



foost

eat COLOURFUL

about us





Who we are...

Foost is a health and wellbeing social enterprise dedicated to creating happier, healthier families and individuals by promoting fresh, colourful eating. Foost is committed to changing people's perceptions of healthy food; and fighting health related illnesses by using a unique preventative approach.

Our Approach

The healthy living industry has been a growing trend in recent years. Education has been a common approach used by healthy eating organisations to prevent illness and obesity. Here at Foost, we use a fun, preventative approach in breaking the cycle of the growing number of illnesses and cases of childhood obesity. We believe that healthy eating should be something to be excited about, and that the whole family can enjoy together.

By sharing simple strategies, delicious recipes and fun activities, we create a healthier and more relaxed food culture in your home, school, workplace or community.

Our products and services aid in the prevention of illnesses by promoting healthy eating as a whole. Other benefits of our fun, fresh, foodie activities include:

Encouraging families to spend quality time together

Offering a range of fun, easy recipes

Entertaining children, families and adults

Bringing excitement and enthusiasm to healthy living

Encouraging an active lifestyle

Educating children about anatomy, nutrition and health-science

Educating communities about food growing and your body senses

Boosting productivity in the workplace

Personal development

Increasing self-esteem and life skills for children



Our Services

Our passion at Foost shines as we spread awareness with our fun, colourful eating mission. Every program and event creates a fun, interactive environment for all participants involved. Our qualified experts have conducted years of research and monitoring into creating activities and programs that cater for all demographics as well as entertaining participants and spread the **“Eat Colourful”** message.

Founded by Kate Wengier, mother of four and dietitian with over 10 years experience in the health sector, our programs have been tailored to have a hands-on approach in catering for, and understanding, both children’s and families’ needs. The services we offer include:



Kids’ cooking classes



Smoothie bikes



Adult and parents’ cooking classes



Interactive demonstrations and seminars



Corporate wellness programs



Community events and activities



School incursions and holiday programs



Professional development for early educators

Events

Our passion and expertise in creating these programs has led us to feature at major events at a range of venues across Australia. Our events team strives to meet the needs of our clients and go above and beyond in providing all the benefits our programs and services have to offer.





Shopping Centres

Foost has held events in a range of major and local shopping centres across the nation. We have been successful in providing quality entertainment for shoppers with:

- School holiday programs
- Centre promotion
- Interactive demonstrations
- In-centre shop promotion
- Weekly in-centre cooking classes

When we work with our clients, we go above and beyond the standard entertainment service. Recipes change daily, use seasonal ingredients and can be themed to events either local or national (fresh food week, Chinese New Year, Easter etc).

Be it holding a Foost Cooking Class as fun way to entertain kids on the school holidays or having some Make-Your-Own Smoothie Bikes to engage shoppers, Foost will provide hands-on entertainment, whilst also spreading awareness about health and wellness for the whole family.

Some of Foost's clients include:





Community Events and Festivals

Foost has been featured in a variety of local community events and major festivals. Our unique ability to create a sense of community spirit, spread awareness of health and well-being and provide family entertainment has gained much popularity in our ten years experience.

Foost has adapted programs to promote and raise awareness through:



Colourful, adventurous eating



Engaging communities



Public holiday and school holiday themed events



Multiculturalism



Quality family time

Events and festivals Foost has been a part of include:

- Moomba Festival
- Ballarat Begonia Festival
- Royal Melbourne Show
- Taste of Tasmania
- Gold Coast Australia Day Festival

Corporate Wellness Programs

Here at Foost, our qualified dietitians and personal development experts have developed health and wellness programs targeted to help people in the workplace. We offer a unique, interactive way of engaging workers in our wellness programs, that both educates workers and creates a fun, buzzing atmosphere that everyone will enjoy.

Our workplace wellness programs promote the following:

- Increased productivity in the workplace
- Work life balance
- Healthy eating habits
- Lunchbox sessions
- Quick, easy dinners
- Cooking/nutrition
- Professional development

Some of our Corporate Wellness Program partners include:

- BDO Australia
- Melbourne Airport
- Hewlett Packard
- SunCorp
- City of Melbourne
- AGL





Our Provisions

Foost uses only the highest quality products and ingredients that are local and fresh. We also ensure that our team understands all health and safety procedures when it comes to workplace health and safety and food handling.

Foost on site staff are required to have the following:

- First aid kit
- Hair must be neat with long hair tied back
- Well presented wearing the Foost uniform (including apron and hat)
- Closed-toed footwear
- Hand sanitiser
- Disposable gloves
- Sanitising wipes

Foost works in the best interest of participants to prevent injury. We have specially designed kitchenware that do not break and we provide our patented Foost Knives, which are designed so that children as young as 2-years-old can cut ingredients safely.

And Finally...

We look forward to working with you to support your community to be healthier and happier.

Foost.com.au full of recipes and simple blogs to further support people and families on their journey to more mindful and colourful eating.



eat **COLOURFUL**

Contact us to discuss your business needs
1300 611 941 or hello@foost.com.au

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