



## FIRST FOODS LAUNCHES REVOLUTIONARY POSTPARTUM MEAL SUPPORT FOR NEW MOTHERS

**Wynyard, TAS:** First Foods is proud to invite you to their launch event at Watershed Wynyard at 3pm on Friday 4th April.

First Foods is proud to announce the launch of its groundbreaking postpartum meal delivery service, providing new mothers with nutritious, healing meals during one of life's most transformative periods.

First Foods delivers carefully curated boxes of ready-made meals and snacks specifically designed to support maternal recovery after childbirth. Each meal is nutritionally balanced, easy to digest, and formulated to aid the physical healing process that follows delivery.

***"It is globally acknowledged that for a mother, the first 40 days after birth determine her health for the next 40 years,"*** says Isabel Sykes, Founder of First Foods. "This makes it critically important that as a community, we provide proper care for new mothers during this vulnerable time."

The concept for First Foods emerged from a collaborative summit held in October 2024, which brought together 20 perinatal specialists from across Australia. This gathering identified significant gaps in postpartum healthcare and community support, resulting in the blueprint for the First Foods program.

Sykes explains that First Foods addresses a fundamental disconnect in modern society: "There's an expectation for new mothers to 'find their village,' but few tools exist within our social framework to make this possible. Where is this magic village? At the park? At a playgroup? And importantly, there's no expectation on the village to find the mothers!"





First Foods operates on a simple but powerful philosophy: rather than expecting new mothers to reach out, the community should be reaching in. The service provides not just nutrition, but a tangible example of how communities can participate in maternal care.

“What gives me hope is that across income brackets, post-codes, and age groups, our community genuinely cares about new mothers,” Sykes notes. “Given the tools and permission, people will absolutely participate in caring for our new moms.”

The initiative aims to help prevent perinatal mental health conditions by addressing key factors that contribute to maternal wellbeing: proper nutrition, community connection, story sharing, and practical support with domestic responsibilities.

### Launch Event

The community is warmly invited to attend the official launch of First Foods:

**Date:** Friday, April 11, 2025

**Time:** 3:00 PM - 4:00 PM

**Location:** The Watershed, 2A Old Bass Highway, Wynyard

The event will feature a presentation from First Foods founder Isabel Sykes, along with special guests acclaimed author Jodi Wilson and the Honourable Ruth Forrest. Afternoon tea will be provided.

**Everyone in the community is welcome to attend.**

**To RSVP for this event, please visit:** <https://events.humanitix.com/first-foods-launch>

First Foods’ mission is elegantly summarized in their tagline: ***“When everyone wants to hold the baby, First Foods will hold the mother.”***

View the video here: <https://vimeo.com/1040976405/084b9ac916?share=copy>  
For more information about First Foods, [visit https://firstfoodspostpartum.com/](https://firstfoodspostpartum.com/)

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