teachers have gained valuable cultural knowledge and understanding of how home economics is taught in a variety of cultures and have been able to broaden their students' awareness of these different cultures in their teaching delivery. Helen Keith will be missed for her efforts, expertise, wise counsel and leadership initiatives. I wish Helen all the best in her retirement from HEIA(Q) COM and hope that we will continue to see her at HEIA functions.*

### **Dr Donna Pendergast, former President HEIA(Q)**

*I would like to express my sincere thanks to Helen for her contributions to the profession of home economics and, importantly, to the Queensland Division of HEIA. Helen has been a tireless member of the executive and many task groups, always provides a welcome smile and is happy to take a leading role or contribute a helping hand on any initiative that is going on at any time. I would particularly like to mention the opportunities Helen has provided for many home economists to broaden their horizons and to travel further afield to places such as Thailand, Japan, Italy and Vietnam. The profession owes much to Helen for opening up possibilities and serving as an exemplary role model. Helen has an active life with many facets and I know she has much to do. I am grateful to HEIA for providing me the opportunity to meet and work with Helen, whom I consider a good friend.*

### **Kathy Holzheimer, former President HEIA(Q)**

*Helen, your dedication and ongoing commitment to home economics has been greatly appreciated. The association and Queensland teachers have benefited much from your efforts. Sincere appreciation for your service to HEIA(Q) and very best wishes for the future.*

### **Joanne Jayne, former President HEIA(Q)**

*It is difficult to imagine HEIA(Q) without Helen. As far back as I can recall Helen Keith's name and hard work have always been associated with our professional body, even in the days of QAHET. Helen deserves pages dedicated to her but, in trying to distil and savour the essence of Helen's contribution to home economics, I would just like to say, "Helen, you are TOPS!"*

**T** for **Teamwork**

**O** for **Organising, planning and enterprise**

**P** for **Personal attributes** including a balanced attitude, ability to deal with pressure, motivation, adaptability, loyalty, commitment, honesty, enthusiasm, commonsense, and a sense of humour

and

**S** for **Sincerity**

*How do we replace you Helen – we don't, we just aspire to be you!*

*May your future bring you the rewards you so richly deserve and thank you.*

## Introducing the 2008 Queensland O'Malley Scholars

HEIA(Q)'s 2008 World Home Economics Day celebrations included the acknowledgement and presentation of certificates to the 2008 Queensland O'Malley Scholars. The King & Amy O'Malley Trust awards annual undergraduate and postgraduate scholarships for students applying for or enrolled in tertiary Home Economics or equivalent programs, such as Consumer Science, or Family and Consumer Studies. The criteria for selection are based upon an individual's academic performance, professional goals in home economics, personal and leadership attributes, and potential to contribute to the home economics profession.

HEIA(Q) would like congratulate this year's Queensland scholars: Jay Deagon, Nathalia McGrath, Caitlin Murray and Jo Spotswood. We wish you well in your studies and your future in home economics.

Below are extracts of what was read out by O'Malley Panel Chair, Cheryl Conroy, in presenting the scholars. The notes were provided by the scholars.

### Jay Deagon

Jay is currently a fourth year student in the QUT Bachelor of Education (Secondary) Home Economics, with Health Education being her complementary teaching area.

Jay's vision runs parallel with that of King and Amy O'Malley and with the philosophy of home economics in our sincere desire to empower individuals, families and communities with essential tools and skills to 'fix' our 'problems'.

Jay's personal and professional goal is to situate home economics as a key subject for children and adolescents, enabling development, practice and reflection about balanced choices. She believes that home economics is an ideal subject to create awareness about personal responsibility and attitude, and to build connections between self, home, community and all other living and non-living environments. She believes this is the essence of spiritual wellbeing. Her planned PhD in the fields of home economics and health education may work towards informing educators, the public and policy makers of the positive contribution to harmonious society that home economics, life skills education and spiritual wellbeing can ultimately make.

Jay is the mother of a 6½ year old boy, and in 2007 was the Faculty of Education Dean's Scholar. In 2008, in addition to her course-work, she completed an undergraduate honours research program. Her special interest is to provide health educators with a workable understanding of spiritual health as it relates to the Queensland syllabus.

Jay has been selected to represent the Non-Government Organisation *Global Fund for Women* at the prestigious Harvard World Model United Nations Conference in Puebla, Mexico in March/April 2008. She gained scholarships to represent the Faculty of Education, the Faculty of Health, QUT and Australia.

### Nathalia McGrath

Nathalia is currently in the second year of her education degree at Queensland University of Technology. Her major teaching area is Home Economics, with her second teaching area being Health Education. She has always had an interest in the issues associated with home economics and has a passion for nurturing and helping others. Choosing to be a home economics teacher was therefore a natural progression for Nathalia. She is one of four children in a close-knit family and thrives on the encouragement, support and friendship of family members and friends.

Nathalia plays an active part in the wider community through her role as Joey scout leader, a member of the Cambrian Youth Choir and a member of her local youth group. She has also been involved in various social justice and charity events including regular doorknocks, outreach programs and community organisations.

Nathalia aims to uphold the O'Malley vision and contribute to the home economics profession by promoting the importance of family relationships, multi-dimensional health, and general wellbeing. She hopes to use her position as a teacher to encourage students, families and community members to adopt the principles of home economics in their own lives and pursue careers in the various fields associated with the subject.

### Caitlin Murray

Caitlin has just commenced her third year of home economics undergraduate study at Queensland University of Technology. She has chosen to become a home economics educator as she believes this is one way that she can make a difference and be a positive influence in the lives of students. She is passionate about the home economics content area and believes this passion is crucial in making the subject relevant to students' needs and circumstances. She believes that home economics teaching can be a rewarding career for all involved and, as an educator, she will have the opportunity to assist students to further develop their life skills and assist them in achieving their future goals.

Caitlin's future goals align with those of King and Amy O'Malley and, through her position as an educator, will strive to uphold the importance of family life both to individuals and the wider community. King O'Malley was a leader, reformer, visionary and strategist and Caitlin believes that it is these qualities that make up a successful educator. Throughout her professional career she will use these qualities to positively influence individuals, families and members of the surrounding community.

Caitlin notes that we live in a world of changing times and, as a home economics educator, her aim will be to empower students so that they can make informed and ethical lifestyle choices and provide opportunities for individuals to develop the knowledge, skills and abilities required in society for today and in the future.

## Joanne Spotswood

Joanne is currently studying a Bachelor of Education (Secondary) majoring in Home Economics at the Queensland University of Technology (QUT). Joanne is in her final year of study, a journey which continues to provide unique opportunities and invaluable experiences. Her professional achievements prior to teaching include careers in both the airline and banking industries. Having completed her family she was determined to embark on her original career aspiration of teaching home economics. Inspired by an exceptional home economics teacher, her vision is to positively contribute to the lives and learning of today's adolescents. She attributes much of her success thus far to the support of her husband and two beautiful children.

Joanne took an active role during 2007 as the student member of the HEIA(Q) Committee of Management, which involved responsibilities such as the organisation of the fourth year graduate function and being a workshop chairperson at the annual conference. Joanne was also given the opportunity to organise the Home Economics orientation presentation for first year undergraduate students studying at QUT this year. Joanne is committed to maintaining a high level of academic achievement,

having received a Dean's Scholar award for her achievements in 2007. Joanne intends to contribute to the home economics profession as both a dedicated teacher and supportive colleague. She wishes to acknowledge the important contribution that is made by current teachers who support and mentor practicum students, as they provide both inspiration as well as an authentic foundation for pre-service teachers. Her aim is to continue this essential commitment to future undergraduates.

As a current O'Malley scholar, Joanne is committed to advocating the importance of home economics as a subject that supports and actively contributes to the wellbeing of individuals and families within today's society. Joanne is passionate about increasing the awareness of the value of home economics within our schools and their communities, highlighting the relevance and availability of topics such as food and nutrition for the enhanced wellbeing of individuals and families.

Joanne would like to formally acknowledge the board of trustees of the King and Amy O'Malley Trust for their support and financial assistance which will enable the continuation of her study.



2008 Queensland scholars (L-R): Nathalia McGrath, Caitlin Murray, Cheryl Conroy (Panel Chair), Joanne Spotswood, Jay Deagon

# Nutrition—The inside story

## 2<sup>nd</sup> edition is released

HEIA has released a second edition of *Nutrition—The inside story*.

The initial impetus for a second edition was the release of the Nutrient Reference Values, and indeed this did mean changes to many of the chapters. Plus the chapter on sustainability needed a major overhaul and was totally rewritten to reflect current thinking about sustainable food futures that goes beyond ecological considerations. A second edition provided opportunity to update a number of other chapters. For example, many sections in the chapter addressing diet-related diseases have been updated with the help of organisations such as the Heart Foundation, The Cancer Council and Eating Disorders Victoria. The chapter on packaging was updated, along with the images to reflect contemporary packaging—many of them hot off the press as we went to print.

Recognising that many schools already have class sets of the first edition, the structure and design have not been changed for the second edition. There should be a smooth transition to the second edition.



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- Orders must be received by 30 June 2008.
- Payment must accompany the order.

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# HEIA(Q) Professional Development

## 2008 plans for the Regional Workshops

The theme for the 2008 professional development program of regional workshops is *Sustainable futures and home economics*, complementing the professional development at the state conference and at the World Home Economics Day celebration.

### WHAT?

The program will take a two-pronged approach:

- Firstly, it will consider how everyday practices, especially those related to food and textiles, impact on local and global environmental issues, considering for example: What is sustainable practice? What are the environmental impacts? How does that relate to home economics and everyday practices? What can we do? Can we really make a difference?
- The second prong will consider the sustainability of good practice in the home economics classroom—the ‘what to do’ in home economics classrooms to ensure that we sustain good practice in light of current educational imperatives such as the Essential Learnings and Standards, and related pedagogic and assessment practices.

### WHY?

The rationale behind the 2008 theme is probably best summed up by the following extract from the Earth Charter:

*The choice is ours: form a global partnership to care for earth and one another or risk the destruction of ourselves and the diversity of life. Fundamental changes are needed in our values, institutions and ways of living. We must realise that when basic needs have been met, human development is primarily about being more, not having more. We have the knowledge and technology to provide for all and to reduce our impacts on the environment. The emergence of a global civil society is creating new opportunities to build a democratic and humane world. Our environmental, economic, political, social, and spiritual challenges are interconnected, and together we can forge inclusive solutions.* Source: The Earth Charter [http://www.earthcharterusa.org/earth\\_charter.html](http://www.earthcharterusa.org/earth_charter.html)

Given that everyday decisions made by individuals, families and communities impact on both local and global communities, it is timely to revisit our practices through this lens. The important contribution that home economics can

make to the wellbeing of individuals and families will not be realised unless we are able to sustain good practice in our classrooms. The new educational initiatives related to, for example, Essential Learnings and related assessment practices, provide an ideal opportunity to look to the future.

The 2008 program is designed to empower teachers to engage in effective home economics education and, at the same time, look at how our discipline learnings and pedagogic practice can integrate issues of sustainability. This aligns with a decision by the UN General Assembly in 2002 to adopt, by consensus, a resolution establishing a United Nations *Decade of Education for Sustainable Development* (DESD), and with the decision of the International Federation for Home Economics to declare for the period 2005–2008 the theme of World Home Economics Day to be *Home economics supporting sustainable development and quality of life for all*.

### REGIONAL ONE-DAY WORKSHOPS: *Building on the 2007 program*

The regional workshops, offered primarily on a Saturday, have been designed in response to very strong feedback from the 2007 program that clearly asked to continue the work in designing units of work and assessment practices that demand intellectual rigour, engagement and quality assessment. The workshops will be developed to enable individual participants to value-add to their current practices, whether they are at the start of their journey, wanting to focus on teaching and learning, or ready to refine assessment tasks and related criteria and standards. This year we will be able to incorporate the newly-released Essential Learnings and Standards Descriptors, and help teachers plan from them.

In line with the theme for 2008, the examples provided will model home economics units related to sustainability, but participants will choose their own topics and design work that suits their own context.

The 2007 evaluations also asked that for 2008 we continue with full-day workshops to enable total engagement and depth in professional learning. We have responded to this, with most regions having designated their preferred date. Hence they will be hands-on, full-day workshops to enable teachers to engage critically in the development of units of work and related assessment that reflect the Essential Learnings and related Standards.

**For further information:** Yvonne Rutch

Telephone: 07 3353 1266; Email: [rutchy@northside.org.au](mailto:rutchy@northside.org.au)

## NEWS FROM OTHER ORGANISATIONS

### How to be an ethical consumer

Reproduced from the *New Internationalist*, November 2006,  
available on the website <http://www.newint.org/features/2006/11/01/action/>

**There are no easy answers – but here are some questions that can help point the way.**

#### 1. Do I really need it?

**No, I can do without it.** OR  
**Yes, I do need it.**

#### 2. Can I avoid buying a new one?

**Yes.**

- Perhaps I can borrow from or share with someone I know? (Car-shares/pools, neighbour's machine tools or lawnmower.)
- Can I buy second-hand or recycled? (Clothes, accessories, kitchen items, consumer electronics, CDs, DVDs, bicycles.)
- Can I make or adapt it from something I already have? (Mended/altered clothes, plastic containers and bottles, glass jars.)
- Can I grow it myself? (Vegetables, herbs, flowers—requires some forward-planning!)
- Can I swap it as part of a Local Exchange Trading System (LETS) or through services such as Freecycle? (See 'Use the internet' below.)

**No, I definitely need to buy a new one.**

#### 3. Can I find one that doesn't damage people or the planet?

Possibly not! But you can try to minimise your impact in a wide range of ways. Good questions to ask include:

- How were the people involved in producing it treated? Were they paid a fair wage? Did they work in decent conditions?
- What pollution or other environmental harm was caused by producing it? How far has it been transported? How much packaging does it have? How much energy does it use? Is it recyclable and/or biodegradable?
- Were animals harmed during its production?
- What's the wider behaviour of the company like? Where are the profits going?

Some good short-cuts can be to buy:

- Locally from independent shops
- Made by small-scale/local/'ethical' companies
- Through a co-operative
- Fair trade, organic and/or GM-free
- Sweatshop-free
- Eco-friendly and/or animal-friendly
- Energy-saving

#### 4. Now I've got it, how can I look after it to make sure it lasts as long as possible?

- Is it well made?
- What maintenance do I need to do?
- Can I get spare parts and/or get it mended if it breaks?

#### Where can I get info from?

##### Ask people about the products they are selling

This is hard to do with highly processed products made by transnationals bought in supermarkets, but easier to do at farmers' markets and in local shops. If you have ethical concerns about the product you are buying, ask the shop worker if they will stock a more ethical version for next time—they may well oblige!

##### Use the internet

- A quick surf will uncover a host of sites dedicated to helping people consume more ethically.
- Ethical Consumer's <http://www.ethicscore.org> website calculates companies' 'ethical scores' out of 20 across a broad range of ethical categories.
- The Ethical Consumer Research Association's <http://www.corporatecritic.org> indexes and rates the records of over 50,000 companies.
- The Corporate Watch website has a substantial section profiling large companies and industry sectors: <http://www.corporatewatch.org> See also the US-based CorpWatch at: <http://www.corpwatch.org>
- The Freecycle network is a grassroots non-profit movement of people around the world who are giving (and getting) stuff for free in their own towns. You can find out who's freecycling near you at <http://www.freecycle.org>

##### Books and magazines

There are few sources of published information on exactly what to buy and which companies to avoid. This is partly for legal reasons—publishers don't like taking the risk of getting sued for libel—and partly because the market changes so fast.

- Duncan Clark, *The Rough Guide to ethical shopping*, Rough Guides, 2004.
- *Ethical Consumer* magazine (bi-monthly), <http://www.ethicalconsumer.org>
- Leo Hickman, *A life stripped bare: my year trying to live ethically*, Eden Books, 2006.
- Pushpinder Khaneka, *Do the right things: a practical guide to ethical living*, New Internationalist Publications, 2006.
- Crissy Trask, *It's easy being green*, Gibbs Smith, 2006.
- Simon and Jane Cotter, *Eco Kiwi: Green solutions for everyday life*, Random House New Zealand, 2003.

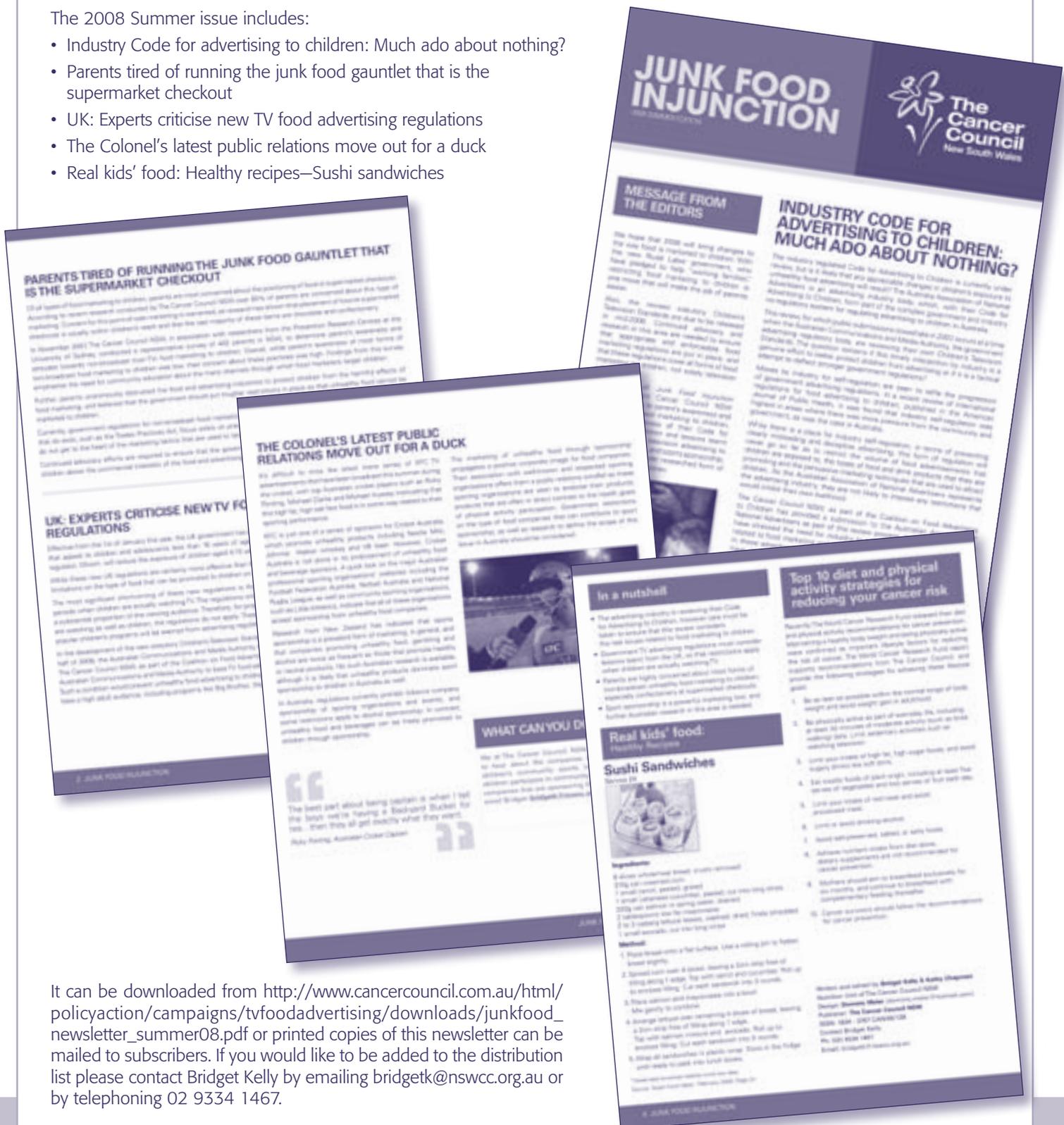
# NEWS FROM OTHER ORGANISATIONS

## The Cancer Council New South Wales Junk Food Injunction Newsletter

The aim of this newsletter is to keep people informed about food marketing to children and its impact on children's health.

The 2008 Summer issue includes:

- Industry Code for advertising to children: Much ado about nothing?
- Parents tired of running the junk food gauntlet that is the supermarket checkout
- UK: Experts criticise new TV food advertising regulations
- The Colonel's latest public relations move out for a duck
- Real kids' food: Healthy recipes—Sushi sandwiches



It can be downloaded from [http://www.cancercouncil.com.au/html/policyaction/campaigns/tvfoodadvertising/downloads/junkfood\\_newsletter\\_summer08.pdf](http://www.cancercouncil.com.au/html/policyaction/campaigns/tvfoodadvertising/downloads/junkfood_newsletter_summer08.pdf) or printed copies of this newsletter can be mailed to subscribers. If you would like to be added to the distribution list please contact Bridget Kelly by emailing [bridgetk@nswcc.org.au](mailto:bridgetk@nswcc.org.au) or by telephoning 02 9334 1467.

## NEWS FROM OTHER ORGANISATIONS



### Unit pricing of pre-packaged grocery items

The following are extracts from the newsletters of the Consumers Federation of Australia Issues No. 29, December 2007 and No. 30, March 2008

#### December 2007

##### Progress on unit pricing of pre-packaged grocery items

The main news is that on 8 November, Aldi started to provide unit prices at its stores, and Woolworths plans to trial unit pricing in some stores in 08. These decisions were influenced mainly by the campaign for unit pricing undertaken by CHOICE since April this year and publicity associated with the completion of my Churchill Fellowship earlier this year to study unit pricing in the USA and Europe.

My report on the Fellowship is available at [www.churchilltrust.com.au](http://www.churchilltrust.com.au) under the business section. It has been distributed widely and featured in the media. I recommend that Australia introduce a compulsory uniform unit pricing system for grocery items sold at supermarkets. I also recommend that any voluntary provision be required to achieve minimum standards. Both recommendations could be implemented via federal legislation—either the proposed new federal trade measurement legislation or industry codes of practice provisions of the Trade Practices Act. I favour the former.

The challenge now for consumers is to convince politicians and bureaucrats that leaving it to each supermarket to decide whether or not to introduce unit pricing, and if so what system to use, is not in the best interests of consumers or the economy. Overseas experience indicates that, without standards set by the community, supermarkets often provide sub optimal systems—for example, the information is not easy to read, is not provided for specials, and the units of measurement used are not consumer friendly.

Although Aldi has introduced its own unit pricing system, based largely on the UK's, it supports national uniformity. Consultation on the content of the new federal trade measurement legislation will begin soon and should allow consumer groups and others to advocate for the inclusion of regulations for unit pricing.

There is also an urgent need for consumer groups to agree on what type of unit pricing system is required in Australia. For example, should the information be a minimum font size, should it be provided for specials, should the main units of measurement be kg and litre rather than 100g and 100mL?

I will be contacting consumer groups about these matters soon. Meanwhile, contact me at [unitpricing@australiainform.com](mailto:unitpricing@australiainform.com) if you want more information.

#### March 2008

##### Campaign for compulsory unit pricing of pre-packaged grocery items—Update

Our recent research shows that consumers could save large amounts if they took account of the unit prices of grocery items when shopping in a large supermarket in Brisbane. A saving of 47% could be made on 25 major brand items in the Choice shopping basket to get the same total quantity by buying only the brands and sizes with the lowest unit price. A massive \$44 could be saved on a \$94 bill.

However, unfortunately the supermarket does not provide unit prices so consumers have to work all this out themselves. This is a real chore, which because of ever-changing prices has to be ongoing—one of the main arguments for compulsory provision by supermarkets.

QCA and the Consumer Action Law Centre have used these research results, plus the beneficial effects on inflation of greater price competition between manufacturers and retailers, very effectively in recent submissions and publicity on the need for compulsory unit pricing.

The next opportunity for consumer groups to support the campaign for compulsory unit pricing is the ACCC inquiry into grocery prices. Largely because of the current consumer campaign for unit pricing, the ACCC's issues paper seeks views on whether unit pricing would make it easier for consumers to compare prices, whether unit pricing should be made compulsory, and whether unit pricing would lower the cost of shopping for customers.

The closing date for submissions is 11 March and the issues paper is available from the ACCC's website [www.accc.gov.au](http://www.accc.gov.au). To further progress the campaign for compulsory unit pricing, as many consumer groups as possible should: either make a submission, send a brief letter indicating their support for compulsory unit pricing, or support another group's submission. The email address is [grocerypricesinquiry@accc.gov.au](mailto:grocerypricesinquiry@accc.gov.au)

The Queensland Consumers Association will definitely make a submission advocating the need for a uniform high quality national compulsory unit pricing system for pre-packaged grocery items sold at supermarkets. To obtain a copy of the submission prior to the closing date send an email to [unitpricing@australiainform.com](mailto:unitpricing@australiainform.com)

**Ian Jarratt**

Queensland Consumers Association

### ACCC court action against Arnott's Biscuits

Reported in the newsletter of the Consumers Federation of Australia, Issue No. 29, December 2007

The ACCC has instituted proceedings in the Federal Court, Sydney against Arnott's Biscuits Limited for alleged contraventions of the Act in relation to the packaging and labelling of Arnott's Snack Right fruit pillow and fruit slice biscuits. The ACCC alleges that Arnott's has engaged in misleading or deceptive conduct by conveying to consumers in the labelling and packaging of five Snack Right biscuits products an overall impression that the filling consists predominantly of the depicted fruits and that there is a significant amount of the depicted fruits in the fruit filling.

<http://www.accc.gov.au/content/index.phtml/itemId/803645/fromItemId/2332>

## NEWS FROM OTHER ORGANISATIONS

### The Daily Intake Guide: informing consumer choice

From the Australian Food and Grocery Council

#### What is the daily intake guide?

The Australian Food and Grocery Council (AFGC) has adopted a consistent voluntary nutrition labelling scheme that helps consumers understand information about the amount of energy and nutrients a product contains and how much a serve contributes towards their daily requirements.

The Daily Intake Guide helps consumers to make informed choices about the food they need to include in their diet. The new labels work like this.

The icon provides information about the energy content of one serving of the product that you intend to eat. In this example, each serving of product contains 870 kJ of energy.



This is the percentage of your daily energy allowance contained in a product serving. In this example, each serving of product covers 10% of the daily allowance.

#### Why industry has chosen this approach

Consumers want simple information that helps them to understand what a serve size is, how foods fit into their diet, and how to best meet their nutrition and activity needs. There are many ways this information can be presented but consumers find it difficult to deal with too many different labelling formats. So to avoid causing confusion, the Australian food and beverage industry developed a standardised scheme, with the aim of empowering consumers to make informed purchasing decisions.

Our research demonstrates that this is the right approach.

#### How does it work?

Food companies are required by law to provide information to consumers about the nutrient content (protein, carbohydrate, sugars, fat, saturated fat, and sodium) and energy of each serve of a product. The Daily Intake Guide provides additional information in a simple thumbnail presentation that makes it easier for consumers to access information about the composition of the product and its relevance to their diet.

For example, what consumers know by reading the nutrition information panel is that by eating a serve of product X they will be consuming 870 kilojoules. Daily intake labelling tells them that

eating those same 870 kilojoules represents 10 per cent of their daily energy needs.

#### The Daily Intake Guide: informing consumer choice

Our research demonstrates that consumers understand the Daily Intake Guide and find it useful. It allows them to see the relationship between a serve of food and their daily requirements. For example a serve of food that contributes no more than 7 per cent of their daily energy requirements would make an acceptable snack, but by viewing the fat, sugar and salt content they can also make a decision about whether they feel it is the right snack for them.

The website [www.mydailyintake.net](http://www.mydailyintake.net) provides more information and talks people through daily intakes for energy and nutrients, such as sugars, fats and sodium and shows them how to use the Daily Intake Guide to manage these. The website also features a calculator that helps people work out their own daily energy needs.

#### Who is behind it?

The Daily Intake Guide is supported by a number of Australia's leading food and beverage companies. To date, manufacturers committed to introducing the Daily Intake Guide include: Kraft, Mars Australia, Cadbury Schweppes, Unilever, Campbell Arnott's, Nestle, Kellogg's, Coca-Cola, Pepsi Co Australia, George Weston, Golden Circle, Goodman Fielder, McCain Food Limited, National Foods Ltd and Bulla Dairy Foods.

Daily intake labelling is also supported by retailers, industry bodies and fast food outlets, including: McDonald's, Metcash, the Australian Beverages Council and the Confectionery Manufacturers of Australasia.

These organisations support the scheme because it provides a consistent approach to labelling that will make it easier for consumers to understand information about the energy and nutrients a serve of a product contains. The AFGC believes that as this packaging rolls out across supermarket shelves, other companies will understand the benefits to consumers and will follow suit.

The Australian Food and Grocery Council can be contacted by telephoning 02 6273 1466, or via the website [www.afgc.org.au](http://www.afgc.org.au)

### The National Indigenous Consumer Strategy (NICS) website

Reported in the newsletter of the Consumers Federation of Australia, Issue No. 30, March 2008

NICS is a five-year action plan that adopts a whole of government approach to Indigenous consumer issues and establishes specific action items for member consumer agencies under eight key priorities areas. As a signatory to NICS, the ACCC assisted the Department of Employment and Consumer Protection in Western Australia (DOCEP), the lead agency for NICS, to develop a NICS website. DOCEP launched the NICS website on Wednesday 20 February 2008. In addition to outlining the action plan and its implementation, the website (<http://www.nics.org.au>) provides a wide range of consumer education and information resources for Indigenous people and associated advocacy groups.

## Sustainable Homes

The following information has been reproduced with permission from the Queensland Government Department of Public Works E-Newsletter *Smart and Sustainable Homes* March '08 [http://www.build.qld.gov.au/smart\\_housing/newsletter/pdf/e\\_news\\_mar08.pdf](http://www.build.qld.gov.au/smart_housing/newsletter/pdf/e_news_mar08.pdf)

### Recently opened:

**Sustainable Home Redlynch Valley** — opened 9 February 2008

**Address:** 15 Davidson Close, Redlynch Valley (near Cairns)  
**Display days:** Saturday and Sunday (weekdays by appointment only)  
**Opening times:** 12 noon to 5 p.m.

The 4-bedroom home has been designed to 'blend' into the estate, which is surrounded by 700 acres of rainforest and three kilometres of riverfront. The design is aesthetically pleasing and shows the public that sustainable housing looks the same as usual housing, it just functions better. The walls have been built using lightweight construction that is a little different from the usual block construction which is used in the area but has distinct benefits for the local climate. This home in particular has been designed to meet changing family needs and a range of people's needs.



**Sustainable Home Caboolture** — opened 8 March 2008

**Address:** 24–26 Central Lakes Drive, Caboolture  
**Display days:** Friday, Saturday and Sunday  
**Opening times:** 10 a.m. to 4 p.m.

Sustainable Home Caboolture adapts the traditional 'project home' design and style and addresses many environmental, economic and social sustainability issues. This house design explores ways in which a typical, large suburban house can be used flexibly to facilitate different and multiple occupant living arrangements within the one house. It addresses many sustainability issues that are currently being ignored by typical project home designs.



**Sustainable Home Mackay** — opened 23 February 2008

**Address:** 23b Charles Hodge Avenue, Mt Pleasant  
**Display days:** Wednesday, Saturday and Sunday  
**Opening times:** 10 a.m. to 2 p.m.

Sustainable Home Mackay is a unique duplex design, which is the first of its kind in the Sustainable Homes program in Queensland. The form of the building has been inspired by the region's tropical and coastal aspects of North Queensland.



### Other homes opened in 2007 include the following:

**Sustainable Home Redlands** — opened 23 November 2007

**Address:** 3 Parklink Drive, Parklands Estate, Redland Bay  
**Display days:** Friday to Sunday  
**Display times:** 11 a.m. to 4 p.m.



**Sustainable Home Toowoomba**

— opened 25 August 2007

**Address:** 308 Ramsay Street, Toowoomba  
**Display days:** Wednesday, Saturday and Sunday  
 (Other times by appointment)  
**Opening times:** 10 a.m. to 4 p.m.



The websites [www.smarthousing.qld.gov.au](http://www.smarthousing.qld.gov.au) and [www.sustainable-homes.org.au](http://www.sustainable-homes.org.au) provide further information, fact sheets and how to access a DVD that can be sent out. A learning object based on the Rockhampton Research House is available at [www.build.qld.gov.au](http://www.build.qld.gov.au) by going to quick links and clicking on 'Designing for Sustainable Living'.

# 2008 Diary Dates

## MAY 2008

**3-4 May**

**Spirit of Learning, Conference of the Beginning & Establishing Teachers' Association**

Brisbane Hilton

Email: [conference@beta.asn.au](mailto:conference@beta.asn.au)

Website: [www.beta.asn.au](http://www.beta.asn.au)

**24 May**

**C&K Centenary Conference**

Website: <http://www.candk.asn.au>

**29-31 May**

**Dietitians Association of Australia**

**26<sup>th</sup> National Conference**

Conrad Jupiters Gold Coast

Contact: Tour Hosts Conference & Exhibition Organisers

Tel: 02 9265 0700

Fax: 02 9267 5443

Email: [dietitians@tourhosts.com.au](mailto:dietitians@tourhosts.com.au)

Website: [www.daa.asn.au](http://www.daa.asn.au)

**31 May**

**HEIA(Q) Workshop on Wheels**

Bus trip from Brisbane to Eumundi Markets and Noosa.

Contact: Yve Rutch

Tel: 07 3353 1266

Email: [rutchy@northside.org.au](mailto:rutchy@northside.org.au)

## JUNE 2008

**23-25 June**

**Conference of the Early Childhood Teachers Association**

Brisbane Convention and Exhibition Centre, South Bank

Website: [www.ecta.org.au](http://www.ecta.org.au)

## AUGUST 2008

**10-12 August**

**ACER Conference**

**Touching the future: Building skills for life and work**

Brisbane Convention and Exhibition Centre

Contact: Conference Secretariat

Tel: 03 9277 5403

Email: [taylor@acer.edu.au](mailto:taylor@acer.edu.au)

**23 August**

**HEIA(Q) State Conference:**

**Sustainable futures and home economics: From consumer to citizen**

Brisbane Convention and Exhibition Centre, South Bank

Contact: Lyn Greenfield

Tel: 07 3272 0950

Email: [heiaqconference@echoevents.com.au](mailto:heiaqconference@echoevents.com.au)

## OCTOBER 2008

**11 October**

**Luncheon: Past and present members of HEIA(Q) Committee of Management**

## NOVEMBER 2008

**10-11 November**

**Curriculum Corporation Conference**

Melbourne

[www.curriculum.edu.au](http://www.curriculum.edu.au)

## Home Economics Exchange Teacher Required!

*Hi, this is Janice Gunn here! I am a young at heart 43-year old home economics teacher working in Ballajura Community College, Perth, Western Australia. I am looking to participate in an exchange to New South Wales, Victoria, Queensland or South Australia in January 2009 for a year.*

My school, Ballajura Community College, has approximately 1200 students from Year 7 to Year 12 (age 11-17). In the Technology/Home Economics Department I teach a variety of food, childcare and textile courses across all ages. The Home Economics Department is made up of a teacher-in-charge, three full-time staff (one of whom is me) and two home economics aides. We operate with three kitchens, one child-care room and one textile room.

I have a considerable knowledge about what teacher exchange is all about. I have completed an exchange to Perth in 2002 from Scotland, after which I went back home and then immigrated to Perth. The Australian life is for me! Since returning to Perth I have been heavily involved in the Western Australian Teachers Exchange Club and have been secretary of the club for a couple of years. I organise events to support teachers who now come on exchange from interstate, Canada and UK.

I would like to exchange houses for the year. I live in a small but comfortable unit in the northern suburbs of Perth, very near to all amenities including shops and public transport. My house is about 20 minutes drive from the school that I work in. My home has a lounge/living area, 2 bedrooms, one toilet and a kitchen and dining area. There is a small enclosed garden at the back with a patio area (easy to keep—not much gardening) and a small garden and car port at the front. It would be suitable for a couple or for three at the most.

Are you interested? Would you like some more information? Please contact Janice by email on [jgu17154@bigpond.net.au](mailto:jgu17154@bigpond.net.au) and ask as many questions as you like about taking advantage of the very best professional development available in the form of a teacher exchange! I look forward to hearing from you soon!

I have included my school website, our WA tourist information website and the site for the WA Teachers Exchange Club. I hope they help provide some further information.

[www.westernaustralia.com](http://www.westernaustralia.com)

[www.bcc.wa.edu.au](http://www.bcc.wa.edu.au)

[www.etawa.org](http://www.etawa.org)



**HEIA(Q)**

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