1. Drinking water is available indoors and outdoors at all times and is accessible to children. (e.g. water bottles/water coolers/jugs).

2. Meals and snacks provided by the service or from home are nutritious and contribute to meeting the children’s daily dietary and developmental requirements:
   - Fruit and vegetables are provided every day in the menu planning and encouraged in lunchboxes.

3. Positive meal environments are planned to be relaxed, social and enjoyable learning experiences by:
   - Children participating in serving and self-feeding.
   - Encouraging children to try new foods regularly including different colours, textures, flavours and aromas.
   - Providing the opportunity for staff/carers to sit with children when they are eating and drinking for role modelling, safety, learning and socialisation.

4. The following drinks and foods are not included in menu planning and are discouraged in lunchboxes. These include:
   - Soft drinks, flavoured mineral waters, sweetened flavoured milks, cordials, 100 percent juice, fruit juice drinks and vitamin C syrups. Only water or plain milk are offered as drinks.
   - Pre-packed items such as chips, chocolates, lollies and muesli and fruit bars.

5. Food is not used as a reward, incentive or for comfort.

6. Daily structured and free active play is a significant component of the program plan.

7. Screen time (television/DVD/video/electronic games) is not used or is limited in the service.
   - If screen time is used staff/carers need to ensure it is planned, limited to a minimal part of the child’s day, age appropriate and monitored with staff sitting with children to discuss what is being viewed.

8. Age appropriate traffic safety education, including pedestrian and car safety and playing safely, is provided as part of the program to children and their parents/carers in the service.

9. To ensure a sustainable whole-of-service approach:
   - All Kids – ‘Go for your life’ criteria are reflected in the service policies.
   - Families are informed of the policies.
   - Families are provided with regular information, ideas and strategies to promote healthy eating and active play.

Please indicate your service’s current practice by ticking the appropriate box.

**Award criteria checklist**

This Award criteria checklist is your first step in gauging where your service is currently placed in regard to healthy eating and active play. It is important that you consider the criteria critically so you have an accurate starting point for moving through the program and becoming an Award Service.

Please note – even if you tick all criteria as being achieved, you will still need to work through the Early Childhood Starter Pack. All criteria need to be embedded into your policies.

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**Kids – ‘Go for your life’**

**Early childhood service**

**Kids – ‘Go for your life’**

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**Member form**

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**Early Childhood State Coordinator, Kids – ‘Go for your life’**

*The Start Right Eat Right Award program delivered by Lady Gowrie, Early Childhood Care and Support and the 4-Mile program delivered by Dental Health Services Victoria are partnering programs with Kids – ‘Go for your life’.

For more information:
- Call 1300 739 899
- Fax (03) 8648 1826
- 1 Rathdowne St, Carlton VIC 3053

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Please keep a copy of this form for your records before forwarding to:
- Early Childhood State Coordinator, Kids – ‘Go for your life’
- 1 Rathdowne St, Carlton VIC 3053 or fax (03) 8648 1826
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Please keep a copy of this form for your records before forwarding to:
Early Childhood State Coordinator, Kids – ‘Go for your life’
The Cancer Council Victoria, 1 Rathdowne St, Carlton VIC 3053 or fax (03) 8648 1826

Kids – ‘Go for your life’
Early childhood service

Kids – ‘Go for your life’ is an initiative managed by Diabetes Australia – Vic and The Cancer Council Victoria and proudly supported by the Victorian Government through the ‘Go for your life’ initiative.

For more information:
Call 1300 739 899
Fax (03) 8648 1826
1 Rathdowne St, Carlton VIC 3053

The Start Right Eat Right program delivered by Lady Gowrie, Diabetic Care and Smiles 4 Miles delivered by Dental Health are partnering programs with Kids – ‘Go for your life’

Member form

Limit ‘Sometimes’ Foods

Plant FRUITS & VEGETABLES

Turn OFF, Switch TO PLAY

TAPP IN WATER EVERYDAY

Move PLAY AND GO

10% Traffic Safety

10% Healthy Eating

10% Active Play

Kids – ‘Go for your life’
Early childhood service

Member form
What is Kids – ‘Go for your life’?

Kids – ‘Go for your life’ is a state-wide initiative funded by the State Government and managed by Diabetes Australia-Vic and The Cancer Council Victoria. Kids – ‘Go for your life’ is leading the way to create healthier Victorian children who enjoy healthy eating and active play every day. Every service can become part of this exciting initiative to support children’s wellbeing by joining the Award Program.

Why is ‘Go for your life’ important?

There are many great reasons to promote healthy eating and active play as they are associated with improved learning and concentration, better mood and behaviour, healthier growth and weight and linking health and wellbeing.

Children enjoy a healthy lifestyle; however, there is an increasing number of children who are not meeting our health and fitness guidelines. New research has shown how crucial it is for children to develop and maintain healthy eating and active play habits. By promoting healthy eating and active play, children will enjoy the benefits of healthy growth and weight and a lower risk of disease. It is important to support children to develop healthy habits early in the day to prevent unhealthy eating and physical inactivity habits later in life.

Why create healthier early childhood services?

Many children enjoy a healthy lifestyle; however, there is an increasing number of children with improved learning and concentration, better mood and behaviour, healthy growth and weight and linking health and wellbeing. Many children enjoy healthy lifestyles; however, there is an increasing number of children who are not meeting our health and fitness guidelines. New research has shown how crucial it is for children to develop and maintain healthy eating and active play habits. By promoting healthy eating and active play, children will enjoy the benefits of healthy growth and weight and a lower risk of disease. It is important to support children to develop healthy habits early in the day to prevent unhealthy eating and physical inactivity habits later in life.

What is the Award Program?

This program provides services with a guide to creating healthier environments that promote healthy eating and active play. The program is adapted from the World Health Organisation’s Health Promoting Schools model which integrates health into the regular day-to-day activities of early childhood services.

Every early childhood service can join the program by signing up as a Kids – ‘Go for your life’ Member. Your service will be provided with ongoing support and an outdoor sign, which promotes the service’s healthy eating and active play. The program is adapted from the World Health Organisation’s Health Promoting Schools model which integrates health into the regular day-to-day activities of early childhood services.

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Why Kids – ‘Go for your life’ is important

Early childhood services are important places where children learn to develop regular healthy eating and active play.

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What is Kids – ‘Go for your life’?

Kids – ‘Go for your life’ is a state-wide initiative funded by the State Government and managed by Diabetes Australia – Vic and The Cancer Council Victoria. Kids – ‘Go for your life’ is helping the way to create healthier Victorian children who enjoy healthy eating and active play every day. Every service can become a part of this exciting initiative to support children’s wellbeing by joining the Award Program.

Why Kids – ‘Go for your life’ is important

There are many great reasons to promote healthy eating and active play as they are associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and linking health and wellbeing.

Many children enjoy a healthy lifestyle; however, there is an increasing number of children who are not eating or drinking healthy foods, drinks and active play. They need to help them live, learn, grow and play. These unhealthy lifestyles are resulting in higher rates of childhood obesity and related health problems such as type 2 diabetes, some cancers and reduced life expectancy.

Why create healthier early childhood services?

Every early childhood service can become a part of this exciting initiative to support children’s wellbeing by integrating health into the regular day-to-day activities of early childhood services.

Every early childhood service can join the program by signing up as a Kids – ‘Go for your life’ Member. It’s ideal for services to be recognised for their achievements in supporting children to develop healthy lifestyles.

Strengthen your service community

The Award Program can strengthen your service’s capacity to:

- Promote partnerships between staff, families, children and the broader community.
- Complete Quality Assurance program that are integral to children’s services.
- Support program planning.
- Provide services with reliable evidence-based and easily accessible materials.

How to become an Award Service?

1. The first step is to sign up your service as a Kids – ‘Go for your life’ Member by completing the Member form.

2. You will be provided with ongoing support to progressively work towards meeting the Award criteria listed on the Member form.

3. Your service will be provided with a Starter Pack, posters, parent tip sheets, program resources, professional development opportunities and ranges of ‘Fun ‘n’ Healthy’ Ideas to engage your service.

Every Victorian child can enjoy the benefits of healthy eating and active play. This program provides services with a guide to creating healthier environments that promote healthy eating and active play. The program is adapted from the World Health Organisation’s Health Promoting Schools model which integrates health into the regular day-to-day activities of early childhood services.

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Every Victorian child can enjoy the benefits of healthy eating and active play. The program is adapted from the World Health Organisation’s Health Promoting Schools model which integrates health into the regular day-to-day activities of early childhood services.
Why Kids – ‘Go for your life’ is important

There are many great reasons to promote healthy eating and active play as they are associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and lifelong health and wellbeing.

Many children enjoy a healthy lifestyle; however, there is an increasing number of children who are missing out on the healthy foods, drinks and active play they need to help them live, learn, grow and play. These unhealthy lifestyles are resulting in higher rates of childhood overweight, obesity and disordered eating.

If we do nothing, this generation will face increasing rates of type 2 diabetes, heart disease, overweight, obesity and disordered eating.

Why create healthier early childhood services?

Early childhood services are important places where children learn to develop regular healthy eating and active play routines. A key strategy of Kids – ‘Go for your life’ is helping the way to create healthier Victorian children who enjoy healthy eating and active play every day.

Every service can become a part of this exciting initiative to support children’s wellbeing by joining the Award Program.

What is the Award Program?

This program provides services with a guide to creating healthier environments that promote healthy eating and active play. The program is adapted from the World Health Organisation’s Health Promoting Schools model which integrates health into the regular day-to-day activities of early childhood services.

Every early childhood service can join the program by signing up as a Kids – ‘Go for your life’ Member. It’s ideal if Members are provided with a Member Certificate, Starter Pack, posters, power point slides, program resources, professional development opportunities and links to ‘Fun ‘n’ Healthy’ ideas to engage your service.

Most importantly, the program provides an opportunity for services to be recognised for their achievements in supporting children to develop healthy lifestyles.

Strengthen your service community

The Award Program can strengthen your service’s capacity to:

• Promote partnerships between staff, families, children and the broader community.

Complement Quality Assurance programs that are integral to children’s services.

Support program planning.

Provide services with reliable evidence-based and easily accessible materials.

How to become an Award Service?

1. The first step is to sign up your service as a Kids – ‘Go for your life’ Member by completing the Member form.

2. As a Member you will receive a Starter Pack, posters, power point slides, program resources, professional development opportunities and links to ‘Fun ‘n’ Healthy’ ideas to engage your service.

3. Your service will be provided with ongoing support to progressively work towards meeting the Award criteria listed on the Member form.

4. Once you have met all the Award criteria your service can apply to become a Kids – ‘Go for your life’ Award Service.

5. Award Services are recognised by an Award Certificate and an outdoor sign, which promotes the service’s achievements in supporting children’s health.

What is Kids – ‘Go for your life’?

Kids – ‘Go for your life’ is a state-wide initiative funded by the State Government and managed by Diabetes Australia – Vic and The Cancer Council Victoria. Kids – ‘Go for your life’ is leading the way to create healthier Victorian children who enjoy healthy eating and active play every day.

Every Victorian child can enjoy the benefits of healthy eating and active play.

Every Victorian child can enjoy healthy eating and active play.

• Healthy one-third of food and drinks are healthy foods, such as vegetables, fruits, water and low energy dense drinks.

• In 24 hours 88 percent of 4–5 year olds had high fat foods between one and four times, and 88 percent had fruit juice, soft drinks and cordial.

• In a 24 hour period 90 percent of 4–5 year olds watch television, DVD or videos an average of 2.3 hours a day.

• 89 percent of 4–5 year olds watch television, DVD or videos an average of 2.3 hours a day.

• 72 percent of preschool children are driven to and from preschool services.

• 46 percent of infants watch television, DVD or videos an average of 2.3 hours a day.

Kids – ‘Go for your life’ partnering programs will help your service meet some of the Award criteria.

Every Victorian child can enjoy healthy eating and active play.

Please indicate whether your service has participated in one of the following programs:

- Start Right Eat Right delivered by The Lady Gowrie Child Care funded by Department of Human Services
- Smiles 4 Miles delivered by Dental Health Service Victoria funded by Department of Human Services
- Early Childhood Health Network (ECHN) funded by Department of Human Services
- Prevention and Community Health Branch funded by Department of Human Services
- Infant Health and Development Program (IHDP) funded by Department of Human Services
- Early Childhood State Coordinator, Kids – ‘Go for your life’
- Healthy Start Driver funded by Department of Human Services

Every Victorian child can enjoy healthy eating and active play.

For more information contact the Early Childhood Health Network on (03) 8648 1826.

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   - Soft drinks, flavoured mineral waters, sweetened flavoured milks, cordials, 100 percent juice, fruit juice drinks and vitamin C syrups. Only water or plain milk are offered as drinks.
   - Pre-packed items such as chips, chocolates, lollies and muesli and fruit bars.

5. Food is not used as a reward, incentive or for comfort.

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8. Age appropriate traffic safety education, including pedestrian and car safety and playing safely, is provided as part of the program to children and their parents/carers in the service.

9. To ensure a sustainable whole-of-service approach:
   - All Kids – ‘Go for your life’ criteria are reflected in the service policies.
   - Families are informed of the policies.
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Please indicate your service’s current practice by ticking the appropriate box

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**Award criteria checklist**

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**Kids – ‘Go for your life’**

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For more information:
- Call 1300 739 899
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The Start Right Eat Right Award delivered by Lady Gowrie, Dental Health Services Victoria and Smiles 4 Miles (supported by Diabetes Australia Victoria) are partnering programs with Kids – ‘Go for your life’

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**Member form**

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