



PUT THE FUN INTO FUNDRAISING IN OSHC



- **Provide healthy food and drinks at most events and outings**

WHY PUT THE FUN IN FUNDRAISING?

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. This also means surrounding them with consistent messages about healthy eating across all areas of your OSHC, including healthy fundraising and events. 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 'Put the fun into fundraising' with the following 'bite' sized actions:

- **Provide healthy food and drinks at most events and outings** – limit unhealthy food and drinks for events (e.g. holiday programs such as field trips to the movies, celebration days such as birthdays, Mother's Day, or end of term parties) to no more than 1-2 occasions per term and replace with healthier foods and drinks.
- **Get creative with healthy fundraising** – replace unhealthy fundraising with healthier options.

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.

PROVIDE HEALTHY FOOD AND DRINKS AT MOST EVENTS AND OUTINGS – WHAT'S INVOLVED?

This bite is about limiting unhealthy food and drinks for events, outings and celebrations in your OSHC service.

Events that the OSHC service might run include:

- celebrating special days, such as Mother's Day or Harmony Day
- celebrating birthdays
- end of term parties
- field trips as part of a holiday program, such as going to the movies.

To **provide healthy food and drinks at most events and outings**, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!



STEP ONE: REVIEW

Start by reviewing the events and celebrations currently organised by the OSHC service.

Make a note of how many events the OSHC service has planned, and then note if they include unhealthy food and/or drink.

Unhealthy food and drinks refer to confectionary, sugary drinks, fried foods, pastries, baked goods or snack food items high in added fat, salt and/or sugar e.g. packaged chips, hot chips, lollies, meat pies, chocolate, cakes or soft drink.



STEP TWO: PLAN

The next step involves planning how you will swap to healthier options and limit the number of events organised by the OSHC service that provide unhealthy food and drinks.

If the OSHC service currently runs more than two events per term where unhealthy food and drink options are provided, decide which events will be changed.

You can include healthier food and drinks at the service's events and celebrations in various ways, such as:

- use foods from the Five Food Groups, such as fruit and vegetable platters with yummy dips, cheese and wholegrain crackers, or vegetable pizza faces
- bake healthier cakes or baked goods that have less added sugar, include fruit and use vegetable oil instead of butter
- try a fresh fruit cake instead of a baked cake – carve out a cake from watermelon and decorate with the children's favourite in-season fruit
- celebrate cultural diversity at your service by exploring healthy recipes from around the world.



There are also plenty of creative ways you can celebrate occasions without food, such as:

- focus on activities rather than food, such as fun party games
- let the birthday child:
 - choose and lead an active game for everyone
 - wear a special sash, crown, cape, or carry a special item for the day
 - choose their favourite online video clip for class to watch
 - choose their favourite song/s to play
- arrange a treasure hunt around the service or playground
- invite all children to celebrate the special day by wearing a selected colour or special item (e.g. badge, funny hat, a special piece of clothing, etc.)
- have a dance party or ‘dance-off’ competition.

For more healthy celebration ideas go to
[Healthy school celebration ideas | Healthy Eating Advisory Service](#)

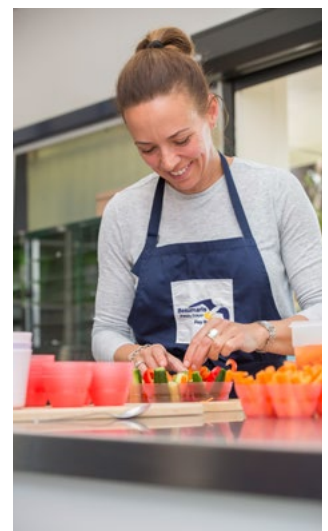


PREPARING FOR CHANGE

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 school year or term, however it can be done at any time. This is a quick way to drastically improve the healthiness of events through changing the food and drinks used for celebrations at the service.

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 and drinks at events before unhealthy food and drinks are removed. It is often the more readily accepted option if you need to make lots of changes to the foods and drinks offered at events. For example, if the service has a lot of events to improve, you could consider removing confectionary at events first, then move onto removing/replacing the other unhealthy food and drinks at most events.





STEP THREE: ACT

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

SUPPORTING SUCCESS

Consider how you will communicate the changes you make to events and outings with the children and families at the service, and how you can include some wording in the service's current policies and procedures about using healthy food and drink for events and celebrations. For more on developing a policy that covers healthy celebrations and events at the OSHC service check out the ['Early childhood services healthy eating and oral health policy checklist'](#).

Remember, this is just one of the 'bites' you can do to put the fun into fundraising. Check out how to ['Get creative with healthy fundraising'](#).





CELEBRATE

Great job! You've finished the 'Provide healthy food and drinks at most events and outings' 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

