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Vic Kids Eat Well is a free program focused on making healthy eating easy and accessible for schools, one bite at a time.

We give your school simple ways to eat more fruits, vegetables and whole grains while eating fewer foods high in sugar, fat and sodium. Vic Kids Eat Well is tailored to meet the unique needs of your school and local community to ensure all children have access to healthier food choices.

Register for Vic Kids Eat Well and see the benefits:

- Customised plan of small, practical changes that are easy to implement
- Enhance students' health and improve academic performance
- Support the long-term wellbeing of students and staff
- Access resources, support, and expert guidance every step of the way
- See long term positive changes in your school's food culture

How does it work?

Our Health Promotion Officer will build on what you already do and help your team implement initiatives that follow an evidence based, incremental change framework.

Listen to your needs

Understand your specific challenges and health-related school goals

Collaborate with your team

Work closely with your school to identify opportunities to make small changes.
Develop a plan that is customised to your unique environment and student cohorts

Ongoing support

Provide hands on continuous guidance as you implement small, manageable changes that lead to lasting health improvements

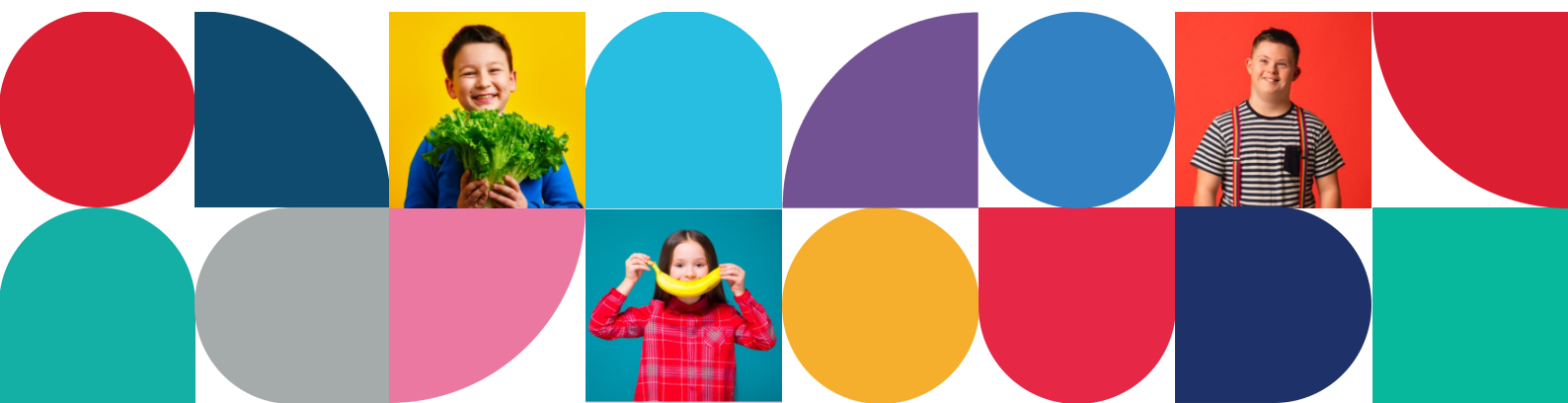
Tailored resources and marketing material

Customised materials and actions to fit your school's culture and structure, ensuring that the program integrates seamlessly into your daily routines

Monitor and celebrate progress

Track the progress together, celebrate successes and adjust the program as needed to maximise impact

Your school is rewarded for making positive healthy eating changes.
Small bites that add up to big bites and big wins for your school community's wellbeing.





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Small bites add up to big bites and big rewards

Big Bite 1

Refresh the fridge

Include a larger range of healthy food and drink options

Big bite 2

Switch up snacks

Swap out less healthy treats for more nutrient-rich snacks

Big bite 3

Change up the menu

Ideas to add a variety of fruit, vegies and whole foods

Big bite 4

Fun in fundraising

Reduce unhealthy food-focused fundraising activities

- Each Small Bite adds up to a measurable change - or Big Bite.
- Small Bites earn incremental rewards and they're easy to achieve.
- With each Big Bite above we'll plant a mandarin tree at your school!

Just say yes and we'll help do the rest

Our goal is to make this journey easy for your community - not to add extra work! Think of our Health Promotion Officer as an extra staff resource to guide and support your team in implementing healthier food and drink choices that will benefit your whole school. We're with you at every step of your school community's journey and we'll go at your pace.

Sign up for Vic Kids Eat Well with IPC Health and receive additional rewards wholly funded by IPC Health, valued at up to \$6,400.

- A Health Promotion Officer dedicated to your school - \$3,000 for 3 months
- Collateral and marketing materials - \$1,000
- Up to 4 established mandarin trees - \$600 each

Contact us to take the first bite

Vic Kids Eat Well is flexible and tailored to your school's needs, promoting a healthier and happier environment for students. Together, we can transform school food culture and make healthy eating sustainable. Reach out to get started and make a lasting impact!

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Vic Kids Eat Well

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