

START RIGHT



EAT RIGHT

CHILD CARE
NUTRITION AWARD
SCHEME

Session Outline

- Background - why focus on under 5's and long day childcare centres?
- What is Start Right Eat Right (SRER)-aims/criteria
- Who is involved
- Cost of SRER menus
- Marketing promotion
- Achievements/ feedback



Why under 5's?

- Children need nutritious food:
 - Optimum growth and development
 - Adequate energy to learn and play
 - Optimum brain function for learning



Why under 5's?

- Some nutrition issues of concern
 - Breast feeding rates
 - Iron deficiency (25% of children under 2 are iron deficient and 2-3% are anaemic – 1995 National Nutrition Survey).
 - Dental health (increased rates in children of parents born overseas and Indigenous Australians)
 - Overweight and obesity

Why under -5s?

- 4 year olds who are overweight and obese has increased from:
 - 12.9% to 19.2% for girls
 - 10.6% to 15.4% for boys. (1995 -2001-Child and Youth Health data)
- Contributing factors:
 - more 'screen time' (television/computer)
 - more sweet drinks and snack foods (cakes, biscuit and chips)
- Obesity among Indigenous populations across all age groups is consistently higher than for non-indigenous populations.
- Overweight/obesity in childhood increases the chances of serious illnesses in adulthood (e.g. type 2 diabetes, cardiovascular disease, high blood pressure)

Why focus on long day childcare centres ?



- Research has shown that childcare menus are nutritionally inadequate for key nutrients
- Children have a right to nutritious and safe food in child care
- 70% of food preferences are determined in first 3 years of life



Why focus on long day childcare centres ?



- Dedicated and enthusiastic staff
- Eat Well Be Active Healthy Weight Strategy for South Australia 2006-2010
 - childcare identified as key action area for promoting healthy eating and physical activity
- State Strategic plan's target on Wellbeing identifies SRER as a contributing strategy



What is Start Right Eat Right?



- Pilot began in SA in 2001
- Based on SRER award developed in WA
- State wide project
- Funded by Department of Health :
May 2003- Jun 2010
- Project partners:
 - Lady Gowrie Child Centre
 - Department of Health (Health Promotion Branch)
 - Southern Adelaide Health Service



What is Start Right Eat Right?



An incentive Award for best practice in nutrition and food hygiene for long day child care centres

Aim:

To assist long day care centres to provide safe, healthy food choices to children in child care



What is Start Right Eat Right?



Award for child care centres that have:

- Director/cook completed nutrition training
- A nutritionally adequate menu or lunchbox
- Good food hygiene practices and all staff trained in food hygiene
- Comprehensive nutrition policy
- A supportive and enjoyable eating environment for children



How are the criteria met?

Training: Director and Cook attend accredited nutrition training

- 9 hours of training
- Topics:
 - Child care nutrition
 - Menu planning and assessment
 - The child care eating environment
 - Policy development
 - Basic food hygiene



How are the criteria met?

Menu: A nutritionally adequate menu meeting 50% of Recommended Dietary Intake

Cook centres

- Assess two weeks of a menu using a nutrition checklist
- Calculate food used over two weeks to meet required daily serves/child



Checklist

Variety

- cultures, texture, temperature

Frequency

- food groups
- types of foods
- high fat foods

Food combinations

- vitamin C with vegetarian meals-improves iron absorption
- extra iron source with white meat /vegetarian meals

Eating opportunities

- must provide MT/Lunch/AT and late snack



Suggested Daily Serves for Children in Long Day Care

Bread & Cereals

1 serve =

(2 serves daily)

1 slice bread
½ cup breakfast cereal
1/3 cup cooked rice
½ cup cooked pasta

Fruit & Vegetables

1 serve =

(2 serves daily)

1 piece of fruit
½ cup cooked vegetables
1 cup mixed salad

Dairy Products

1 serve =

(3 child serves daily)

½ cup milk
½ cup yoghurt
15g cheese

Meat and alternatives (cooked) **(1 serve daily)**

1 serve =

55g raw red/white meat
65g raw fish
1 egg
1/3 cup (50g) cooked legumes

Fat and Oil s

1 serve =

(1.5 serves daily)

5g (1 tsp) fat or oil



Lunch Box centres

- Demonstrate and understanding of how to assess a lunch box for nutritional adequacy
- Demonstrate an understanding of negotiating change with parents

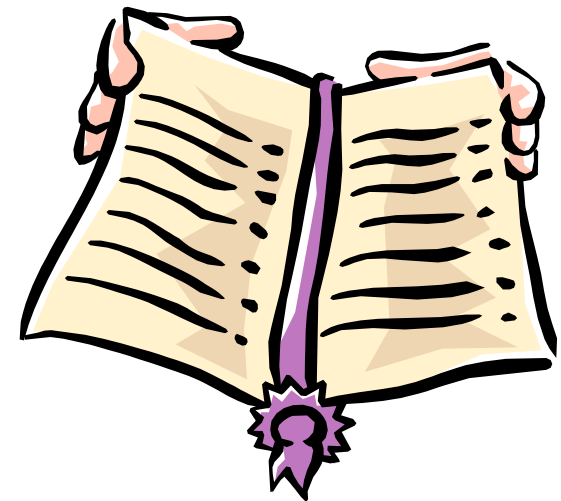


How are the criteria met?



Nutrition Policy

- Centre policy is reviewed to meet core criteria:
 - Providing a nutritious menu
 - Mealtimes and the eating environment
 - Families and nutrition
 - The curriculum
 - Feeding practices
 - Other special dietary needs

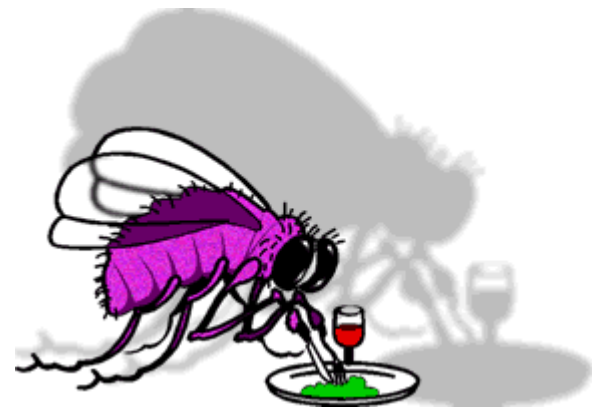


How are the criteria met?



Good food hygiene practices

- Food Hygiene Training for all staff
- Food hygiene monitoring records kept
- Kitchen meets Food Hygiene Standards - checked by EHO



How are the criteria met?



Supportive eating environment

Site visit by SRER trained Nutritionist

- Staff sit with children at mealtimes
- Positive staff interactions
- Nutrition education in curriculum
- Communication about nutrition with parents



Who is involved

- Project team of dietitians
- Local community dietitians
- Local government environmental health officers
- Reference committee
- Management committee



Are SRER menus more costly?

- A of 15 centres showed that it costs an extra \$0.28/child/day to meet SRER criteria
- The median cost is \$1.28 per child per day or \$384/week for a centre with 60 children



Marketing/promotion



- **MUNCH**
 - Twice yearly newsletter
 - Updates on training/topical nutrition issues/food hygiene/ 'cooks corner'
- **Yellow pages advertisement**
- **Website**
 - Still to be finalized
- **Local media**
 - Support centres to contact local media about SRER

Achievements

164 Centres have completed training (70%)

107 Centres have award (46%)

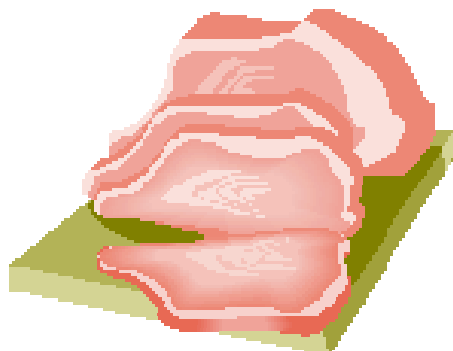
- training is carried out in regional centres
- local dietitians may facilitate this training
- links Aboriginal directors group
- provide training as a group if requested



Feedback-menus

2005 survey of 14 SRER centres showed:

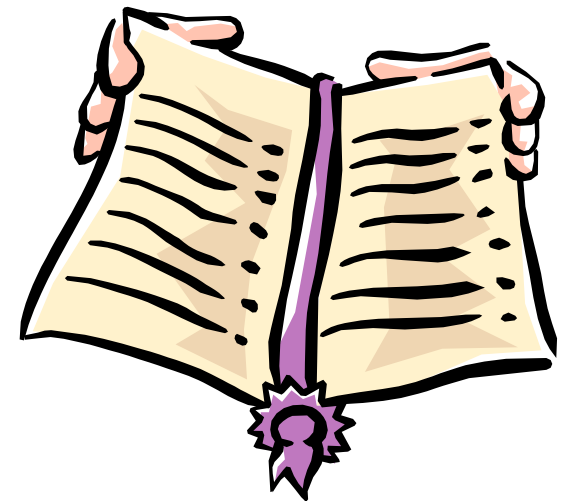
- **71% increased** amount of dairy foods (important for adequate calcium)
- **50% increased** amount of meat (esp. red meat- important for adequate iron)



Feedback-policies



- **93% had nutrition policy changes**
- 38% included infant feeding practices
- 38% included special occasion guidelines eg birthdays
- 31% included food allergy and intolerance issues



Feedback – staff nutrition knowledge/ behavior



- 54% said centre staff had become more aware (and knowledgeable) about SRER
- 38% centres said staff were now more aware of children's nutrition needs



Feedback-impact on parents



- All said parents had become aware of SRER
- 79% supportive/positive feedback from parents
- 21% parents more interested in SRER and children's nutrition
- 21% felt parents reassured that Centre is providing 50% daily food needs



Feedback: Kura Yerlo Child Care Centre and Minya Porlar Creche



- Thoughts about SRER training and the accreditation process
- Changes noted as a result of being SRER accredited/trained e.g.
 - in staff knowledge/awareness /interest in childhood nutrition,
 - to foods provided
 - to what children are willing to eat
 - in parent knowledge /awareness/interest in childhood nutrition
- Other outcomes

