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.



Setting the scene Translating the research Foundation for policy

- 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.

Interventions

Increase knowledge, co-ordinate efforts and influence policy

- 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.

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