



feedAustralia

A World Leading Nutritional Education & Preventative Health Initiative

Together, we can improve the health and wellness of future generations.

The feedAustralia tool provides early childhood education and care providers with:

- An online nutritional database that includes over 200 healthy recipes and snack suggestions with established energy, macronutrient profiles and food group breakdowns
- A translation of expert nutritional knowledge into everyday 'best food selection' equipping adults with the know-how, resources and confidence to provide healthy and nutritious food to the children in their care
- A real time assessment of menus against nutrient, energy and serving size data
- Analytics to enable menu disaggregation (ingredients) to support food ordering
- An automated assessment of menu compliance per child based on food combinations
- A real time alert when a planned menu does not adhere with Australian Dietary Guidelines or child dietary needs.
- Nutrition resources, including suggestions and tips to meet food group recommendations.
- Decreased wastage by generating automated shopping lists and greater management of portions
- Translation of 2,000 foods typically consumed by Australians and frequented by child care services into food groups
- Nutritional analysis of menus over time
- Dashboards that demonstrate performance against Government indicators

"The feedAustralia online menu planning tool translates the nutritional science of dietary guidelines into straight-forward real-time feedback giving early childhood education and care providers the information they need to make informed menu choices"

Meghan Finch
Dietitian and Program Manager,
Hunter New England Population Health

feedAustralia is a world leading, nutritional education and preventative health initiative. It provides early childhood education and care providers with a free and seamless 'business as usual' online menu planning tool, built and trialled specifically to integrate with the Federal Child Care Subsidy System for operational efficiency.

Developed by researchers and nutritionists from the University of Newcastle and Hunter New England Population Health and based on best-practice evidence, the feedAustralia online menu planning tool will monitor, assess and help improve the delivery of food and drinks to children in care, in alignment with Australian Dietary Guidelines.

"Our goal is a healthy nation and our first priority is fostering a nation of healthy children. Integration of feedAustralia across all early childhood education and care providers in Australia will build a durable approach to improving population health by addressing nutrition related behaviours and modifying nutrition environments"

Professor John Wiggers, School of Medicine and Public Health, University of Newcastle

Why feedAustralia?

As obesity tracks from childhood into adulthood, strategies which aim to prevent the onset of obesity are recommended by the World Health Organisation and are included in the health plans of jurisdictions across Australia. The feedAustralia program has been designed to support these strategies, with the prevention of childhood obesity at the forefront of its thinking.

With some 60 per cent of adults and 25 per cent of young people overweight or obese, the feedAustralia program presents a durable approach to improving population health and provides a tangible opportunity to tackle childhood obesity to improve the quality of life and wellness of future generations.

Why Early Childhood Education and Care?

The feedAustralia program has been designed to address an identified need within the early childhood education and care sector to translate expert nutritional knowledge and provide a cost effective solution that enables early childhood education and care providers to deliver menus that are compliant with Australian Dietary Guidelines. Essentially, the feedAustralia program will aim to bridge the 'application gap' between world's best nutritional expertise and the day-to-day practice of child care services.

With up to 67 per cent of a child's daily dietary intake consumed in long day care, child care settings provide a valuable opportunity to instil long lasting healthy eating habits in every child, every day.

Further information visit:
www.feedaustralia.org.au P. 1300 783 795 E. foodie@feedaustralia.org.au

