



## **Nominated Supervisor New Year Healthy Eating Checklist**

**Use this checklist to get ready to start the new year supporting families to make healthy choices:**

- Give guidelines to all families, ask your Good For Kids support officer for extra resources if needed
- Talk to your educators about understanding the guidelines
- Discuss with educators your service's processes for monitoring lunchboxes & providing feedback to families
- If you are holding a parent info night – discuss your services philosophy about healthy eating and what makes up a healthy lunchbox
- Prepare your staff for parent's questions by reflecting on past experiences and how previous challenges have been overcome
- Display healthy food guideline posters & other useful healthy eating info