



CHANGE UP THE MENU IN OSHC

- **Make breakfast a healthy start to the day**



WHY CHANGE UP THE MENU?

A great education starts with kids having the energy and focus to learn at school. Boosting healthy and delicious food and drinks options at school can improve kids' concentration, mood, memory, learning, academic performance and mental wellbeing and give them the fuel they need to thrive. Providing healthier food and drinks and reducing the availability of unhealthy alternatives can also help meet the recommendations in the Victorian **Food and drink guidelines for outside school hours care** (OSHC). We need to surround our kids with delicious, healthy food and drinks, wherever they spend their time. It's time to switch up the snacks so let's get started today!

Making changes to your OSHC food service might seem overwhelming but there are small changes you can do to get started. You can 'Change up the menu' with the following 'bite' sized actions:

- **Make breakfast a healthy start to the day** – at least 1 wholegrain/wholemeal option is available every day (e.g. wholemeal or wholegrain bread, wheat biscuits, whole oats, shredded wheat, sultana bran) and all cereals are low in added sugars (e.g. wheat biscuits, whole oats, cornflakes, rice bubbles, sultana bran).
- **Daily afternoon tea is the time for fruit and vegetables to shine** – fruit and vegetables are on the menu for afternoon tea every day.
- **Provide milk and alternatives for breakfast and afternoon tea** – milk, yoghurt, cheese and alternatives (mostly reduced fat) are on the menu for both breakfast and afternoon tea every day (e.g. reduced fat milk, cheese, yoghurt, calcium fortified alternatives).

The process is the same for each of the bites. You can try one 'bite' at a time or do them all at once. It's up to you. Whichever approach you take, this guide will support you through each step of the way.

MAKE BREAKFAST A HEALTHY START TO THE DAY – WHAT'S INVOLVED?

This bite is about providing at least one wholegrain/wholemeal option every day and cereals low in added sugars. Wholegrain and wholemeal breakfast options include:

- wholemeal or multigrain bread, wraps, crumpets or English muffins
- cereals such as wheat biscuits, shredded wheat, oats, bran, untoasted muesli
- congee with meat or chicken and vegetables (with brown rice)
- baked goods that use wholemeal flour (at least 50% of the flour used in the recipe).

A breakfast cereal is considered low in added sugar if it contains:

- less than 15g sugar per 100g if dried fruit is not an ingredient OR
- less than 25g sugar per 100g if dried fruit is an ingredient.



To make breakfast a healthy start to the day, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!



STEP ONE: REVIEW

Start by reviewing the breakfast items currently available at the OSHC.

This will help identify what needs to be replaced.

Count the number of breakfast options currently provided each day on the OSHC service menu that are considered wholegrain/wholemeal. Make a note if you currently provide any cereals that are not low in added sugar.

Does the menu have at least one wholegrain/wholemeal option available each day and only cereals low in added sugar? If not, move to the next step to work towards meeting this small bite.

TIP!

While working on this bite, consider looking at the drinks that are served at breakfast to help you achieve **Refresh the fridge bite** and **Provide milk and alternatives for breakfast and afternoon tea bite**.





STEP TWO: PLAN

The next step involves planning how you will improve the breakfast items on the OSHC service menu.

There are plenty of ways that you can add more wholegrain and/or wholemeal options to the service menu such as the examples in the table below.

Swap this	For this
High sugar and non-wholegrain options such as cocoa puffs	<ul style="list-style-type: none"> Oat porridge served with yoghurt and stewed or fresh fruit Wholegrain, low-sugar breakfast cereals such as untoasted muesli, wheat biscuits, and bran with dried fruit
White bread toast with spreads	Wholemeal or multigrain toast/muffins/crumpets with: <ul style="list-style-type: none"> baked beans sliced reduced fat cheese mashed avocado or banana and cinnamon hummus, beetroot dip, tzatziki, tahini or a nut butter such as peanut butter (if allergy policy allows) Nuttelex or margarine Greek yoghurt and sliced fruit
Baked goods made with white flour only	Baked goods with at least 50% wholemeal flour such as <ul style="list-style-type: none"> fruity crumble made with wholemeal flour and oats and fresh or canned fruit pancakes/pikelets served with fruit and yoghurt
White wraps filled with meat or egg, cheese and vegetables	Wholemeal/wholegrain wraps filled with meat or egg, cheese and vegetables

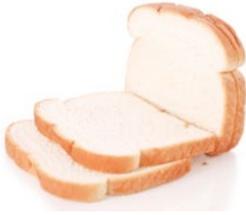
If the OSHC service menu currently provides cereals that are not low in sugar replace them with low sugar alternatives (see example above).

For more great healthy breakfast ideas for the OSHC service menu go to [Breakfast ideas for outside school hours care | Healthy Eating Advisory Service](#).





SWAP TO



Find out where your OSHC purchases its food and drinks. It could be the OSHC head office, local distributor, wholesaler or a local supermarket. If it is the head office, local distributor or wholesaler contact them to discuss and determine healthier options the OSHC can purchase.

- If the service gets food supplied from head office, and there is a contract or agreement in place with a supplier, discuss with the supplier what flexibility there is and how healthier options could be included in the existing contract.
- If the contract is set, you might need to wait to influence the contract when it comes time for renewal. Or consider using a different supplier that can offer the healthier options you want.
- If the service purchases food from a supermarket, look at the other food options available and determine the healthier breakfast options the service can order instead.

PREPARING FOR CHANGE

Look for ways to engage the OSHC community in making changes. Take opportunities to talk to families, staff, children and volunteers to get a sense of the 'appetite' for change and the best way to introduce changes. You can make changes all at once or use a gradual approach.

All at once involves making the changes overnight or all in one go. An ideal time to do this is at the beginning of a new menu cycle or term, however it can be done at any time. This is a quick way to drastically improve the healthiness of the menu and works best if there are only a few cereal or breakfast options to adjust.

A gradual approach involves making changes gradually over time. This option gives children more time to get used to the changes and an opportunity to try alternative breakfast options before a cereal or breakfast item is removed. It is often the more readily accepted option if you need to make lots of changes to the menu. There are two ways you could take a gradual approach:

- Replace the least popular breakfast item first, then work on replacing the most popular options second.
- If the service still has sugary cereals in stock, do not order any more, and only offer them alongside healthier alternatives until they are used up.





STEP THREE: ACT

Now you've done all the groundwork, it's time to put it into action.

Here's a great example of providing wholemeal or wholegrain options and low sugar cereals at breakfast every day.

Sample menu 1 (with limited cooking facilities)						
WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST	Food	<p>Children may select from the following options:</p> <p>Choice of cereals: Weetbix, porridge, muesli (untoasted/natural), high fibre cereal flakes Served with reduced fat milk</p> <p>AND</p> <p>Selection of: Wholemeal/wholegrain toast and/or wholemeal/wholegrain English muffins and/or wholemeal crumpets and/or raisin/fruit bread with small amounts of assorted spreads (e.g. margarine, ricotta cheese, natural peanut butter, and fruit)</p> <p>AND</p> <p>Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes) or canned fruit in natural juice Served with reduced fat yoghurt</p>				
	Drink	Reduced fat plain milk and water				

Sample menu 2 (with cooking facilities)						
WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST	Food	<p>Children may select from the following options:</p> <p>Choice of cereals: Weetbix, porridge, muesli (untoasted/natural), high fibre cereal flakes, congee Served with reduced fat milk</p> <p>AND</p> <p>Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes)</p> <p>AND</p>				
		Banana pikelets/ pancakes with reduced fat yoghurt	Toasted cheese and tomato sandwiches with wholegrain bread	Cooked tomato and mushrooms with wholegrain toast	Scrambled eggs on wholegrain toast	Jaffles (wholegrain bread) with baked beans
	Drink	Reduced fat plain milk and water				

For more great breakfast ideas for the OSHC menu go to [Breakfast ideas for outside school hours care | Healthy Eating Advisory Service](#)



SUPPORTING SUCCESS

Consider how you will communicate the changes you make to the breakfast items on the menu with the children and families who use your service, and how you will reinforce messages about healthy eating through planned curriculum activities.

Consider areas of marketing and fundraising that currently promote confectionary in the OSHC service that you can also improve, to ensure these changes have a greater impact.

Remember, this is just one of the 'bites' you can do to change up the menu. To make these changes have a greater impact, check out ['Daily afternoon tea is the time for fruit and vegetables to shine'](#) and ['Provide milk alternatives for breakfast and afternoon tea'](#).





CELEBRATE

Great job! You've finished the 'Make breakfast a healthy start to the day' bite for Vic Kids Eat Well. Make sure to share the good news with the OSHC community and communicate how you will continue your great work in the other action areas of Vic Kids Eat Well.

FOR FURTHER HELP

Vic Kids Eat Well tech team

For advice or assistance regarding program support and delivery, setting engagement and website database issues

- 1300 185 725
- vickidseatwell@cancervic.org.au

Your local Health Promotion Officer

For on the ground support

Full name: _____

Job title: _____

Organisation: _____

Contact no. _____

Email: _____



If you are having trouble accessing this document, please email vickidseatwell@cancervic.org.au or call **1300 185 725**

Vic Kids Eat Well is supported by the Victorian Government, and is delivered by Cancer Council Victoria's Achievement Program, in partnership with National Nutrition Foundation's Healthy Eating Advisory Service

