

Early Learning Centres

CCHS Health Promotion Team Support

Our Health Promotion Team can support you to:

- Identify and align your health and wellbeing priorities and strategies to the National Quality Standards and Quality Improvement Plans.
- Review and/or create health and wellbeing policies and procedures
- Embed health and wellbeing into your planning and practice
- **Menu Support**
 - ✓ Align your menu with the Healthy Eating Advisory Service (HEAS) Menu Planning Guidelines for Long Day Care
 - ✓ Align your menu with the National Quality Standards
 - ✓ Work with your center's cook, staff, and community to make nutritious, sustainable menu changes
- **Cooks Network**

A joint program with Better Health Network, the Cooks Network increases the capacity and skills of Long Day Care cooks to provide nutritious food and drink options for children, in alignment with the Victorian Menu Planning Guidelines for Long Day Care.

As a member of the Cooks Network, you will have the opportunity to:

- ✓ Strengthen your knowledge and skills to plan and prepare a nutritious menu
- ✓ Learn through presentations, guest speakers, and interactive activities
- ✓ Network with Long Day Care Cooks from services across Glen Eira, Stonnington and Kingston
- ✓ Learn strategies and tips to meet cultural and health needs, adapt recipes for children with allergies, address fussy eating, and more
- ✓ Have access to a resource-sharing platform, information hub, and a quarterly newsletter
- ✓ Receive ongoing menu planning support from your Health Promotion Officer.

Find out how we can support your service or school by contacting us on:
(03) 9076 6666 or cchs.healthpromotion@alfred.org.au