

# HEAS resources to support

## Mini PD 4 - Nutrition in Early Childhood

The Healthy Eating Advisory Service (HEAS), delivered by National Nutrition Foundation and supported by the Victorian Department of Health, provides a range of supports to assist healthy eating in early childhood services.

This resource is part of the Mini Professional Development (PD) package on the topic of Nutrition in early childhood. The PD resources have been developed by the Healthy Eating Advisory Service to support health promotion professionals in delivering engaging and practical sessions for Cooks Network meetings.

### Using this resource

This document provides a curated list of resources from the Healthy Eating Advisory Service to support PD sessions focused on nutrition in early childhood. These resources have been selected to complement resources developed as Mini PD 4 – Nutrition in early childhood.

Use this document to explore relevant tools and resources that align with the content of your PD session and the interest of attendees.

## Supporting tools and resources for nutrition in early childhood PD

Topic	Relevant HEAS Resource
Food and Drink Ideas	<ul style="list-style-type: none"> <li>• Grain foods: <a href="#">Grainy goodies for kids</a></li> <li>• Meat and alternatives: <a href="#">Tasty ways to include meat and alternatives</a></li> <li>• Fruit: <a href="#">Fun fruity snacks for kids</a></li> <li>• Vegetables: <a href="#">Taste the rainbow</a></li> <li>• Snack ideas: <a href="#">Snack ideas morning and afternoon tea</a></li> </ul>
Vegetarian meals	<ul style="list-style-type: none"> <li>• <a href="#">Menu planning for vegetarian and vegan meals</a></li> <li>• <a href="#">Four steps to a healthy vegetarian meal</a></li> <li>• <a href="#">Managing allergies and other dietary requirements in children's education and care</a> - Other dietary requirements and preference module covers vegetarian and vegan diets.</li> </ul>
Making changes to your menu	<ul style="list-style-type: none"> <li>• <a href="#">Healthy food swaps</a></li> </ul>
Online training	<ul style="list-style-type: none"> <li>• <a href="#">Planning healthy menus for long day care</a></li> <li>• <a href="#">Promoting healthy eating in long day care</a></li> <li>• <a href="#">Managing allergies and other dietary requirements in children's education and care</a></li> </ul>
Budget and food waste tips	<ul style="list-style-type: none"> <li>• <a href="#">Reducing food waste at your service</a></li> <li>• <a href="#">Cooking to a budget</a></li> </ul>

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