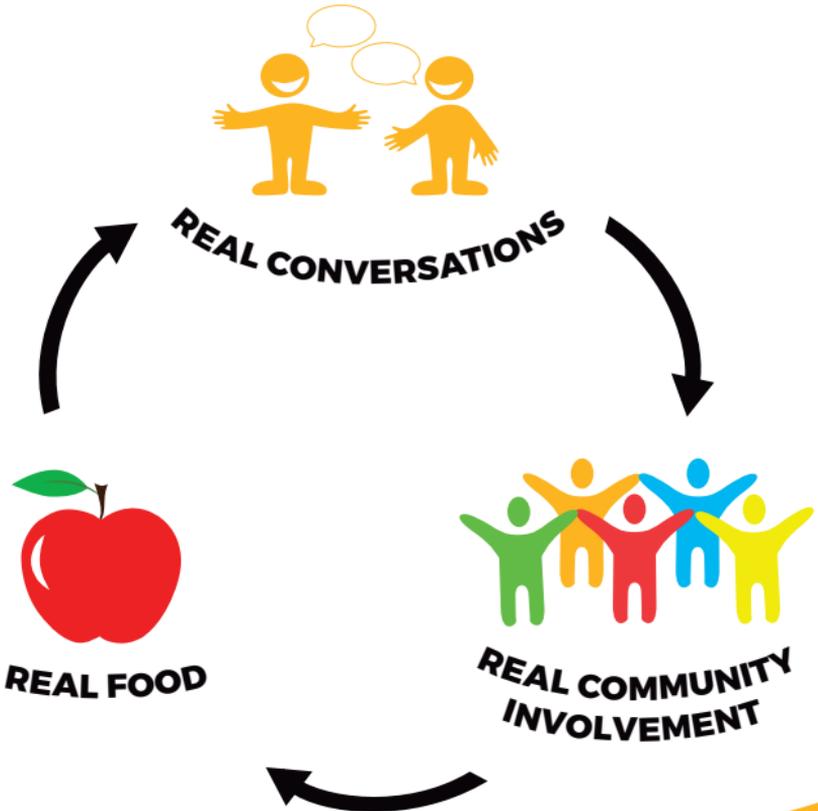




STEP^{mci}

minds | lives | community



REAL CONVERSATIONS

One Step Leads To Another

We at STEP believe in linking together the message of REAL FOOD and the message of positive REAL CONVERSATIONS for children to encourage healthier happier minds and allow them to flourish.

REAL COMMUNITY INVOLVEMENT

We at STEP believe that in this fast moving and high pressure society we need to ensure that whilst enjoying the advancements that technology has given us we don't lose sight of what it is to be human and what it takes to be a REAL COMMUNITY.

REAL FOOD

Every Journey Starts with a Step.

One of the key ingredients to a Healthier Community is good nutrition and good nutrition comes from REAL FOOD and real food can be as easy, inexpensive and can give us many more benefits than highly processed and artificial replacements.

At Step we believe the celebration of REAL FOOD cannot be underestimated. Good Food fuels the minds, body and souls and brings people together.

Step Up and Join us in our Quest

Step 1.

Every journey starts with a single STEP, then a journey to a healthier and happier tomorrow for our children. The biggest killers in Australians today are from diet related disease!

Over a generation "Our Generation" the world has given us more technological advances in a generation than has gone before in all generations combined but has also given us more health issues than ever before. So How does such advancement and so much affluence result in an unhealthier community.

One of the great conundrums in this puzzle is how with all the access we have to the best quality produce, do we have children getting less nutrition in their diets than every before.



Step 2.



The benefits of good nutrition pay many benefits to a community apart from the obvious physical benefits, they also include psychological as social benefits and linking those STEPS are what we are all about. There has been many studies on the negative impacts of people's behaviour and how these physical and psychological impacts can lead to long term damage, but what about the social impacts. Every Step taken leads us closer to providing better pathways to positive physical and mental health

Step 3.

At STEP we know we cannot take this journey alone. We require our community to take the STEP's with us, because if we all want to create a community that truly embraces those qualities that make for a brighter future then we need to do it together.

Our community is engaging, our numbers are increasing, we are having real conversations, please join us in our quest to make a difference.

