

SWITCH UP THE SNACKS IN OSHC

- **Kick the confectionary**



WHY SWITCH UP THE SNACKS?

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 'Switch up the snacks' with the following smaller 'bite' sized actions:

- **Kick the confectionary** – remove all confectionary (including individual items, baked goods and choc-coated ice creams) from menu and replace with healthier foods, and do not include as a reward.
- **Offer healthier snacks for afternoon tea** – remove all unhealthy afternoon tea items (e.g. high fat/high salt crackers, jelly, cream, unhealthy baked goods) on the menu, replace with healthier snacks such as fresh fruit, vegetable platters, plain wholegrain crackers, reduced fat cheese.
- **Make healthy food and drinks the stars of the curriculum** – use healthy food and drinks for activities included in the daily/weekly curriculum (e.g. cooking activities).

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.

KICK THE CONFECTIONARY – WHAT'S INVOLVED?

The 'Kick the confectionary' bite is about removing all confectionary. This includes:

- chocolate and chocolate bars, including those made with cacao nibs
- lollies, such as gummies, snakes, marshmallows, hard candy, jellybeans and lollipops
- jelly, with added sugar
- chocolate-coated products (including nuts, ice creams, snack bars, etc.)

To **kick the confectionary**, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!



STEP ONE: REVIEW

Start by reviewing the confectionary available in your OSHC food service and vending machine if you have one.

Consider all the confectionary items available at your service including those used outside of mealtimes as rewards.



STEP TWO: PLAN

The next step involves planning how you will make the changes.

You may choose to simply remove the confectionary – or you may want to replace with healthier options. Replacing with healthier options will help you achieve two bites at once (see bite ‘Offer healthier snacks for afternoon tea’).

Instead of using confectionary as a reward in your service, consider non-food alternatives including:

- be ‘student of the day’
- trinkets
- bookmarks
- stickers
- pencils, pens and markers
- items for active play, such as bouncing balls, hula hoops or frisbee.

For more information go to
[Food rewards in the classroom | Healthy Eating Advisory Service](#)



PREPARING FOR CHANGE

Look for ways to engage your OSCHC 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 school year or term. This is the quickest approach and usually works best if you are only introducing a few changes and when you know there is good support for change.

A gradual approach gives children more time to get used to the changes. It is often the more readily accepted option if you need to make lots of changes. There are two ways you could take a gradual approach:

1. Remove the least popular confectionary items first, then work on removing the most popular second.
2. If your service has confectionary 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.

Think about the ways you can promote your new healthy options through the way they are placed, priced and promoted. You are more likely to have success by:

- **placing healthier snack options at eye level** on the counters
- **promoting the environmental benefits** of less-packaged confectionary items
- **promoting the benefits of removing confectionary through newsletters** and other regular communication channels
- **getting children involved in promoting the changes** by designing posters, menus, competitions and labelling



SUPPORTING SUCCESS

Consider how you will communicate the changes you make to the snacks 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. Check out **‘Offer healthier pies and pastries’** and **‘Make healthy food and drinks the stars of the curriculum’**.





CELEBRATE

Great job! You've finished the 'Kick the confectionary' 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 Nutrition Australia's Healthy Eating Advisory Service



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