



## **Nutrition Education Short Course for Early Childhood Education and Care Staff**

**Grow your nutritional knowledge to help you support the health and wellness of children, their families, and the wider community.**

SNACing\_101: Food Foundations for Early Years Staff is a nutrition education short course suitable for all early childhood education and care staff, including food coordinators, educators, directors, and administration staff.

This course only takes 2 to 3 hours to complete and will provide you with the information and resources to confidently promote change and provide a healthy eating environment for children.

The course is supported by a downloadable workbook, where you can record information and document the changes you would like to make to the food environment at your service. This workbook may be sighted by Authorised Officers as potential evidence that your service is meeting the healthy eating requirements of the National Quality Standards, stipulated by the Australian Children's Education & Care Authority (ACECQA).

