

# What you can do:

A checklist of simple ideas that work in OSHC

All the activities suggested are drawn from effective programs.



## Educators and Coordinators:

Put vegetables on the menu and include vegetables in activities

- 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
- Set challenges for children such as trying a new or disliked vegetable at snack time
- Supply cutting kits with child-safe knives, chopping boards and peelers to allow children to prepare their own vegetables
- Encourage the children to sign a pledge to eat/try vegetables, be active and have fun with their friends to help make OSHC an even better place
- Provide the children with a sticker chart to log their vegetable intake at OSHC
- Create clear vegetable-related goals across all your activities
- Establish a vegetable garden where the children can plant, grow and harvest vegetables
- Use vegetable characters or mascots to encourage learning about vegetables
- Have the children create or use posters or placemats that encourage vegetable intake or tell vegetable stories
- Conduct a food-related excursion, visiting a grocery store, market, vegetable garden or farm
- Provide non-food rewards, such as stickers, rather than rewarding with unhealthy foods



## Management: Build a joint approach

- Ensure your service's nutrition policy has an emphasis on vegetables that applies across all of its activities
- Audit or log practices that encourage vegetable intake, for example by using an afternoon tea or snack checklist
- 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 create with their families
- Provide tailored feedback to families about children's eating behaviours such as stickers which state: "I tried [insert vegetable] today"
- Conduct education sessions for staff and families with practical classes such as making vegetables part of breakfast and snacks
- Meet with school teachers and canteen employees to ensure consistent messaging on eating vegetables

## All staff

- Be a role model for eating vegetables