

EARLY CHILDCARE: CHILDREN'S VEGETABLE INTAKE

PLAN FOR AND COMMIT TO SUCCESS

1. Identify a clear and specific goal.

Be specific. Decide which behaviour you want to target first! Eating behaviours can be divided into 3 simple types:

<p>Increasing serves Increasing the portion or amount of vegetables eaten at each meal.</p>	<p>Increasing frequency Increasing the number of times vegetables are eaten each day.</p>	<p>Increasing variety Increasing the number of different types of vegetables eaten each day.</p>
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Try reflecting with your team to find your goal. E.g. what is the easiest behaviour to change? What change/activity would most appeal to the children in our care? See below for examples of target behaviours to raise vegetable intake, increasing serves, frequency and variety.

Approaches	Increasing serves	Increasing frequency	Increasing variety
Target behaviour examples	Provide 1 serve (75g) of vegetables per child at lunch.	Present a side platter of vegetables with children's snacks.	Include two different types of vegetables in the lunch main meal.
	Include 1/2 serve (38g) of vegetables per child at snack times.	Ensure one snack per day contains vegetables.	Vary the preparation and presentation of vegetables within meals and snacks.

2. Choose a practical, simple approach.

Keep it simple. Once you know what behaviour you want to change, identify how best to achieve your goal. Use the following prompts to reflect with your team:

- What is the most practical option?
- What is affordable and what do I have the resources to achieve?
- What approach will most likely engage the children in my care?
- What will deliver the best outcomes for the children in my care?

3. Plan for and commit to change.

Make a plan and commit to the change. Bring your team or colleagues together and brainstorm the following:

Why are we doing this? Why is it important? What is the overall goal and what steps needs to be undertaken? When do we put these steps in place? Where should the initiative and steps take place? Who is responsible? Who is the target audience? How do we measure our progress? How can we improve?

Write down your aim, action and implementation plan. Involve the staff across the centre and be sure to communicate your project through newsletters, charts and recognition of achievements!