

Supporting Nutrition for Australian Childcare (SNAC) and SNACPlus – a whole of centre approach



How many children at child care?

- Number of children attending Long Day Care Centres
 - **CHILDREN:** 171,000 (1996) → 630,000+ (2015)
 - **CENTRES:** 330 (1997) → 552 WA (2015)
 - Average attendance of **27.9 hours per week** (2015)



Australian Government
Department of Education and Training

Early Childhood and
Child Care in Summary

June quarter 2015

Provision of food/menu planning

- Role modelling
- Nutrition education
- Healthy food habits and preferences

- Intakes of energy, iron, calcium, zinc did not meet recommended guidelines (Gelissen, 1992; Soanes et al., 2001)
- Recommendations not met for any of the core food groups – ↓meat, vegetables, grains; ↑ Fruit, fat (Sambell et al., 2014)
- Total energy, calcium ↓; fat, sodium ↑ (Bell et al., 2015)


SNAC: Supporting nutrition for Australian childcare

SNAC | Supporting Nutrition for Australian Childcare | Australian Guide to Healthy Eating

snacwa.com.au

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Healthy Food for Kids Cookbook – Quick Recipes for Busy Parents

SNAC has developed a cookbook for busy mums and dads who strive to provide delicious, nutritious meals for the whole family each and every busy day! The cookbook contains five... [Read More »](#)

Welcome to SNAC!

A new support site for education and care centres and early years educators. This is a place for you to connect with other childcare professionals to share your experiences, ideas and thoughts and to build a network of support. There are many reliable, accurate resources to help you

[Community »](#)

SCHOOLS TREE DAY 2015

n55_agthe_large.jpg

Show all downloads...

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- Support
 - Fact sheets
 - Links
 - Menu planning tools and guidelines
 - Activities for healthy eating



- Nutrition
 - Recipes specifically designed for childcare
 - Nourish cookbook
 - Nutrition calculators



Food Groups:

Fruit		0%
Vege	<div></div>	90%
Meat/Alt *		0%
Cereals	<div></div>	90%
Dairy		0%
Fat	<div></div>	80%

* meat = lean meats, poultry and fish;
meat alternatives = eggs, tofu, nuts,
seeds, legumes and beans

- **Activities**

- Based on feedback from stage 1
 - Fussy eating
 - Menu planning
 - Reading and understanding food labels
 - Basic nutrition concepts

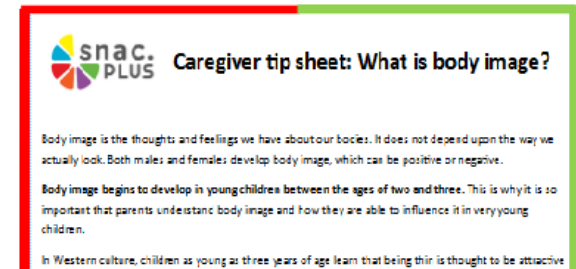
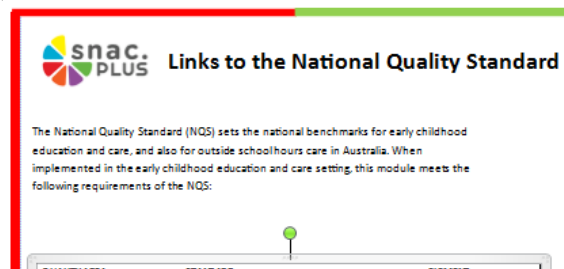
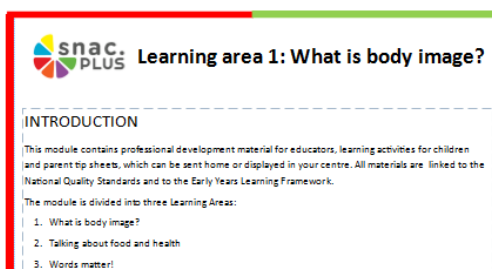
Videos

Resources

Quizzes



- SNACPlus funded to develop nutrition curriculum for childcare centres
- Professional development , activities for children, information for parents
- Links to EYLF and NQS



Educators



“From little things, big things grow” – Food and drink sources.

[Read More »](#)



“My healthy choice” – Food and drink choice.

[Read More »](#)



NEW! “Jazz in the kitchen” – Food and drink experience NEW!

[Read More »](#)

Parent modules

Edith Cowan University We... x For Parents: "From little things,..." x +


snacwa.com.au/module/module-1-3/

snac. PLUS

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Home Modules for Educators Modules for Parents Educator Forum Parent Forum

For Parents: "From little things, big things grow" – Food and drink sources.



DISCUSS

'Growing seeds' parents information

SHOW

'Healthy seed and grain foods' parent information

DESCRIBE

'How milk gets from the farm to my fridge' parent information

Windows taskbar: For Parents: "Fro...", e, File Explorer, Media Center, Outlook, Word, Excel, PowerPoint (WAHPSA Preso, AHPA June 2016, AHPPA_Karen Lo...), Paint. System tray: 11:58 AM, 1/08/2016.

- Pre-test n=151, post-test n= 138
- 64% of services made changes post intervention
- Significant improvement in:
 - limiting the use of salt
 - limiting sources of saturated fats
 - limiting foods high in sugar
 - choosing whole grain products

-

- Significant changes in body appreciation scores
- Significant increases in self-efficacy
- Significant increases in positive behaviours



- Online professional development and curriculum popular with educators
- SNACPlus successful in increasing KAB
- Inclusion of body image innovative
- However, we struggled to include parents

Any questions?

