



Healthy Mind Menu Operational Report

 healthymindmenu.au

 Back of House, Front of Mind Podcast

 @healthymindmenu



Overview

March has been a highly active month for Healthy Mind Menu, with strong engagement across events, partnerships, and resource distribution. Key highlights include exposure through Melbourne industry events such as MICE (Melbourne International Coffee Expo), successful grant outcomes for regional roadshows, and continued progress toward our membership and digital platform rollout.



Service Delivery & Reach

- 56 Starter Packs distributed
- 25 Employer Toolkit downloads

You can download the toolkit and get your starter pack on our employer resources webpage: <https://healthymindmenu.org.au/healthy-mind-menu-employer-resources/>



Events & Speaking Engagements

2 International Women's Day speaking opportunities

- Novotel Langley - Special thanks to Jai McNaughton
- The Ritz-Carlton

These engagements provided valuable opportunities to raise awareness of mental health in hospitality and strengthen industry relationships.

Grants & Funding

- 2 grants approved to support the Albany and Busselton Regional Roadshows
- We are currently exploring new funding opportunities, stay tuned!

Programs & Workshops

- We have several Mental Health and Wellbeing workshops coming up - get in touch to explore options for your team or venue.
- We will be rolling out our Regional Roadshow in the coming months so watch this space!





Partnerships & Industry Engagement

Healthy Mind Menu is now active within the Food Peep app, supporting a dedicated mental health community.

Food peeps is an authentic place where you can exchange experiences and knowledge with fellow foodies, and feel a true sense of belonging.

You can join their community here:
<https://foodpeeps.com.au/>



Membership Launch Event

Join us for our official Healthy Mind Menu Membership Launch, a free morning tea event on 18 May bringing together hospitality leaders to explore practical ways to build mentally healthy workplaces and introduce our new membership and accreditation pathway.

RSVP to our membership launch here:
<https://events.humanitix.com/healthymindmenumembershiplaunch>





SAVE THE DATE!

Annual Fundraising Dinner

Save the date for our annual Plating for a Purpose Fundraising Dinner 26th October, an unforgettable evening bringing together chefs, industry leaders and supporters to raise vital funds for mental health in hospitality.

Podcast

We have been busy recording and releasing new podcast episodes with Chris Harrison, the GM of Crown Towers and Amanda Muir, the CEO Alike WA - the peak body for Peer Support Groups.

You can listen to all our podcast episodes on Spotify.





Contact

Website

healthymindmenu.org.au

Podcast

Back of House, Front of Mind

Instagram

@healthymindmenu

Email

coordinator@healthymindmenu.org.au