



CONTENTS

Nutrition

- Section 1 Food and Nutrition Policy
- Section 2 Supporting Healthy Food Choices in OSHC
- Section 3 Food Handling Preparation and Storage
- Section 4 Creating a Positive Eating Environment
- Section 5 Incorporating Food and Nutrition Activities
- Section 6 Communication with Families
- Section 7 Culturally Competent Approaches to Nutrition
- Recipes

Physical Activity

- Section 1 Physical Activity for Children in OSHC
- Section 2 Supporting Physical Activity in OSHC
- Section 3 Promoting Safe Play
- Section 4 Creating a Positive Environment for Physical Activity
- Section 5 Embedding Physical Activity and Games
- Section 6 Communication with Families
- Section 7 Culturally Competent Approaches to Physical Activity
- Games

ACKNOWLEDGEMENTS

Thank you to members of the PANOSH Steering Committee who provided advice and feedback for this project. This group included representatives from:

- Centacare Child Care Services
- Helping Hands Network
- Jabiru Community Children's Services
- Nutrition Australia (Qld)
- Qld Police-Citizens Youth Welfare Association (PCYC)
- P&C's Qld (formerly Queensland Council of Parents and Citizen's Association QCPCA)
- Queensland Health
- Queensland Lutheran Early Childhood Services
- Young Men's Christian Association (YMCA)
- Queensland Children's Activities Network (QCAN)

Appreciation and thanks to Coordinators of the OSHC services who supported this project by giving their time, piloting resources and providing valuable feedback:

- Gumnut House Greenbank OSHC
- Payne Road OSHC
- Bethania Lutheran OSHC
- Jabiru Kids Sandgate
- Faith Lutheran OSHC
- YMCA Springfield Lakes OSHC
- Helping Hands Norman Park OSHC
- PCYC Ipswich
- Jabiru Kids Boondall
- Living Faith OSHC
- YMCA Camira

Special thanks to Nutrition and Dietetics students from the University of Sunshine Coast who completed their Student Project for 2012 by doing field research on menu planning and development, as part of their student placement with Queensland Health.





A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health