

VEG influencer Supporter Kit

for health professionals



VEGKIT.COM.AU

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About VegKIT and VegInfluencer

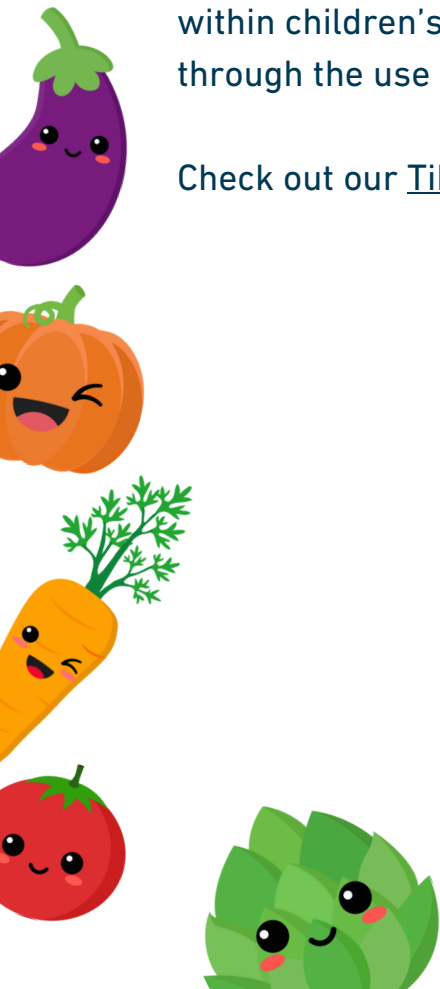
Increase children's vegetable intake with VegKIT

VegKIT was a 5-year national project in partnership with CSIRO, Flinders University and Nutrition Australia to deliver an integrated approach to improving children's intake by engaging with government, industry and places where children learn and eat.

The VegKIT website houses many great tools and resources for healthcare professionals - check out www.vegkit.com.au.

VegInfluencer by Veg Education and Nutrition Australia, funded by Hort Innovation, is an innovative program designed to empower everyone within children's health and education to influence kids to eat more veg through the use of the VegKIT resources.

Check out our [TikTok page](#).



KEY MESSAGES

Children are not consuming enough vegetables.

Results from consecutive Australian Health Surveys show children are not consuming enough vegetables.

1 in 20 (4.6%) of children in Australia aged 2-17 years of age eat the recommended amount of vegetables.

Healthcare professionals can help shift these stats.

Anyone who has an impact on what children eat can be a #VegInfluencer.

Healthcare professionals are uniquely positioned with expertise to assist caregivers in increasing the intake of vegetables in children.



VegKIT resources are free and easy to access.

VegKIT takes the hassle out of resource creation.

Find suitable resources such as posters, handouts and social media tiles for your practice at [VegKIT's Healthcare Professionals page](#).



SOCIAL MEDIA

Download our social tiles with copy and join the #VegInfluencer movement!

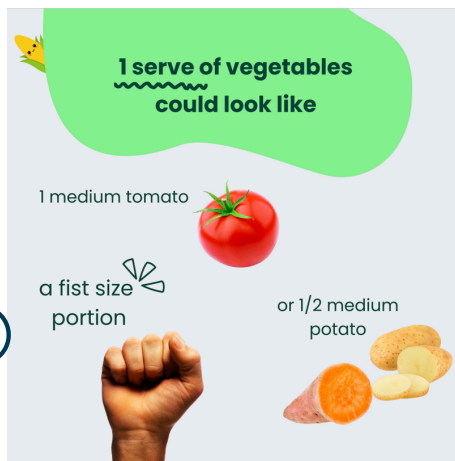
Follow and tag us at:



@vegeducationau

Use our hashtag:

#veginfluencer

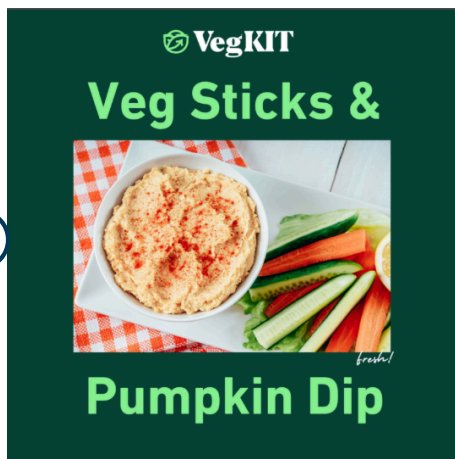


VegKIT

5 Easy Veg Based



Snack Ideas



VegKIT

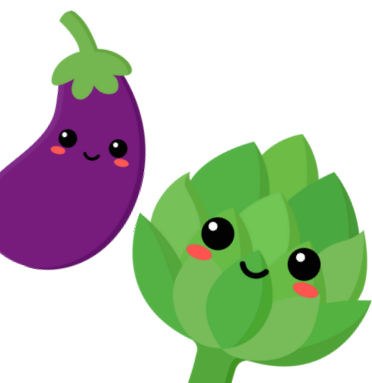
Zucchini



Give me more!

Slice

[Download here](#)



POSTERS

Print and display VegKIT posters in your office, staffroom, kitchen or hallway, or share with your patients.

Feeding advice to support young children to learn to eat and enjoy vegetables



The Issue?



Only 6% of Australian children aged 2-17 years of age eat the recommended amount of vegetables.



Poor acceptance of vegetables is a key reason for low intake.



The first years of a child's life are critical in developing a liking of vegetables.



There is opportunity to strengthen current feeding advice to encourage liking of vegetables in the first years of life.

The Advice

Using a robust scientific approach, two advice statements have been developed:

1 Repeated Exposure

For young children it can take time to learn to like a new food, including vegetables. Keep offering vegetables, even if rejected. It may take 10 or more times before a new vegetable is liked.

2 Variety

Help children learn to like and eat vegetables by offering a variety of vegetables everyday as part of snacks and main meals.

Remember:

Only a small amount of vegetables each time is needed to build acceptance, equivalent to the size of a 10c piece. It is important that carers and parents remain neutral when vegetables are rejected.

Key Actions for Stakeholders

Advice statements



Government

Advice statements can inform the development of future feeding guidelines and practical resources (e.g. educator guides for dietary guidelines).



Stakeholders

Healthcare practitioners and researchers can use these advice statements when advising carers of children.



Carers of children

Implement the advice provided by stakeholders to increase children's liking and intake of vegetables.

Hort Innovation

This project has been funded by Hort Innovation, using the vegetable research and development levy and contributions from the Australian Government. Hort Innovation is the grower-owned, not-for-profit research and development corporation for Australian horticulture. The project is underpinned by a consortium of members from CSIRO, Flinders University and Nutrition Australia Victoria Division.






[Download here](#)

7 Days of Veggie Snacks



Ideas for families, lunchboxes and Out-of-School Hours Care

Most Australian children are not eating enough vegetables. Providing vegetables as snacks is a great way to add more veggies to their day, so aim to include at least 1/2 a vegetable serve at snack time.

Each snack or light meal pictured here contains 1 serve of vegetables.

One serve of vegetables is equivalent to 75g, or:

- 1/2 cup cooked vegetables or legumes
- 1 cup raw salad vegetables
- 1/2 medium potato

*Full recipes and detailed portion sizes can be found in the pages that follow.



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MORE RESOURCES

Download our Program and Resource Guide for more great ideas



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 a free service delivered by Nutrition Australia VIC that supports Victorian outside school hours care services with various resources!

For more information: <http://heas.health.vic.gov.au>

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/>

FreshSNAP

is delivered by Nutrition Australia WA and offers free menu assessments, traffic light training, curriculum materials, nutrition education and recipes!

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/>

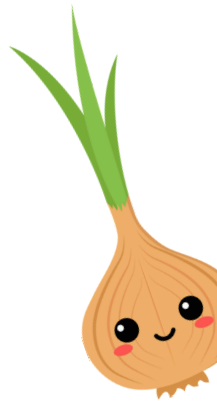
Taste and Learn

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>



Download here



NEWSLETTER

Want to keep in the loop?

Join our mailing list to keep up to date on how you can help children to eat more vegetables.

Register here

CONTACT US

Please reach out if we can support you to be a
#VegInfluencer

www.vegkit.com.au
vegkit@nutritionaustralia.org_

