



# NATIONAL NUTRITION NETWORK

## Early Childhood Education and Care

### OUR MISSION

The National Nutrition Network's mission is to promote best practice food provision within Early Childhood Education and Care (ECEC) settings in order to facilitate health, nutrition and positive developmental outcomes for children.

### OUR BACKGROUND

Given the high volume of children who attend ECEC settings, there is an ideal opportunity to support staff to deliver healthier food environments for the children in their care. This is particularly important given the ECEC sector must now maintain national standards established by the Australian Children's Education and Care Quality Authority (ACECQA).

In order to support the sector, the National Nutrition Network was formed as a mechanism to build collaboration between key stakeholders. Our overarching aim is to facilitate consistency of information, research and practical application of evidence-based learnings.

Specifically, we seek to:

- facilitate discussions relating to research and professional development to drive future agendas.
- support and facilitate nutrition research translation into best practice.
- share expertise and knowledge to reduce replication of research and resources.
- collate evidenced-based professional development opportunities and resources.
- support continued improvement of service delivery.
- build an evidence base of ECEC nutrition research.
- support advocacy and influence sector stakeholders through knowledge exchange.

### COLLABORATION

The National Nutrition Network is committed to building collaborative opportunities with diverse stakeholders in order to share knowledge as a supportive community of practice.

We encourage organisations including: government and non-government groups; universities; international representatives and members of the broader community to contact the National Nutrition Network with relevant recommendations to support the important work being undertaken in Early Childhood Education and Care (ECEC) sectors. We are keen to receive updates on the resources that you currently use or where you can see gaps and unmet needs. We are also keen to hear about new research, research ideas and ways that we can support the translation of evidence into policy and practice.

Contact Ros Sambell, Chair;

[NNN-ECEC@edu.ecu.au](mailto:NNN-ECEC@edu.ecu.au)

[NNN-ECEC Webpage](#)

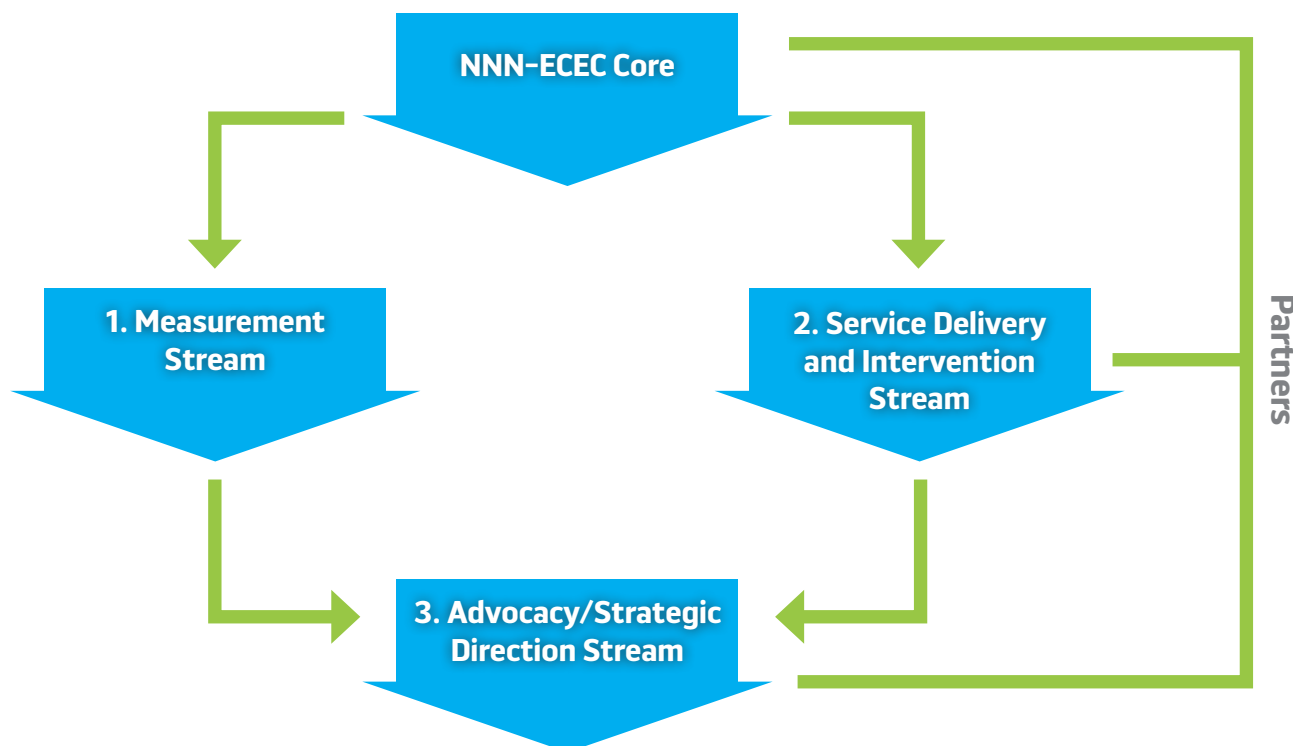
 Nnn-Ecec



UiO : University of Oslo



## NETWORK STRUCTURE



The Network has an overarching core group that develops the strategic direction to guide activities. There are three streams that form the activity spaces for the network and these include;

1. Measurement Stream
2. Service Delivery and Intervention Stream
3. Advocacy/Strategic Direction Stream

Collaboration is a critical part of knowledge dissemination and strategic partnerships are a valued inclusion to the networks structure. All members are welcome to present expressions of interest for the streams. The interest needs to align with the objectives of the network and/or the stream(s)

## STREAMS

The NNN-ECEC consists of three working streams: (1) Measurement in ECEC settings; (2) Service Delivery and Interventions; and (3) Advocacy/Strategic direction. The streams seek opportunities to share current research to relevant groups to strategically support optimal nutrition and evidence-based practice in ECEC services nationally and internationally.

### 1. MEASUREMENT STREAM

#### Aim:

Achieve consensus regarding best practice in measurement of food and nutrition-related constructs in ECEC services in Australia, including the application of harmonised standards where relevant.

#### Objectives:

- Conduct an audit of current tools being used in research and practice in each State to measure food provision, food wastage at individual and policy-level.
- Seek to identify and harmonise differences in dietary measurement tools used in research and practice.
- Produce a position statement regarding minimum data set required to adequately evaluate food and nutrition in ECEC against the National Quality Framework.
- Publish and disseminate the outcomes.

## **2. INTERVENTION AND SERVICE DELIVERY STREAM**

### **Aim:**

To achieve harmonisation in the provision and use of best practice resources and professional development for the provision of healthy food within the ECEC sector in Australia.

### **Objectives:**

- To strengthen the assessment of food provision within ECEC services in Australia to meet the National Quality Standards.
- To enhance the quality of resources and professional development offered to ECEC service staff and ACECQA assessors.
- To achieve consensus on national menu planning guidelines for ECEC services in Australia

## **3. ADVOCACY STREAM**

### **Aim:**

To advocate for the increased capacity of ECEC services to support optimal food environments, in partnership with the ECEC sector.

### **Objectives:**

Build and 'position' the NNN brand as a credible nutrition-related advocate within the ECEC sector.

- Broaden the communications reach of nutrition-related issues that impact on the ECEC sector.
- Co-create a strategic direction with the ECEC sector based on NNN stream recommendations and industry needs.
- Advocate for and source funding opportunities to build capacity the of the NNN to fulfill its strategic goals, including supporting international and national collaborations.

Advocate for strategies which build the capacity of ECEC services to provide optimal food environments.

- Seek opportunities with decision-makers including policy makers and accrediting bodies (national, state and territory) to advance nutrition initiatives identified by the streams e.g. benchmarking, professional development, policy and guidelines.
- In partnership with the ECEC sector, advocate for the translation of evidence based nutrition related strategies identified by the NNN streams which builds the capacity of ECEC services to support optimal food environments

# NNG-ECEC Advisory Group Members



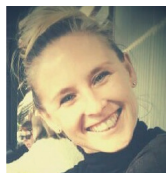
Ros Sambell, Chair



Prof Amanda Devine



Dr Ruth Wallace



Dr Leesa Costello

## Edith Cowan University, WA

EXPERTISE: Food provision in ECEC, food allergy, public health nutrition, food literacy, research translation, website development, nutrition education, EY health, health promotion, health communication, qualitative research methods, social connectedness



Dr Penny Love  
Intervention  
Stream Lead



Dr Alison Spence

## Deakin University, Vic

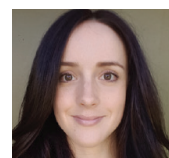
EXPERTISE: Public health nutrition, research translation, EY nutrition; behaviour change; children's food intake assessment, nutrition and early prevention of obesity and cardiovascular disease. Nutrition promotion, evidenced-based nutrition education.

## NSW Office of Preventive Health

EXPERTISE: Program implementation, health promotion, healthy eating children 0-5 year in ECEC services.



Lara Hernandez



Jaclyn Coffey



Dr Rebecca Byrne  
Measurement  
Stream Lead



Suzie Harte

## Queensland University of Technology

EXPERTISE: Dietary intake, eating behaviour and feeding practices – children 0-5 years; breastfeeding, eating behaviour in early life and health implications throughout life.

## The University of Wollongong, NSW



Erin Kerr

## Uni Sydney, NSW

EXPERTISE: Government role in obesity prevention.



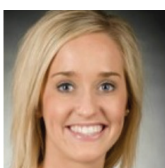
Emma Esdaile



Louisa Matwiejczyk  
Advocacy Stream Lead



A/Prof Rebecca  
Colley



Dr Lucinda Bell



Shabnam Kashef

## Flinders University, SA

EXPERTISE: Evidence-based nutrition promotion, nutrition behavior change, public health nutrition, measurement of child food intake, evaluation nutrition initiatives in ECEC settings, families and communities dietetics, health promotion, project management, implementation science.



Margaret Rozman  
Vic



Amy Wakem  
Vic



Amelia Webster  
QLD



Leanne Elliston  
ACT

## Nutrition Australia, Vic, Qld, ACT

EXPERTISE: Accredited Practicing Dietitian, EY Nutrition, food provision in ECEC settings, interventions, Early Years Educator.

## The University of Newcastle, NSW

EXPERTISE: Behaviour change, implementation science, childhood nutrition, Dietitian, food provision, implementation science.



A/Prof Luke Wolfenden



Dr Alice Grady



Dr Serene Yoong



Kirsty Seward

## University of Canberra, ACT

EXPERTISE: Maternal and child nutrition, diabetes, child obesity, psychosocial aspects of child-feeding, dietetic education.



Dr Rati Jani



Dr Cathy  
Knight-Agarwal



Dr Sarah Gerritsen

## University of Auckland, NZ

EXPERTISE: Dietary guidelines, policy, EY eating behaviours.



Yolandes Smit

## Stellenbosch University, Cape Town, South Africa

EXPERTISE: Food environments and meal provision in ECD (South Africa)



Dr Siobhan  
O'Halloran



A/Prof Anne-Lene  
Kristiansen

## University of Oslo, Norway

EXPERTISE: Children's food intake, dietary surveys