

There are many ways to support a healthy eating culture in your early childhood service, and many organisations who can continue to build healthy eating and oral health messages into your curriculum, policies and practices that support NQS 2.1.3. Use one or all of us - we are here to help!



## CURRICULUM & RESOURCES

You can get support to develop teaching activities that incorporate healthy eating and oral health, across all learning development outcomes.



## INFO

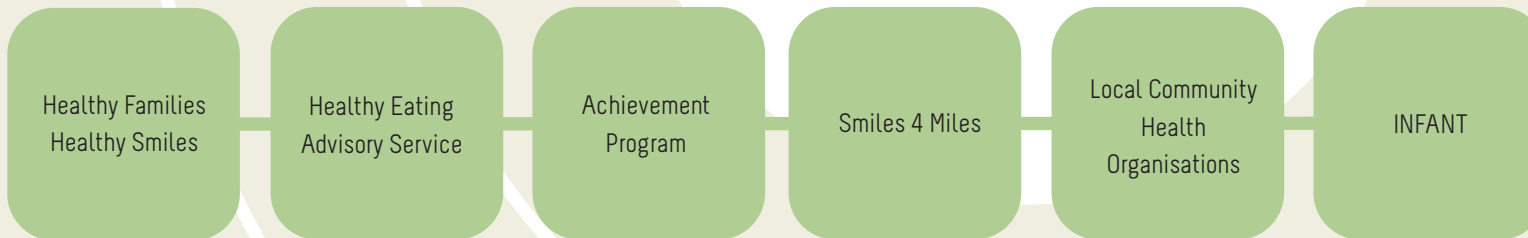
You can get information and resources about healthy eating and oral health.

Australian Children's Education and Care Quality Authority & StartingBlocks.gov.au

Who works together to support  
**HEALTHY EATING  
AND ORAL HEALTH**  
in Victorian Early Childhood Services

Nutrition Australia

Parents' Voice



## SUPPORT

You can get support to embed healthy practices.

Click on a button for more information about the organisation



## MENU PLANNING

You can get support to plan healthy menus that align with the National Quality Standards and Australian Dietary Guidelines'

# HEALTHY EATING AND ORAL HEALTH

## in Victorian Early Childhood Services



The **Healthy Eating Advisory Service** provides free information, training, resources and menu assessments to support early years services to provide and promote healthier foods and drinks. HEAS is delivered by Nutrition Australia Vic Division, with support from the Victorian Government.



The **Australian Children's Education and Care Quality Authority** supports the Australian and state and territory governments and the education and care sector to deliver on the National Quality Framework. It provides guidance, resources and services to support the sector and monitors and promotes consistent application of the Education and Care Services National Law.



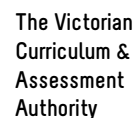
The **Stephanie Alexander Kitchen Garden Foundation** supports educators to deliver pleasurable food education through a kitchen garden program. We provide professional development, educational resources, an online community and ongoing real-time support for teachers in early childhood services, primary and secondary schools.



**VegKIT** is an integrated program of research, with CSIRO, Flinders University and Nutrition Australia working together, to deliver tools and interventions to increase children's vegetable intake. User guides and resources outline best practice for different stakeholders who influence what children eat.



The **Victorian Department of Education and Training** provides information on training for early childhood professionals, support for families, and regulations for running a service. DET provides advice on healthy eating in the early years including, nutrition advice and support, serving food at your service, translated resources for parents.



The **Victorian Curriculum and Assessment Authority** is a statutory authority, serving both government and non-government schools. The VCAA develops and implements the curricula and assessment for all students in Victoria from the early years to senior-secondary. The VCAA's mission is to provide high quality curricula, assessment and reporting to enable learning for life.

To support the implementation of the Victorian Curriculum F-10, the VCAA offers a range of curriculum-area specific and cross-curriculum resources to assist teachers to plan, assess and find curriculum-related teaching resources.



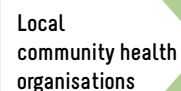
**Healthy Families Healthy Smiles** supports early childhood professionals to embed oral health promotion in their practice and services for children under 5 and their families. The program is delivered by Dental Health Services Victoria, with support from the Victorian Government.



The **Achievement Program** - The Healthy Early Childhood Services Achievement Program is a free membership program supporting services to become healthier places. We help you achieve best practice policies and practices in health and wellbeing and receive Victorian Government recognition for your work.



**Smiles 4 Miles** is an initiative of Dental Health Services Victoria. The oral health promotion program is implemented in early childhood settings and works in partnership with local organisations with the aim to improve the oral health of children and their families in high risk areas of Victoria.



Health promotion teams from local councils and community health organisations can often support schools in their area to embed healthier practices. Your local community health organisation is



**INFANT** is an evidence based program that helps parents/caregivers with healthy eating and active play from the start of their baby's life. INFANT was developed by the Institute for Physical Activity and Nutrition (IPAN), Deakin University and has state-wide scale-up support from the Victorian Government.



The **Australian Children's Education and Care Quality Authority - StartingBlocks.gov.au** is a government website that helps parents take their first step into early childhood education and care. It provides a range of free resources on child development, types of child care, finding child care, understanding quality ratings, and tips for at-home activities.



**Nutrition Australia** is a national, not-for-profit, non-government organisation providing nutrition information and services to encourage healthy eating at a population-wide level. We support organisations in the early years sector to create healthier food environments with the aim of establishing positive dietary habits early in life.



**Parents' Voice** is an online network of parents who are interested in improving the food and activity environments of Australian children. Parents' Voice was formed in 2004 and represents thousands of Australian parents.