VIC KIDS EAT WELL

We're boosting delicious and nutritious food and drink options in places where children and young people spend time.

What is Vic Kids Eat Well?

Vic Kids Eat Well is a state-wide movement focusing on transforming food and drink environments where kids spend their time. Vic Kids Eat Well offers four simple healthy food and drink actions. The focus is on simple changes and healthy swaps that make a big impact.

Who can join:

Schools, outside school hours care and sports club

Support:

After joining, you will receive support from a local Health Promoter from Bendigo Community Health Services and Stephanie Alexander Healthy Kids Advisor.

Contact:

For more information call 5406 1200 or email
- Siobhan Sullivan at siobhansullivan@bchs.com.au
- Valerie Nkala at valerienkala@bchs.com.au

To join the movement

Visit www.vickidseatwell.health.vic.gov.au

bendigo Community Health services

LET'S FUEL FUN!

Healthy food and drink changes can have a lifelong impact on kids' health. Whether you represent a school, the local pool or a footy club, Vic Kids Eat Well is helping community organisations take simple steps that make a big impact.

STEP 01

JOIN THE MOVEMENT

Your organisation will be connected to a health promotion expert who will support you every step of the way.
vickidseatwell.health.vic.gov.au

STEP 02

TAKE ACTION

Choose a 'small bite' such as kicking confectionary, or a 'big bite' like changing up the menu so healthy food takes the spotlight. Start with one action and go on to do them all.

STEP 03

UNLOCK REWARDS

Unlock great prizes and rewards when you complete 'small bites' and 'big bites'. We'll help you celebrate success and share your progress with the community.

STEP 04

GAIN MOMENTUM

Once you've worked through all the Vic Kids Eat Well 'bites', why stop there? Continue the journey by meeting healthy eating guidelines for Victorian Government recognition through the Achievement Program.

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To join the movement or learn more
Visit **vickidseatwell.health.vic.gov.au**