

**VIC KIDS  
EAT WELL**



# VIC KIDS EAT WELL INFORMATION SESSION FOR SCHOOLS & OSHC

## You're Invited!

Come and join us for a brunch or afternoon bite, to hear about how you can get involved in the new **Vic Kids Eat Well** movement! Meet your local supports and learn how we can help offer more healthier food and drink options.

**When:** Monday, 9th May at 10am-11am or 4.30pm-5.30pm

**Where:** Fork in The Road, BCHS Central site, 165-171 Hargreaves Street, Bendigo

**Register** - To Register for either the brunch or afternoon bite, [click here before Wed 4th May.](#)

**Who:** Principals, teachers, canteen/tuckshop staff, wellbeing staff, and OSHC staff, or anyone else interested. Everyone is welcome.

# LET'S FUEL FUN!

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

## JOIN THE MOVEMENT

STEP

01

Your organisation will be connected to a health promotion expert who will support you every step of the way.  
[vickidseatwell.health.vic.gov.au](http://vickidseatwell.health.vic.gov.au)

## TAKE ACTION

STEP

02

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.

## UNLOCK REWARDS

STEP

03

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.

## GAIN MOMENTUM

STEP

04

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.