

What you can do:

A checklist of simple ideas that work in long day care

All the activities suggested are drawn from effective programs.

Management: Build a joint approach



- Communicate with families through brochures, posters, newsletters and emails on the value of eating vegetables
- Provide take-home activities such as vegetable-rich recipes for children to share with their families
- Conduct education sessions for staff and families with practical classes such as making vegetables part of breakfast and snacks
- Ensure your centre's nutrition policy has an emphasis on vegetables that applies across all of its activities
- Create clear vegetable-related goals for education sessions and across all your activities
- Ask educators in each room to create their own vegetable goals and action plans

Cooks: Put vegetables on the menu

- Get creative and serve up vegetables so they look appealing
- Provide a variety of vegetables every day, including different types, colours, smells and textures
- Provide vegetables at snack time
- Monitor daily vegetable provision, for example through using menu planning software (e.g. FoodChecker)
- Audit or log practices that encourage vegetable intake, for example by using an afternoon tea or snack checklist



Educators and Co-educators: *Include vegetables in activities*

- Set challenges for children such as trying a new or disliked vegetable at lunch time
- Supply child-safe knives and chopping boards to preschool children to cut up their own vegetables
- Encourage children to interact with vegetables in different ways, such as playing, cooking, shopping, growing, looking, touching or drawing
- Ask preschool children to recall normal snacks or meal-time habits and discuss ways to add vegetables
- Establish a vegetable garden where the children can plant, grow and harvest vegetables
- Have children create posters or place mats that encourage vegetable intake or tell vegetable stories
- Use vegetable characters or mascots to encourage play and learning about vegetables.
- Conduct a food-related excursion, such as visiting a grocery store, market, vegetable garden or farm
- Provide non-food rewards, such as stickers, rather than rewarding with unhealthy foods
- Provide tailored feedback to families about children's eating behaviours such as stickers which state: "I tried [insert vegetable] today"

All staff

- Be a role model for eating vegetables



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