Improving health and wellbeing through healthy eating

Healthy eating is the foundation of good health for individuals and for the broader population. A healthy population supports optimum child and youth development, a thriving economy and a robust and productive workforce.

Providing healthy eating and nutrition advice for food services

The Victorian Healthy Eating Advisory Service provides practical advice on healthy foods and drinks, and promoting healthy choices in:
- early childhood education and care services*
- primary and secondary schools
- workplaces
- hospital retail food outlets.

Who can use the Victorian Healthy Eating Advisory Service?

Anyone involved in the provision of foods and drinks in the target settings can contact the Victorian Healthy Eating Advisory Service.

We also work with health professionals and the food industry to promote healthy eating in the target settings.

A comprehensive approach

The Victorian Healthy Eating Advisory Service is jointly funded by the Victorian and Australian Governments, and delivered by Nutrition Australia Victorian Division.

The service is one of the many activities the state government is undertaking to improve the health and wellbeing of Victorians.

The Victorian Healthy Eating Advisory Service offers:

- telephone and email advice
- healthy recipes and food ideas
- fact sheets and resources
- menu assessments
- menu planning resources
- referral to complimentary support services
- training for staff and health professionals working in these settings.

Get expert advice on:

- nutritious, tasty and cost-effective foods and drinks
- planning nutritionally balanced menus
- classifying foods and drinks by nutrition criteria
- meeting healthy eating requirements of relevant policies and guidelines
- promoting healthier options
- sourcing products and suppliers
- developing an organisational healthy food policy
- establishing a health promoting environment.

The advisory service can also support early childhood services and schools to work towards meeting the Healthy Eating and Oral Health benchmarks of the Victorian Prevention and Health Promotion Achievement Program*.

Contact us

1300 22 52 88 (9am-5pm, Mon-Fri)
vheas@nutritionaustralia.org
www.vheas.vic.gov.au

* Applies to early childhood services operating under the National Quality Framework.