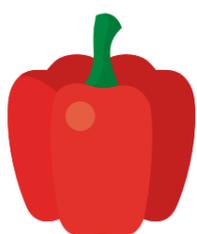


# Best Practice Guidelines for Increasing Children's Vegetable Intake

Only 6% of children aged 2–17 are eating enough vegetables. You can make a difference by making a few small changes in your area of work. These research-based guidelines can be used in your programs and initiatives to help to increase children's vegetable acceptance and intake.

For more information visit [www.vegkit.com.au](http://www.vegkit.com.au).



1

## Make vegetables the hero

Have clear and consistent vegetable-focused messages. These messages can be around meals or snacks, or even outside of eating occasions.

**Action:** Include vegetables in a range of play and education activities.



2

## Coordinate sustained effort across multiple players

Everyone has a role to play, including educators, cooks, management, parents and carers.

**Action:** Work as a team and be clear on what your role is.



3

## Grow knowledge and skills to support change

**Action:** Support staff to participate in education opportunities during their work hours to learn more about how to increase vegetable liking and intake in children.



4

## Minimise barriers to increase chance of success

Understand and identify the possible barriers to children's vegetable intake.

**Action:** Address barriers such as cost, food waste or children's acceptance to eating a greater variety of vegetables.



5

## Plan and commit for success

Identify a goal; this may be around frequency, servings or variety of vegetables provided.

**Action:** Choose a practical approach such as providing ½ serve of vegetables per child at snack times.



6

## Create an environment that supports children to eat vegetables

Make vegetables readily available and appealing at each eating occasion.

**Action:** Outside of mealtimes you can introduce vegetables through storytelling, posters, games or by starting a vegetable garden.



7

## Monitor and provide feedback on progress

Record your goals to help you keep track of your progress.

**Action:** Include your goals in your quality improvement plan. Share progress with staff and families and provide guidance for future initiatives.