

# Improving children's vegetable intake in long day care

## The Initiatives



### 1. Food Provision

Healthy menu planning training for cooks. An online menu assessment tool for cooks.



### 2. Mealtime environment

Training for educators to support children's liking and acceptance of vegetables at mealtimes.



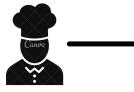
A lesson package to provide opportunities for children to learn about, try and enjoy vegetables.

## Who was involved in the study?









combinations of the three initiatives were compared to standard practice for 12 weeks to find the most effective combination

Vegetable intake

The vegetables eaten at morning tea, lunch and afternoon tea were measured for each child

### Mealtime environment + Curriculum



38g/day

**Standard Practice** 



On average children ate 3x more veggies per day

## Vegetable provision and waste

### Mealtime environment + Curriculum









Provision 36g/day

Waste 13g/day

On average children were provided with more than double the amount of veggies without increasing waste

## What the staff thought about the initiatives









agreed that the training provided practical strategies to promote vegetables



would recommend the curriculum to other educators





found the cooks training useful



found the menu assessment tool (foodchecker) useful







