

5 SIMPLE STEPS TO DEVELOPING HEALTHY EATING GUIDELINES

These steps for developing Healthy Eating Guidelines are suitable for a group session or service provided for a couple of hours with parents/carers and children attending together, for example, playgroups.

Step 1

- Provide a copy of the Sample Healthy Eating Guidelines to all of the group's parents, carers and staff.

Step 2

- Involve staff, parents and carers in the development of the group's guidelines to help them make it easier to put into practice.
- Hold a discussion with parents, carers and staff about current practices- this could be done during morning tea.
- Identify any new or alternative points to include in your guidelines, consider culturally appropriate foods and allergies where appropriate.

Step 3

- Review comments and update guidelines according to any discussions and decisions made.

Guidelines may be developed more informally using the sample policy as a guide for discussion and the parents/carers agreeing in principle.

Step 4

- Distribute the guidelines to staff, parents and carers.
- Communicate the expectations regarding the food and drinks that are encouraged and those that are discouraged from being brought to the group session or service to parents/carers in a supportive and inclusive manner.
- Include the guideline in your group session or service orientation/registration pack (or equivalent) for new families using your service.
- Include the guideline in your sign in area or display where it is accessible to all staff and families.

Step 5

- Review food and nutrition practices every 12 months or as necessary to ensure they are consistent with your service guidelines
- Update the guidelines and discuss with parents/carers as required.

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You need to consider the following areas when developing your guidelines for healthy eating at a group session/service:

1 Healthy food and drink choices

- What food and drinks will be provided?
(group session or service / parents from home)
- What food and drinks will not be provided?
- When will food and drink be provided?

2 Eating environment

- How will your group session or service promote a relaxed and sociable environment that reflects family and cultural values?
- How will your group session or service include parents, carers and children in food preparation, consumption and food awareness activities?

3 Food safety

- How will food and drinks be stored, prepared, served and eaten safely?

