

Menu planning support for Victorian long day care services

Victorian Government position statement

FoodChecker is a free Victorian Government website that assists long day care services to plan healthy menus for 0-5 year old children according to the Victorian *Menu planning guidelines for long day care*. It was developed by the Healthy Eating Advisory Service (Nutrition Australia Vic Division), which is supported by the Victorian Government. <http://foodchecker.heas.health.vic.gov.au>. **The Victorian Government recommends that Victorian long day care services use the Healthy Eating Advisory Service's [FoodChecker](http://foodchecker.heas.health.vic.gov.au) to plan their menus.**

To obtain Victorian Government recognition for the Achievement Program's Healthy Eating and Oral Health Benchmarks, long day care services must provide a FoodChecker menu assessment report that states the menu meets the Healthy Eating Advisory Service's *Menu planning guidelines for long day care*. Using feedAustralia will not provide this requirement.

Call 1300 22 52 88, or visit www.heas.health.vic.gov.au to:

- learn more about the menu planning guidelines
- access FoodChecker
- do free online training
- learn about menu planning for babies and adapting the menu for allergies
- get advice on budgeting
- find healthy recipes and food and drink ideas
- get curriculum activities for educators.

feedAustralia is a free menu planning tool developed by HealthyAustralia in partnership with the University of Newcastle and Hunter New England Population Health. feedAustralia aims to help early childhood education and care services plan menus for 2-5 year old children, and is based on NSW Health's *Caring for Children* guidelines.

feedAustralia currently does not meet some areas of the Victorian *Menu Planning Guidelines for long day care* but is working to meet Victorian policy criteria.

To find out more:

FoodChecker

www.foodchecker.heas.health.vic.gov.au

Healthy Eating Advisory Service (Nutrition Australia Vic Division)

heas.health.vic.gov.au

Tel: 1300 22 52 88

The Achievement Program (Cancer Council Victoria)

www.achievementprogram.health.vic.gov.au

Tel: 1300 721 682

Email: admin@achievementprogram.org.au

feedAustralia (Healthy Australia)

www.feedaustralia.org.au

Tel: 1300 783 795

Email: foodie@feedaustralia.org.au