

Food provision in NSW early childhood education and care services

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NSW Office Preventive Health

35th National DAA Conference, Sydney
18 May 2018



Childhood Overweight and Obesity



- Overweight and obesity in NSW children has doubled since 1985, but has been relatively stable since 2007.
- More than one in five children in NSW are above their healthy weight.
- Obese children go on to become obese adults.



Premier's Priority:

Reduce Overweight and Obesity Rates of Children by 5% over 10 Years

OCTOBER 2016

MAKE
HEALTHY
NORMAL

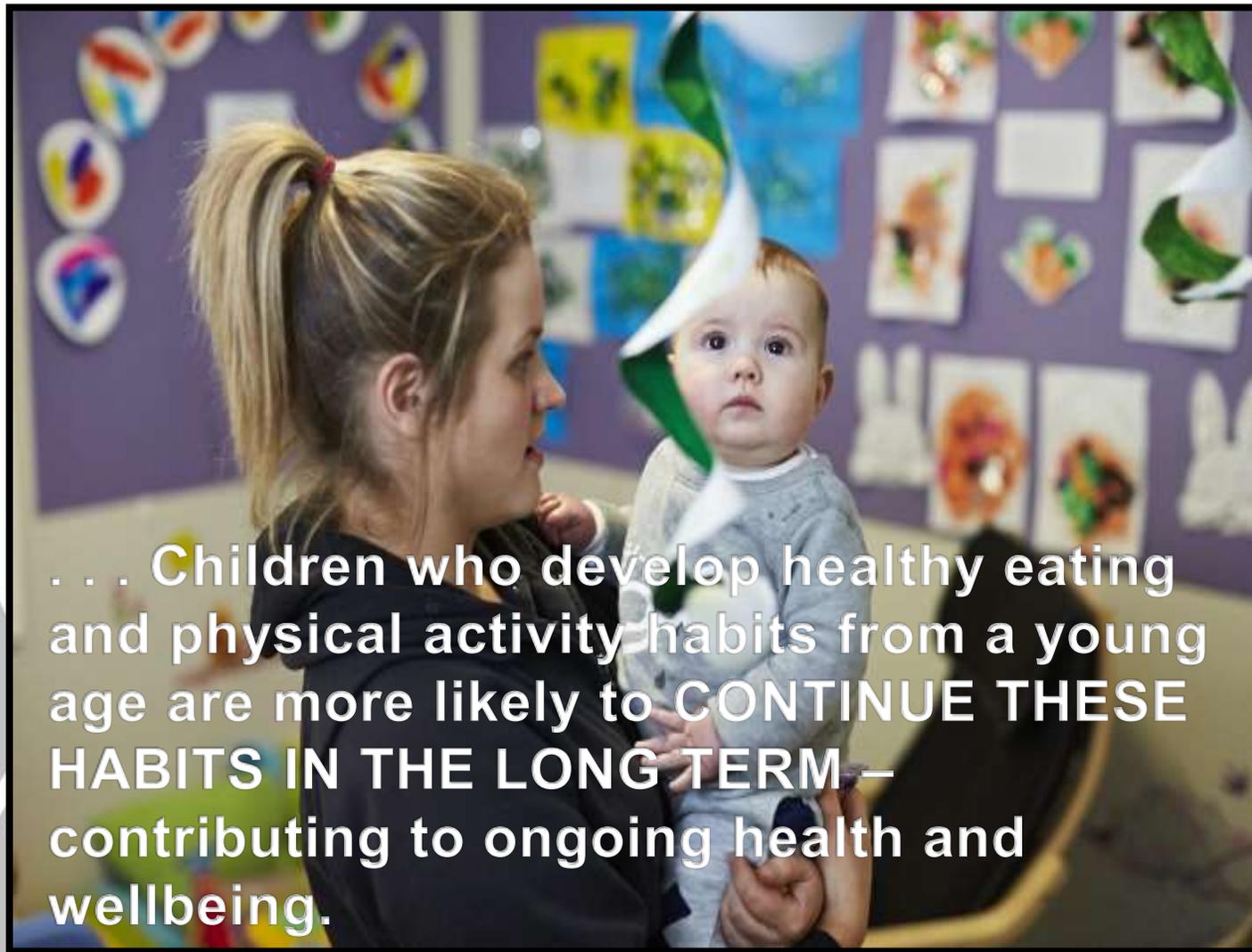


NSW Premier's Priority:

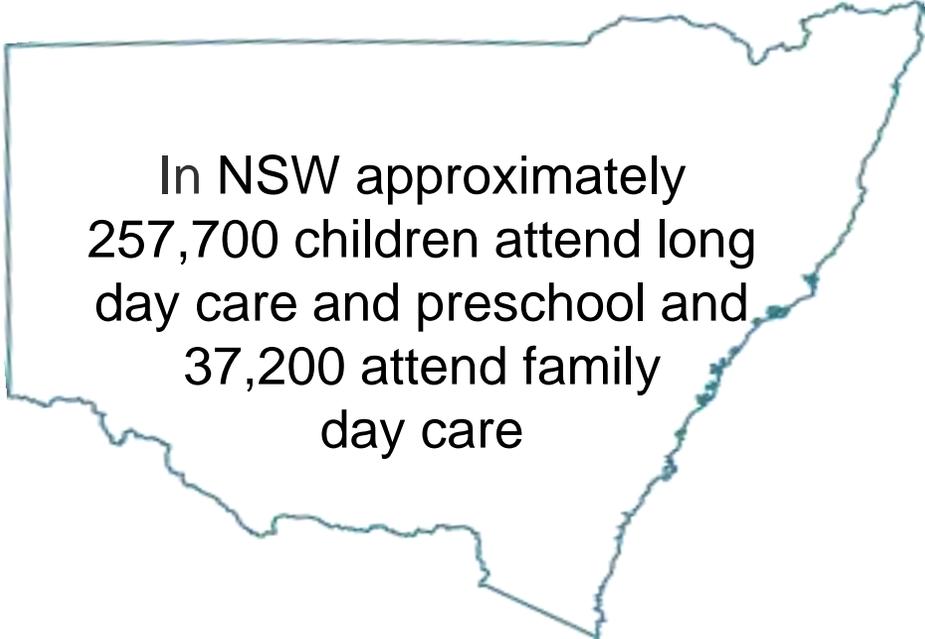
To reduce overweight and obesity rates of children by 5% over 10 years



Healthy habits start early!



... Children who develop healthy eating and physical activity habits from a young age are more likely to **CONTINUE THESE HABITS IN THE LONG TERM** – contributing to ongoing health and wellbeing.



In NSW approximately
257,700 children attend long
day care and preschool and
37,200 attend family
day care

Source: ABS, Childhood Education and Care,
Australia, June 2017.

What is *Munch & Move*?



- 🍏 Targets children birth to 5 years of age attending early childhood education and care services in NSW (preschools, long day care, occasional care, and family day care).
- 🍏 A fun, play-based program that promotes children's healthy eating and active play and reduces small screen recreation.
- 🍏 Build on current practice and to inspire and support educators to expand the areas of:



Encouraging Healthy Eating



Encouraging Active Play



Limiting Small Screen Recreation

Program Key Messages



- Encourage and support breastfeeding
- Choose water as a drink
- Eat more fruit and vegetables
- Choose healthier snacks



- Get active each day



- Turn off the screen and get active



The National Quality Framework

Education and Care Services National Law

Education and Care Services National Regulations

National Quality Standard

Approved Learning Frameworks

Assessment and rating process by the regulatory authority

- QA1 Educational program and practice
- QA2 Children's health and safety
- QA3 Physical environment
- QA4 Staffing arrangements
- QA5 Relationships with children
- QA6 Collaborative partnerships with families and communities
- QA7 Governance and leadership



- Excellent (awarded by ACECQA)
- Exceeding National Quality Standard
- Meeting National Quality Standard
- Working Towards National Quality Standard
- Significant Improvement Required

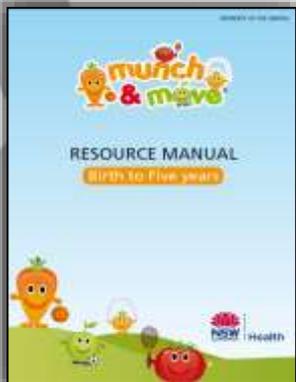


EYLF – Learning Outcome 3:
Children have a strong sense of wellbeing

NQS – QA 2
2.1.3: Healthy eating and physical activity are appropriate for each child

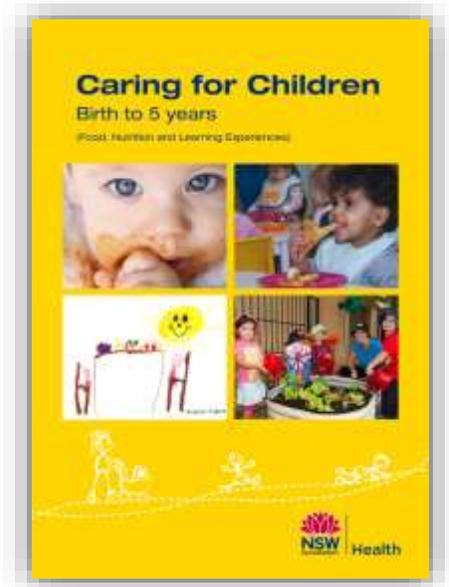
What the program involves

- 🍏 **Professional development training** delivered by an early childhood registered training organisation
- 🍏 **Practical resources** to support the development and implementation of policies and practices
- 🍏 Fact sheets to **communicate** key messages **with families**
- 🍏 **Ongoing support** from Local Health District health professionals



NEW Healthy Menu Planning Workshops

- 🍏 89 x 3 hour workshops across NSW
- 🍏 Professional development for cooks and service leaders
- 🍏 Support implementation of *Caring for Children*
 - National healthy eating guidelines
 - Requirements under the National Quality Framework
 - *Caring for Children* resource - menu planning and assessment
 - Calculating food group quantities
 - Recipe modification
 - Reading food labels
 - Challenges – budget, fussy eaters, food intolerances/allergies



Implementation and Monitoring

- 🍏 Effective implementation through a **‘whole-of-service’ health promotion approach**
- 🍏 Information collected through **LHD support visits**
- 🍏 **Program adoption indicators (practices)** reflective of the early childhood sector policy environment and the *Munch & Move* key messages



Training and Program Adoption

- 🍏 As of 31 March 2018 **86.3%** (3,345/3,877) of centre-based services across NSW have **participated in training**.
- 🍏 **ORIGINAL PRACTICES** - As of 30 June 2017 **75%** (2,687/3,601) of centre-based services had achieved **80% of practices**.
- 🍏 **ENHANCED PRACTICES** - As of 31 March 2018 **61%** (1,979/3,243) of trained services have achieved **50% of practices**.

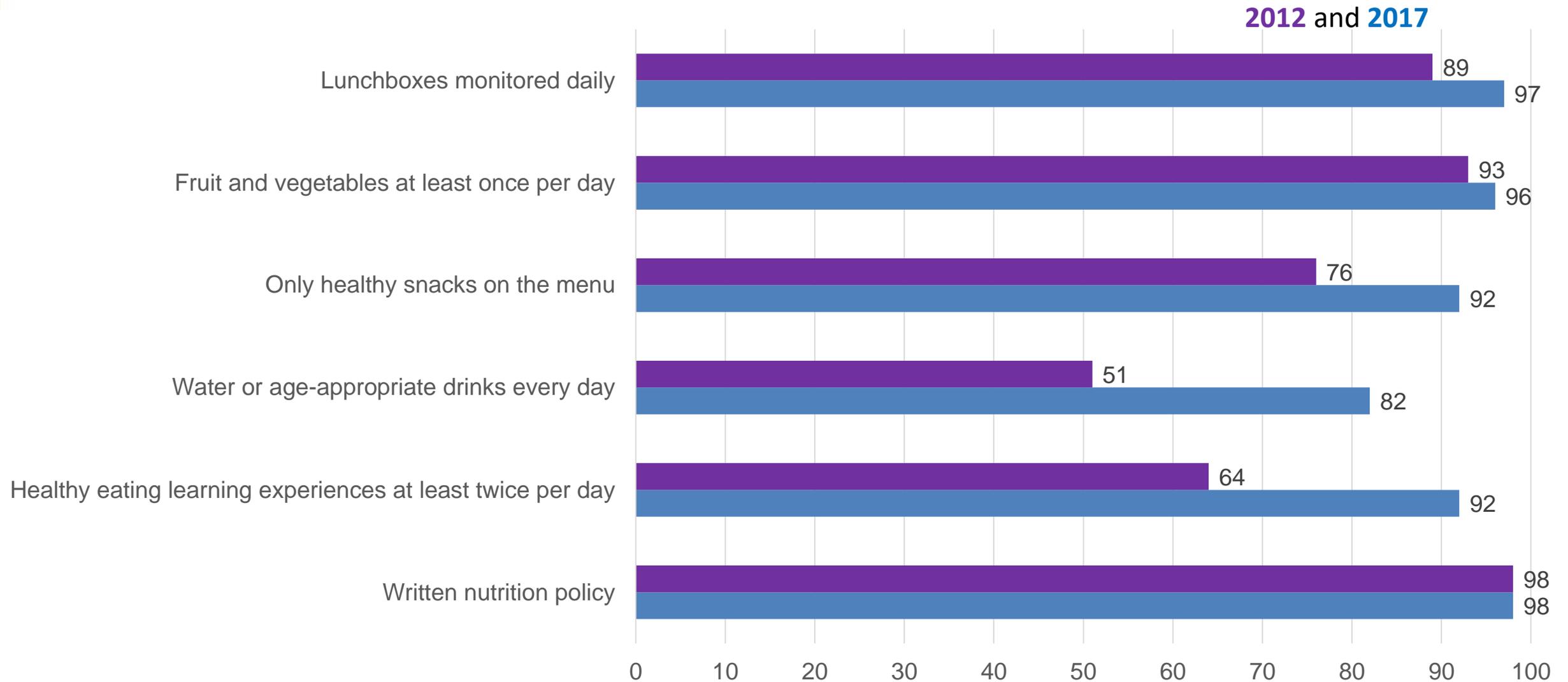


Healthy Eating Program Adoption Indicators

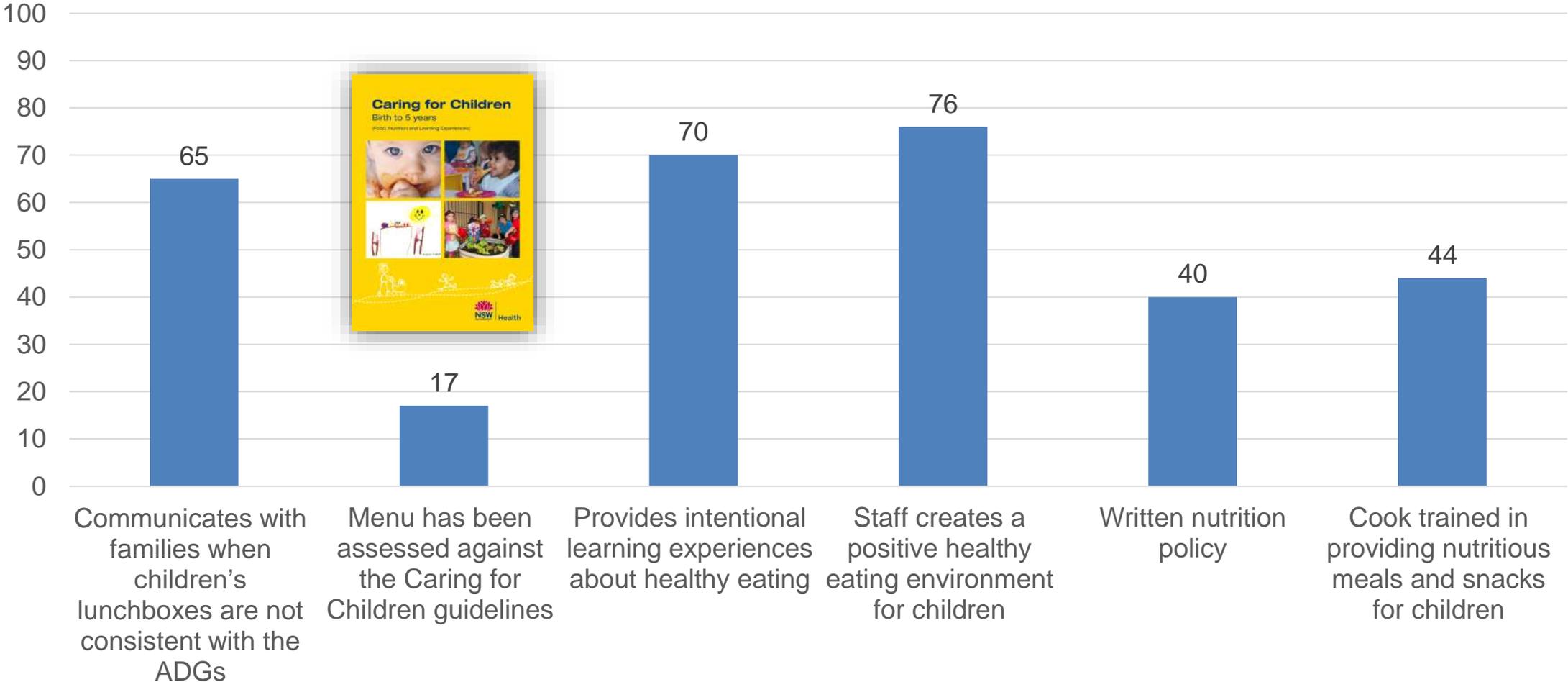
	Practice	Program Adoption Indicator
MUNCH	1	Monitors lunchboxes daily
	2	Menu includes fruit and vegetables daily
	3	Menu includes only healthy snacks daily
	4	Water or age-appropriate milk daily
	5	Twice a week learning experiences about healthy eating
MAKING IT HAPPEN	10	Written policy on nutrition

	Practice	NEW Program Adoption Indicator
MUNCH	2	Communicates with families when lunchboxes are not consistent with the ADGs
	3	Menu has been assessed against the <i>Caring for Children</i> guidelines
	4	Twice a week learning experiences about healthy eating
	5	Staff create a positive healthy eating environment
	10	Written policy on nutrition
MAKING IT HAPPEN	14	Cook has completed training in providing nutritious meals and snacks for children

Healthy Eating Practices



Healthy Eating Practices (2018)



Next steps

- 🍏 Encourage ongoing participation in program training
- 🍏 Continue to monitor practice achievement and tailor resourcing and support as required
- 🍏 Promote and evaluate the menu planning workshops



Thank you

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Acknowledgments: Local Health District Health Promotion teams and the Early Childhood Training and Resource Centre

