



Vic Kids Eat Well

A great education starts with students having the energy to focus and learn at school. When children and young people eat nutritious foods in their everyday lives, they can be more alert and interested in activities, which can improve their concentration, memory and learning.

We can help your school or OSHC service create a healthier food environment by:

- Supporting your canteen, lunch order provider, food service or breakfast club to make simple changes
- Tailoring a plan of action that is right for your school or OSHC service
- Providing rewards and prizes for every action completed
- Providing newsletter, social media and website content
- Providing FREE access to a suite of health education resources
- Linking you with other Vic Kids Eat Well schools or OSHC services

Vic Kids Eat Well is supported by the Victorian Government and is delivered by Cancer Council Victoria in partnership with The Healthy Eating Advisory Service. Vic Kids Eat Well offers organisations four simple healthier food and drink actions:

- Refresh the fridge
- Switch up the snacks
- Change up the menu
- Put the 'fun' into fundraising and marketing

HOW TO GET INVOLVED:



Meet with us to discuss how your school or OSHC service can get involved

Email us at healthpromotion@bchc.org.au to arrange a time

or check out our website to learn more!
bchc.org.au/healthy-eating-vkew-in-schools

