



Australian Government
Department of Health


A Department of Health
Initiative

feedAustralia

A World Leading Nutritional Education & Preventative Health Initiative

Together, we can improve
the health of future generations.

4 in 5
Kids 
don't eat enough vegetables

to parents
Only 1 in 4 parents 
are aware of the recommended
daily intake of vegetables
for their child

One-third

of kids
regularly consume
sugar-sweetened drinks

Almost half
of young kids 
recieve *treat foods*
most days of the week

What is feedAustralia?

feedAustralia is a world leading nutritional education and preventative health initiative that provides early childhood education and care providers with a free and seamless 'business as usual' online menu planning tool, built and trialled specifically to integrate with the Federal child care subsidy system for operational efficiency.

It has been developed through a partnership with the University of Newcastle, Hunter New England Population Health and Healthy Australia. The program monitors, assesses and helps improve the delivery of food and drinks to children in care, in alignment with Australian Dietary Guidelines.

feedAustralia is a Department of Health initiative in partnership with Healthy Australia. It will be available to all early childhood education and care providers at no cost from 1 March 2018.

Why feedAustralia?

Up to 67 per cent of a child's daily dietary intake can be consumed in long day

The feedAustralia program has been designed to address an identified need within the early childhood education and care sector to translate expert nutritional knowledge and provide a cost effective solution that enables providers to deliver menus that are compliant with Australian Dietary Guidelines.

The benefits of instilling healthy eating habits at a young age are far reaching. The highest quality research, evidence, systematic reviews and controlled trials also show that improving the nutritional environment in early childhood education and care settings can have a positive impact on not only a child's diet but can also improve learning behaviours.

Child care settings provide a valuable opportunity to instil long lasting healthy eating habits in every child, every day.

Learn more at: feedaustralia.org.au Available 1 March 2018

feedAustralia's Online Menu Planning Tool

The feedAustralia online menu planning tool has been developed to sit within existing child care management systems.

It provides early childhood education and care providers with:

- An online nutritional database that includes over 200 healthy recipes and snack suggestions with established energy, macronutrient profiles and food group breakdowns.
- A translation of expert nutritional knowledge into everyday 'best food selection' equipping adults with the know-how, resources and confidence to provide healthy and nutritious food to the children in their care.
- Nutrition resources, including suggestions and tips to reach food group recommendations and align with Australian Dietary Guidelines.
- A real time assessment of menus against nutrient, energy and serving size data.
- Analytics to enable menu disaggregation (ingredients) to support food ordering.
- An automated assessment of menu compliance per child based on food combinations.
- A real time alert when a planned menu does not adhere with Australian Dietary Guidelines or child dietary needs (allergies).
- Nutrition resources, including suggestions and tips to meet food group recommendations.
- Reduced wastage by generating automated shopping lists and greater management of portions.
- Translation of 2,000 foods typically consumed by Australians and frequented by child care services into food groups.
- Nutritional analysis of menus over time.
- Dashboards that demonstrate performance against Government indicators.

Healthy Substitutions

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feedAustralia
is building a generation of
Healthy Heroes
for the future health of our nation.