

# VegKIT: developing tools and interventions to increase vegetable intake by Australian kids

Australia's leading experts in nutrition have come together to increase children's vegetable consumption.



- We value the health of children and their future.
- It's estimated that only five percent of Australian children are consuming the recommended serves of vegetables.
- Australia's leading nutrition experts have come together for a new five year project to help address the significant under consumption of vegetables by Australian children.
- Hort Innovation has funded researchers from CSIRO, Flinders University and Nutrition Australia to deliver a national integrated approach to improving vegetable consumption, through education of children, training for educators and engagement with industry.



- We'll review the latest evidence and findings to develop best-practice guidelines for a range of stakeholders including educators, health practitioners and researchers to increase vegetable intake.



- Updated dietary advice for maternal, infant and early years, using evidence based knowledge of flavour exposure and food preference development, to facilitate vegetable acceptance.



- Initiatives in the community (for long day-care settings) to increase children's vegetable intake.
- Supply chain initiatives (industry innovations and early Primary school settings) to increase children's vegetable intake.



- A national online register of initiatives for the community to increase children's vegetable intake.
- Development and coordination of a Vegetable Intake Strategic Alliance (VISA) made up of cross-sector stakeholders.