



REFRESH THE FRIDGE IN OSHC

- **Ditch sugary drinks**
- **Make flavoured milks a ‘sometimes thing’**



WHY REFRESH THE FRIDGE?

A great education starts with kids having the energy and focus to learn at school. Boosting healthy and delicious food and drinks options at school can improve kids’ concentration, mood, memory, learning, academic performance and mental wellbeing and give them the fuel they need to thrive. Providing healthier food and drinks and reducing the availability of unhealthy alternatives can also help meet the recommendations in the Victorian **Food and drink guidelines for outside school hours care** (OSHC). We need to surround our kids with delicious, healthy food and drinks, wherever they spend their time. It’s time to refresh the fridge so let’s get started today!

Making changes to your OSHC food service might seem overwhelming but there are small changes you can do to get started. You can ‘Refresh the fridge’ with the following ‘bite’ sized actions:

- **Ditch sugary drinks** – remove sugary drinks from the menu and replace sugary drinks with healthier options.
- **Make flavoured milk a ‘sometimes’ thing** – ensure flavoured milk is not on the menu every day e.g. only provided Mondays and Wednesdays.

The process is the same for each of the bites. You can try one ‘bite’ at a time or do them both at once. It’s up to you. Whichever approach you take, this guide will support you through each step of the way.

REFRESH THE FRIDGE – WHAT’S INVOLVED?

The ‘Ditch sugary drinks’ bite includes removing all soft drinks, energy drinks and flavoured mineral waters with high sugar content, including:

- regular, full sugar soft drinks such as cola, lemonade, etc.
- flavoured mineral waters with added sugar
- cordial
- regular, full sugar energy drinks
- regular, full sugar sports drinks
- fruit drinks with added sugar.

Fruit juice is a concentrated source of sugar and should not be offered as a drink.

The second bite: ‘Make flavoured milk a sometimes thing’ means taking flavoured milk off the menu every day and only offering it once or twice a week (e.g. Monday and Wednesday) and only once on those days (e.g. afternoons only).

‘Flavoured milk’ refers to all flavoured varieties of milk drinks, such as strawberry, chocolate, banana and more. They could be based on cow’s milk or a milk alternative, such as almond milk, rice milk or soy milk. It also includes flavoured milks made on-site by adding syrup or powder.

To refresh the fridge, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!



STEP ONE: REVIEW

Start by reviewing the sugary drinks and flavoured milk options currently available at the OSHC.

This will help identify which drinks should be replaced or removed. Count the number of times each day and over the week the OSHC service provides flavoured milk options. Consider all the sugary drinks and flavoured milk options available including those provided in the OSHC food service and any on-site vending machines.



STEP TWO: PLAN

The next step involves planning how you will make the changes.

There are many healthier drinks that can be offered such as:

- plain still or sparkling water, including tap water
- plain milks (preferably reduced fat), including soy, rice or nut milk alternatives which should be calcium fortified
- smoothies made with fresh or frozen fruit, plain milk and/or plain natural yoghurt.





Find out where your OSHC purchases its sugary drinks. It could be the OSHC head office, local distributor, wholesaler or a local supermarket. If it is the head office, local distributor or wholesaler contact them to discuss and determine healthier options the OSHC can purchase.

- If the service gets drinks supplied from head office, and there is a contract or agreement in place with a supplier, discuss with the supplier what flexibility there is and how healthier options could be included in the existing contract.
- If the contract is set, you might need to wait to influence the contract when it comes time for renewal. Or consider using a different supplier that can offer the healthier drinks you want.
- If the service purchases drinks from a supermarket, look at the other drinks available and determine the healthier drink options the service can order instead.

PREPARING FOR CHANGE

Look for ways to engage the OSHC community in making changes. Take opportunities to talk to families, staff, children and volunteers to get a sense of the ‘appetite’ for change and the best way to introduce changes. You can make changes all at once or use a gradual approach.

All at once involves making the changes overnight or all in one go. An ideal time to do this is at the beginning of a new school year or term. This is the quickest approach and usually works best if you are only introducing a few changes and when you know there is good support for change.

A gradual approach gives children more time to get used to the changes and an opportunity to try alternative options. It is often the more readily accepted option if you need to make lots of changes. There are three ways you could take a gradual approach:

1. Replace the least popular sugary drinks first, then work on replacing the more popular drinks.
2. As you use up your stock of sugary drinks, replace with healthier drinks.
3. Reduce the number of times flavoured milks are offered every week.





STEP THREE: ACT

Now you've done all the groundwork, its time to put it into action.

Here's a great example of refreshing the fridge.

Vic Kids' OSHC reviewed the drinks on their menu and found that they had flavoured milk on the menu too often, and two different sugary drinks available (cordial and juice). Next, they identified healthier options they could make available on their menu. Vic Kids' OSHC decided to remove or replace the sugary drinks/flavoured milk as follows:

| Menu BEFORE small bites | | | | | | |
|-------------------------|--------------------------------------|---|------------------------|---------------------------------------|----------------------------|---|
| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| BREAKFAST | Food | Children may select from the following options: Choice of cereals: Weetbix, porridge, muesli (untoasted/natural), high fibre cereal flakes, congee. Served with reduced fat milk. AND Seasonal fruit and vegetable platter AND | | | | |
| | Drink | Plain milk, chocolate milk, and water (available everyday) | | | | |
| AFTERNOON TEA | Seasonal fruit and vegetable platter | | | | | |
| | Food | Wholegrain crackers, reduced fat cheese, hummus dip, carrot, cucumber, celery sticks | Rainbow veg fried rice | Mixed sandwichies on wholegrain bread | Mini pizza faces | Carrot muffins with a dollop of reduced fat yoghurt |
| | Drink | Lime Cordial Water | Plain milk Water | Orange Juice Water | Raspberry Cordial Water | Apple Juice Water |

| Menu AFTER small bites | | | | | | |
|------------------------|--------------------------------------|---|---------------------------------|--|------------------|---|
| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| BREAKFAST | Food | Children may select from the following options: Choice of cereals: Weetbix, porridge, muesli (untoasted/natural), high fibre cereal flakes, congee. Served with reduced fat milk. AND Seasonal fruit and vegetable platter AND | | | | |
| | Drink | Reduced fat plain milk and water (available everyday) | | | | |
| AFTERNOON TEA | Seasonal fruit and vegetable platter | | | | | |
| | Food | Wholegrain crackers, reduced fat cheese, hummus dip, carrot, cucumber, celery sticks | Rainbow veg fried rice | Mixed sandwichies on wholegrain bread | Mini pizza faces | Carrot muffins with a dollop of reduced fat yoghurt |
| | Drink | Water | Reduced fat plain milk Water | Fruit smoothie (use any leftover fruit e.g. bananas) made with reduced fat milk Water | Water | Water |



SUPPORTING SUCCESS

Consider how you will communicate the changes you make to the drinks on the menu with the children and families at the service, and how you will reinforce messages about healthy drinks through planned curriculum activities.





CELEBRATE

Great job! You've finished the 'Refresh the fridge' bite for Vic Kids Eat Well. Make sure to share the good news with the OSHC community and communicate how you will continue your great work in the other action areas of Vic Kids Eat Well.

FOR FURTHER HELP

Vic Kids Eat Well tech team

For advice or assistance regarding program support and delivery, setting engagement and website database issues

- 1300 185 725
- vickidseatwell@cancervic.org.au

Your local Health Promotion Officer

For on the ground support

Full name: _____

Job title: _____

Organisation: _____

Contact no. _____

Email: _____



If you are having trouble accessing this document, please email vickidseatwell@cancervic.org.au or call **1300 185 725**

Vic Kids Eat Well is supported by the Victorian Government, and is delivered by Cancer Council Victoria's Achievement Program, in partnership with National Nutrition Foundation's Healthy Eating Advisory Service

