



# CHANGE UP THE MENU IN OSHC

- **Daily afternoon tea is the time for fruit and vegetables to shine**



## 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.

## DAILY AFTERNOON TEA IS THE TIME FOR FRUIT AND VEGETABLES TO SHINE – WHAT'S INVOLVED?

This bite is about including fruit and vegetables on the menu for afternoon tea every day.

Examples of fruit and vegetables that might currently be on the OSHC service menu could include:

- seasonal fruit and vegetable platters
- canned fruit in juice (e.g. canned peaches or pears)
- vegetable sticks with dip
- muffins with fruit or vegetable ingredients (e.g. apple and cinnamon muffins, spinach and cheese muffins)
- sandwiches, wraps or rolls with salad or vegetable ingredients.

To make **daily afternoon tea the time for fruit and vegetables to shine**, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!



## STEP ONE: REVIEW

Start by reviewing the fruit and vegetable options currently available at the OSHC service at afternoon tea and identify if these are available every day.

Do not count garnishes or condiments as a vegetable (e.g. parsley on top of nachos, tomato sauce on oven baked potato, or sauce on a pizza base with no other vegetables included).

Does the menu have at least one fruit and one vegetable option available at afternoon tea each day? If not, move to the next step to work towards meeting this small bite.



## STEP TWO: PLAN

The next step involves planning how you will include fruit and vegetable options on the OSHC service menu at afternoon tea every day.

There are plenty of ways that you can add fruit and vegetables to afternoon tea.

Tips for adding fruit to the OSHC service afternoon tea menu include:

- fruit smoothies: mix fresh or frozen fruit in a blender with milk and yoghurt. You can use any fresh seasonal fruit or leftover fruit from the fridge or freezer
- dried fruity bags: mix dried fruit in colourful bags, add cherry tomatoes and chopped cheese slices (note: dried fruit should not be provided every day as it leaves a sticky residue on teeth and can contribute to tooth decay)
- traffic lights: thread kiwifruit, watermelon and pineapple pieces onto icy pole sticks to make colourful patterns. Freeze these for an icy treat on hot days
- fruit muffins or bread, such as banana bread, apple and carrot muffins or berry muffins that are low in sugar and fat. Refer to the [Healthy Eating Advisory Service](#) website for recipes
- fruity crumble: use your choice of fruit to make a healthy crumble
- stewed fruit: try apples, peaches, pears and apricots served with custard or yoghurt.



Tips for adding vegetables to the OSHC service afternoon tea menu include:

- vegetable slice, scones or savoury muffins, such as pumpkin or carrot muffins, zucchini slice or vegetable frittata
- homemade soup (serve small portions in cups): for fun, try 'Pumped up pumpkin' or 'Shrek soup' (broccoli and cannellini bean soup)
- corn on the cob: simply steam or microwave and serve
- vegetable dips: such as creamy corn and tuna, chickpea and beetroot, sweet potato and salmon, tzatziki, or hummus
- baked beans on toast
- baked potatoes with veggie fillings, such as baked beans, corn, capsicum, coleslaw, topped with grated cheese or plain yoghurt.

### TIP!

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



To try out healthy recipes visit [Healthy recipes for early childhood services | Healthy Eating Advisory Service.](#)

## 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 menu items 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 menu items before an item is removed. It is often the more readily accepted option if you need to make lots of changes to the menu.





## 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 fruit and vegetables at afternoon tea every day.

Sample menu 1 (with limited cooking facilities)						
WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
AFTERNOON TEA	Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes)					
	Food	Wholegrain crackers, reduced fat cheese, hummus dip, carrot, cucumber, celery sticks	Reduced fat yoghurt and muesli (untoasted/natural)	Raisin bread and margarine	Reduced fat cheese, ham or tuna and tomato sandwiches made with wholegrain bread	Reduced fat custard or yoghurt Canned fruit in natural juice
	Drink	Water	Water	Reduced fat plain milk Water	Water	Water

Note: water is also freely available throughout the morning and afternoon sessions

Sample menu 2 (with cooking facilities)						
WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
AFTERNOON TEA	Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes)					
	Food	Wholegrain crackers, reduced fat cheese, hummus dip, carrot, cucumber, celery sticks	Fried rice (brown rice, carrot, capsicum, spring onion, peas, corn, egg)	Mixed sandwiches on wholegrain bread (egg and lettuce, tuna and tomato, chicken and salad)	Mini pizza faces (wholemeal English muffins, tomato paste, tomato slices, capsicum strips, mushrooms, pineapple and cheese)	Carrot muffins with a dollop of reduced fat yoghurt
	Drink	Water	Reduced fat plain milk Water	Fruit smoothie (use any leftover fruit e.g. bananas) made with reduced fat milk	Water	Water

Note: water is also freely available throughout the morning and afternoon sessions

For more great fruit and vegetable snack and recipe ideas for the OSHC menu go to

[Food and drink ideas for early childhood services | Healthy Eating Advisory Service](#)

[Healthy recipes for early childhood services | Healthy Eating Advisory Service](#)



## SUPPORTING SUCCESS

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

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 ['Make breakfast a healthy start to the day'](#) and ['Provide milk alternatives for breakfast and afternoon tea'](#).





## CELEBRATE

Great job! You've finished the 'Daily afternoon tea is the time for fruit and vegetables to shine' 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](mailto: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](mailto: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*

