



We all know that eating more vegetables is good for us and for the children in our care. Here are some useful resources to help you support your children's learning, foster their enjoyment of vegetables and positively impact their overall health and wellbeing. Some are national, whilst others are designed to meet state-based guidelines.

VegKIT

was a \$4 million, five year national project that aimed to increase the vegetable intake of Australian children and provides a collection of practical tools, resources and interventions for education and healthcare professionals and families.

For more information: www.vegkit.com.au

Healthy Eating Advisory Service

is delivered by Nutrition Australia VIC and provides resources to support Victorian outside school hours care services (OSHC).

For more information: <https://heas.health.vic.gov.au/resources/food-drink-ideas/healthy-lunchboxes/>

VEGEducation

offers primary and secondary school programs that aligns with the Victorian curriculum and are aimed to provide students with an insight into a vegetables paddock to plate journey.

For more information: <https://www.vegeducation.com/veg-schools/> and https://www.youtube.com/@veg_tv_australia/videos

FreshSNAP

is delivered by Nutrition Australia WA and have a range of resources for school canteen and catering staff. Go to resources learn what is half a serve of vegetables, check out the canteen checklist and many more!

For more information: <https://www.freshsnap.org.au>

Phenomenom

offers a free digital toolkit for teachers, jam packed with springboard episodes and lesson plans designed to tickle students' taste buds for learning.

For more information: <https://phenomenom.com.au/>

Taste and Learn

is an evidence-based program developed by CSIRO for Australian primary schools that supports student learning and fosters enjoyment of vegetables to positively impact children's health and wellbeing.

Visit: <https://www.csiro.au/en/education/resources/teacher-resources/taste-and-learn>



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Crunch n Sip

is a primary school nutrition program, developed to increase the amount of vegetables, fruits and water being consumed by Western Australian children. Check out their recipes tab.

Visit: <https://www.crunchandsip.com.au/>

Eat Smart Play Smart

is an eLearning course that will provide you with the knowledge, skills and resources to embed healthy eating and physical activity guidelines into your Out of School Hours Care (OSHC) service.

For more information: <https://esps.androgogic.com.au/>

Eat a Rainbow

is developed by Wellbeing SA and provides resources for early childhood educators to support children to explore new fruit and vegetables.

For more information: <https://www.wellbeingsa.sa.gov.au/our-work/healthy-places-people/healthy-food-nutrition/healthy-food-environments-hub/healthy-food-environments-in-schools>

Munch n Move

offers training and resources to educators working in NSW early childhood education and care services to implement a fun, play-based approach to supporting healthy eating and physical activity habits in young children.

For more information: <https://healthykids.nsw.gov.au/>

Healthy Kids Association

Provides a wide range of services that supports and assists school canteens to implement a healthy and profitable canteen strategy to positively impact the choices children make about food. Be sure to also check out their everyday healthy kids' recipes!

For more information: <https://healthy-kids.com.au>

SNAC

is a support site by Edith Cowan University in WA for early years' educators and childcare centres to support nutrition education. It hosts a range of resources such as fact sheets, recipes, videos, quizzes and discussion forums.

For more information: <https://snacwa.com.au/>

