

- Provide milk and alternatives for breakfast and afternoon tea



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.

PROVIDE MILK AND ALTERNATIVES FOR BREAKFAST AND AFTERNOON TEA – WHAT'S INVOLVED?

The 'Provide milk and alternatives for breakfast and afternoon tea' bite involves providing mostly reduced fat milk, yoghurt, cheese and alternatives for breakfast and afternoon tea every day.

Foods that are considered milk, yoghurt, cheese and/or alternatives include:

- milk, including cow's milk or alternative milks such as rice, soy, oat or almond milk (must be calcium fortified with at least 100mg calcium/100ml)
- yoghurt, including those based on cow's milk or alternative milks (must be calcium fortified)
- cheese, including hard cheeses like cheddar and soft cheeses such as ricotta or feta cheese
- custard (ready made or powdered).

To **provide milk and alternatives for breakfast and afternoon tea**, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!



STEP ONE: REVIEW

Start by reviewing the milk, yoghurt, cheese and alternative options currently available at the OSHC and how often these are provided.

Note down whether the service menu currently provides milk, yoghurt, cheese and alternatives for both breakfast and afternoon tea each day.

Items not considered milk and alternatives include cream, ice cream, sour cream, butter, commercial frozen yoghurt, flavoured custard and coconut yoghurt as these are usually high in fat and/or sugar.



STEP TWO: PLAN

The next step involves planning how you will include milk and alternative options on your OSHC service menu.

There are plenty of ways to add milk and alternative options to breakfast and afternoon tea.

Tips for adding milk and alternatives to the OSHC menu:

- offer plain, unflavoured milk as a drink at all times and on cereal at breakfast
- include cheese with vegetable platters or with wholemeal or grainy crackers
- use cheddar cheese, cottage cheese, ricotta or yoghurt as a spread for baked items such as fruit bread/raisin toast, pancakes, scones or muffins



- serve yoghurt or cheese-based dips such as tzatziki dip, garlic and herb dip, creamy spinach dip or pineapple and yoghurt dip
- replace cream, ice cream or commercially made frozen yoghurt with healthy dairy/calcium rich alternatives such as yoghurt, custard or evaporated milk
- make fruit smoothies with yoghurt, milk and fresh or frozen fruit.

Be sure to update any recipes with new healthier ingredients for service staff to follow, so that everyone knows about the changes.

For more great ideas on including milk and alternatives to the OSHC menu go to [Menu ideas and tips for milk and alternatives | Healthy Eating Advisory Service](#)



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

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. 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. For example, if the service still has cream/ice cream/sour cream/butter/coconut or frozen yoghurt/flavoured custard 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.

Here's a great example of providing milk and alternatives for breakfast and afternoon tea every day.

Sample menu 1 (with limited cooking facilities)						
WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST	Food	<p>Children may select from the following options:</p> <p>Choice of cereals: Weetbix, porridge, muesli (untoasted/natural), high fibre cereal flakes. Served with reduced fat milk</p> <p>AND</p> <p>Selection of: Wholemeal/wholegrain toast and/or wholemeal/wholegrain English muffins and/or wholemeal crumpets and/or raisin/fruit bread with small amounts of assorted spreads (e.g. margarine, ricotta cheese, natural peanut butter, and fruit)</p> <p>AND</p> <p>Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes) or canned fruit in natural juice Served with reduced fat yoghurt</p>				
	Drink	Reduced fat plain milk and water				
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



Sample menu 2 (with cooking facilities)

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<p>Children may select from the following options:</p> <p>Choice of cereals: Weetbix, porridge, muesli (untoasted/natural), high fibre cereal flakes, congee Served with reduced fat milk</p> <p>AND</p> <p>Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes)</p> <p>AND</p>				
		Banana pikelets/ pancakes with reduced fat yoghurt	Toasted cheese and tomato sandwiches with wholegrain bread	Cooked tomato and mushrooms with wholegrain toast	Scrambled eggs on wholegrain toast	Jaffles (wholegrain bread) with baked beans
	Drink	Reduced fat plain milk and water (available every day)				

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 milk Water	Fruit smoothie (use any leftover fruit e.g. bananas) made with reduced fat milk	Water	Water



SUPPORTING SUCCESS

Consider how you will communicate the changes you make to the milk and alternatives on the menu with the children and families at the service, and how you will reinforce messages about milk and alternatives through planned curriculum activities.

Remember, this is just one of the 'bites' you can do to change up the menu. Check out ['Make breakfast a healthy start to the day'](#) and ['Daily afternoon tea is the time for fruit and vegetables to shine'](#).





CELEBRATE

Great job! You've finished the 'Make breakfast a healthy start to the day' 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

