



EON Aboriginal
Foundation

March 2025

INSIGHTS



What does Food Security mean to you?

It's more than just filling our plates – it's about paving the way for a healthier future. Imagine a world where nutritious options are within reach of everyone. For 20 years, EON Aboriginal Foundation has championed this vision. Our mission has always

been clear – to enhance health outcomes for Aboriginal children and their families by promoting better nutrition and addressing food insecurity. EON is uniquely placed in this space as our programs link four pillars of food security: availability, access, utilisation and stability.

Our hands-on approach actively engages children and families in the growing, choosing and using of nutritious food, developing an understanding of healthy eating and nutrition which they can apply in their daily lives.

As we look ahead, EON is excited to play a pivotal role in rolling out the National Strategy for Food Security in Remote First Nations Communities. This strategy isn't just a policy – it's a vital step towards Closing the Gap and ensuring that every family has access to the food they need to thrive.

*Food security is when the food of our ancestors is protected and always there for us and our children. It is when we can easily access and afford the right non-traditional food for a collective healthy and active life. When we are food secure, we can provide, share and fulfil our responsibilities, we can choose good food knowing how to make choices and how to prepare and use it.**

Read EON's submission: Inquiry into Energy, Water & Food Security

MEET THE GARDENERS

preserving with purpose

Transforming their garden produce into delicious preserves is helping to support remote communities in more ways than one, writes **SALLY FELDMAN**

It's a common counsel for gardeners: pick, cook and preserve. The vegetables and herbs in your garden are at their peak, so it's time to put them in a jar to preserve for later. For the EON gardeners, however, the produce is not just for their own use. It's for their community. The EON gardeners are growing and preserving their own produce to support their community. The EON gardeners are growing and preserving their own produce to support their community. The EON gardeners are growing and preserving their own produce to support their community.

Communities EON gardeners are growing and preserving their own produce to support their community. The EON gardeners are growing and preserving their own produce to support their community. The EON gardeners are growing and preserving their own produce to support their community.

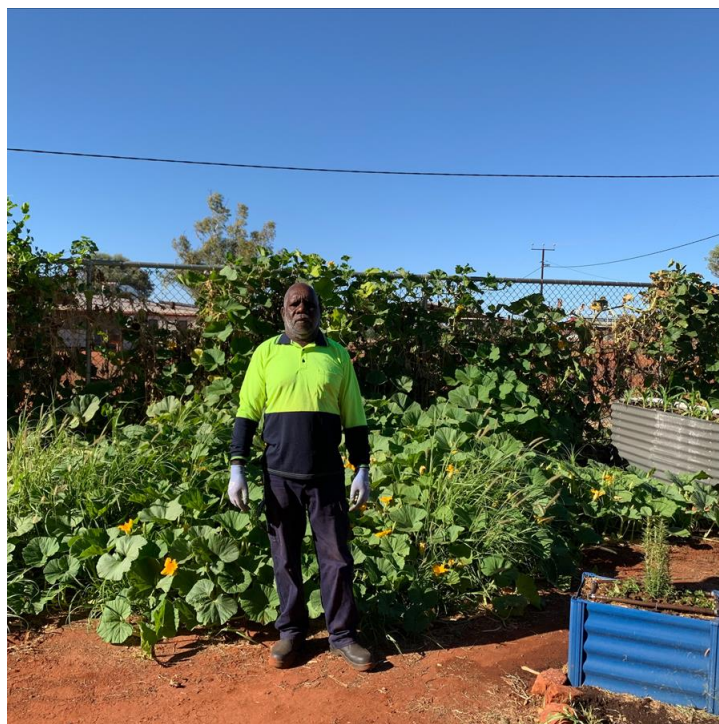
70 FEBRUARY 2018 GARDENING AUSTRALIA

Preserving with Purpose

We were overjoyed to see our story featured in the vibrant 4-page spread of February's edition of ABC Gardening Australia Magazine! In an engaging interview with journalist Sally Feldman, our NT Operations Manager, Donna, reveals how remote communities in the Big Rivers region are harnessing their horticultural and nutrition expertise developed through EON's intensive 5-year program.

One innovative approach sees community members building skills in utilising excess garden produce – from preserving and drying, to crafting chutneys and sauces from surplus fruits and vegetables harvested from their community gardens and orchards. This not only bolsters food security but has also inspired senior students at local schools to launch micro-enterprises centered around preserved produce.

Integrating traditional wisdom, local experts are infusing bush tucker into modern recipes. Take, for example, their much-loved pesto, which features boab leaves –rich in iron – and native plums, known for their high vitamin C content. It's always a crowd favorite!



Cultivating Community

Meet Nolan, our dedicated Community Assistant at Ampilatwatja, in the heart of Central Australia.

Nolan, born in Ali Curung, has returned to his mother's country in Ampilatwatja, where he lives with his father, brother, and sisters. Located roughly 325 km northeast of Alice Springs, this remote community is accessible via the rugged Sandover Highway – a 4-hour journey on a road that, when in good condition, opens up a world of quiet, untamed beauty.

A family man with five children of his own, Nolan finds joy in both his work and his free time. When he isn't busy in the garden nurturing fresh produce or teaching local kids about healthy living, he's out in the bush on a hunting adventure with his cousin and brother.

"We hunt for kangaroo, turkey, goanna, and porcupine. Porcupine is my favourite. Before dawn, we follow the tracks in near silence, and when we spot one, we carefully spear it. After removing the spikes, we build a fire in the ground to cook it. The meat is incredibly tasty—either enjoyed plain or mixed with veggies for extra flavour", Nolan shares with a smile.

In his role with EON, Nolan is passionate about cultivating a deeper connection between his community and the land.

I love being in the garden here, learning and teaching kids healthy ways and helping them to understand what we are doing and why we need to care for ourselves and the garden," he explains.

His curiosity drives him to learn about water and irrigation systems, while his hands-on approach to removing buffalo grass not only clears space but also encourages the return of bush medicine. Nolan's dream is to plant more trees for shade, creating a welcoming space where everyone can come together and enjoy the beauty of Ampilatwatja.



Big smiles for Telethon at Rangeway

We are incredibly grateful to be named a Channel 7 Telethon Trust (Telethon) funding recipient for 2025! With this support we can continue to deliver our highly successful Thriving Communities Program to the children and families of the Rangeway community in the Mid West of WA.

In 2024 Telethon funding was instrumental in allowing us to partner with the Rangeway school and community to commence our five-year program. And what a start it was! In a very short space of time an area of dirt and couch-grass was transformed into a lush, productive edible garden consisting of raised, non-dig and wicking beds; dotted throughout with fruit trees, and productive vines growing on fence spaces. This garden is the cornerstone for delivering a variety of activities aimed at improving health, nutrition, and gardening skills.

To have Telethon's generosity extended to supporting a second year of program delivery will help us build on a very successful first year, contributing to the overall health and wellbeing of the children.

Thank you so much Telethon, we are honored to be part of the Telethon family, *building a better and brighter future for WA children.*

“

"Walking into the school getting my name screamed hysterically and receiving 100 hugs was the best feeling ever."

EON Project Manager arriving for the start of the 2025 school year.



You too can help us grow!

Thank you so much to all our generous donors who make our work possible.

[Make a donation](#)