



# SWITCH UP THE SNACKS IN OSHC



- **Make healthy food and drinks the stars of the curriculum**

## 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 chocolate-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.

## MAKE HEALTHY FOOD AND DRINKS THE STARS OF THE CURRICULUM – WHAT'S INVOLVED?

This bite involves using healthy food and drinks for activities in the daily or weekly curriculum. There are many opportunities to involve food in your activities, and these experiences help grow children's knowledge, skills and confidence with food.

To **make healthy food and drinks the stars of the curriculum**, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!



## STEP ONE: REVIEW

Start by identifying the food-related activities currently being run at the OSHC service.

Food-related activities could include:

- cooking activities
- scientific experiments with foods and drinks
- play equipment that features food and drinks and food-related toys
- books and videos that feature food and drinks
- posters or information flyers that feature food and drinks.

Unhealthy food and drink-based activities often centre around cooking activities that feature confectionary or discretionary foods, such as baking chocolate cake or making rocky road.

**Note:** Discretionary foods refer to confectionary, sugary drinks, ice cream, some processed meats, deep fried foods, pastry-based foods, baked goods or snack food items high in added fats, salt and/or sugar. For example, packaged chips, lollies, meat pies, sausages, chocolate cake or cordial.

Confectionary includes:

- chocolate, including milk, dark and white chocolate, as well as cacao nibs (note: cocoa powder is not considered confectionary)
- lollies, such as gummies, jelly lollies, marshmallows, caramel, and lollipops
- fudge or honeycomb





## STEP TWO: PLAN

You now need to plan how you will replace the unhealthy food and drink curriculum activities in the OSHC service with healthier options.

There are plenty of healthy food and drinks-based activities you can include in the service's daily or weekly curriculum. Healthier food and drink-based activities include:

- fun fruit and vegetable guessing games: focus on seasonality and if you're in a regional area consider taking an industry focus (e.g. stone fruit from Shepparton)
- create a fruit and vegetable person or artwork
- have theme tasting days
- get in the garden and plant together, create a small veggie or herb patch (or pots if you are short on space): ask the kids to help plan what they would like to see in the garden
- learn about food from different cultures
- cooking activities that focus on healthy foods and drinks such as making rainbow veggie pizzas or colourful fruit kebabs: ask for kids' input ahead of cooking and use it as an opportunity for kids to promote to their parents and family by taking food home to share
- get books and posters that feature healthy foods
- ask kids to cater to the OSHC end of year party.

For more healthy activity ideas refer to [Healthy curriculum activities | Healthy eating advisory service](#)

## PREPARING FOR CHANGE

Look for ways to engage your 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 food-related activities and works best if you have unhealthy food-related activities to remove.

**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 healthier food-related activities before the unhealthy food activity is removed. It is often the more readily accepted option if you need to make lots of changes to food-related activities.





## STEP THREE: ACT

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

There are a number of ways you can plan to make the changes last:

- Consider how you can include some wording in the service's current policies and procedures about using healthy food and drinks in curriculum activities.
- Communicate the new expectations to all staff, include relevant information in induction processes and processes for purchasing new learning materials or equipment as required.
- For more on developing a policy that covers healthy eating at the OSHC service refer to the [Healthy eating and oral health policy checklist](#).



## SUPPORTING SUCCESS

Consider how you will communicate the changes you make to the curriculum now you are reinforcing these messages with changes to the menu.

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 the ['Kick the confectionary'](#) and ['Offer healthier snacks'](#) bite.







## CELEBRATE

Great job! You've finished the 'Make food and drinks the stars of the curriculum' bite for Vic Kids Eat Well. Make sure to share the good news with the OSHC community and plan 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*

