



# SWITCH UP THE SNACKS IN OSHC



- Offer healthier snacks for afternoon tea

## 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 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.

## OFFER HEALTHIER SNACKS FOR AFTERNOON TEA – WHAT'S INVOLVED?

The 'Offer healthier snacks for afternoon tea' bite involves removing all unhealthy afternoon tea items and replacing with healthier snacks such as fresh fruit, vegetable platters, plain wholegrain crackers and reduced fat cheese. Foods that are considered unhealthy snacks include:

- savoury snack foods high in fat and salt, such as crisps, chips, biscuits, flavoured crackers
- sweet baked goods high in sugar and/or with confectionary ingredients, such as chocolate chip muffins, cakes or sweet pastries
- ice creams, ice confections or icy poles with added sugar
- savoury pastries, such as pies, sausage rolls or pasties.

To **offer healthier snacks for afternoon tea**, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!



## STEP ONE: REVIEW

Start by reviewing the afternoon tea menu currently available at the OSHC service.

This will help identify which unhealthy foods need to be removed.

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

Note: Confectionary ingredients include:

- 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
- honeycomb
- nougat, toffee or praline
- yoghurt compound, such as yoghurt-covered sultanas.



Great news! If you have already done the **Kick the confectionary** bite you will have likely already considered healthier snack options.





## STEP TWO: PLAN

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

There are many healthier snacks that kids love. Healthier swaps include:

Swap this	For this
Sweet baked goods high in sugar and/or with confectionary ingredients, such as chocolate chip muffins, cakes, or sweet pastries	<ul style="list-style-type: none"> <li>Baked goods that include fruit or vegetables, wholegrains and vegetable oils, such as apple and carrot muffins or banana bread</li> <li>Raisin bread</li> <li>Stewed fruit such as apples, peaches or pears served with custard or yoghurt</li> </ul>
Savoury snack foods high in fat and salt, such as crisps, chips, biscuits, flavoured crackers	<ul style="list-style-type: none"> <li>Baked pita wedges or plain wholegrain crackers with cheese (reduced fat preferred)</li> <li>Plain popcorn</li> <li>Vegetable platters with dips, such as creamy corn and tuna, chickpea and beetroot, sweet potato and salmon, tzatziki or hummus chickpea</li> </ul>
Ice creams, ice confections or icy poles with added sugar	<ul style="list-style-type: none"> <li>Fresh or frozen fruit or fruit smoothies</li> <li>Plain or flavoured yoghurt (reduced fat preferred)</li> </ul>
Savoury pastries, such as pies, sausage rolls or pasties	<ul style="list-style-type: none"> <li>Veggie slice or frittata</li> <li>Baked potato with veggie fillings (e.g. baked beans, corn, capsicum, coleslaw)</li> <li>Toasted sandwiches, with cheese and veggies</li> <li>Baked beans on toast</li> </ul>

To try out healthy recipes visit

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



Find out where your OSHC purchases its snacks from. 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 snacks 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 snacks you want.
- If the service purchases snacks from a supermarket, look at the other snacks available and determine the healthier snack options the service can order instead.

## 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 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 and an opportunity to try alternative options. It is often the more readily accepted option if you need to make lots of changes. There are 2 ways you could take a gradual approach:

1. Replace the least popular afternoon tea snack first, then work on replacing the most popular snack second.
2. If the service still has unhealthy food like 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 snack items**
- **promoting the benefits of removing unhealthy snacks 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 at the service, and how you will reinforce messages about healthy eating through planned curriculum activities.

Remember, this is just one of the 'bites' you can do to switch up the snacks. Check out ['Kick the confectionary'](#) and ['Make healthy food and drinks the stars of the curriculum'](#).





## CELEBRATE

Great job! You've finished the 'Offer healthier snacks for afternoon tea' 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*

