



RANUI KINDERGARTEN HEALTHY KAI PROJECT

July 2016

Ranui kindergarten teachers were noticing an increasing number of packaged foods in children's lunch boxes coinciding with tired and grumpy children during the early afternoon.

Initial discussions with WAVE identified several immediate activities that teachers were able to initiate without overburdening their already busy programme. With the support of WAVE, healthy food posters were displayed around the kindergarten, ideas for healthy lunch box ideas were given to all whānau and teachers made constructive changes to their cooking and baking programme.



A logic model and Te Pae Mahutonga approach to planning for change enabled the team (WAVE, kindergarten teachers, South Canterbury Free Kindergarten Association) to consider a wide range of activities for children, role modeling opportunities for teachers, support and guidance for whānau and what measures teachers could use to evaluate the effectiveness of changes. This work was aptly named the Ranui Kindergarten Healthy Kai Project, which aims to increase the confidence and ability of families and whanau to eat more fruit and vegetables every day. Funding applications to the South Canterbury District Health Board, WAVE and Healthy Eating Health Action were all successful to support the project.

A local fruit and vegetable wholesale provider was approached to provide seasonal mixed fruit and vegetable kai bags each week to the kindergarten at an affordable price for whānau. Whānau pre-ordered and paid for kai bags, picking them up at the end of session with their child. Wherever possible children were involved in this process. WAVE provided weekly "healthy tip cards" to accompany bags. The tip cards identified a fruit or vegetable that was included in the bag, gave tips on preparing and cooking and a recipe to make at home. Tip cards were used by teachers in the cooking and baking programme to ensure a consistent approach by all. "We were able to employ a person to come in and do cooking with our children once a fortnight on a Thursday afternoon with the contents out of those kai bags... and have samples available for our parents to come in and try" said Toni.



The kindergarten is now establishing an edible garden, which will be used to educate the community about growing fruit and vegetables, and will eventually contribute kai to the project.

Ranui Cookbook was developed - "And then we moved onto making our cookbook – which is still just about done, it's a work in progress. Everything is there thanks to WAVE. And that came from the recipes that we've had from our kai bags and our families, and they have been modified to provide healthy choices" said Toni.

The kindergarten's journey has included some challenges. Teachers have come and gone and children and their whānau move on. But healthy eating is now a firmly embedded part of the culture of Ranui Kindergarten.



Thursday 4th July 2014

Healthy Kai project
Shared breakfast

A collage of five photographs documenting a 'Healthy Kai project' at Ranui Kindergarten. The top photo shows a table set up with various food items like bread, bowls, and containers. Below this are four smaller photos: one showing a staff member serving food to children at a table; another showing children standing around a table; a third showing children sitting at tables eating; and a fourth showing a larger group of children sitting at tables in a dining area. The text 'Healthy Kai project' and 'Shared breakfast' is written in a stylized font at the bottom, with a yellow star graphic behind the words.