

South Coast Food and Nutrition OSHC Challenge

Outside School Hours Care (OSHC) services in Bass Coast and South Gippsland shires (South Coast) are invited to get students involved in nutritious food activities



Create an environment that encourages students to learn about, explore and eat fruits and vegetables every day.

OSHC services can spark student's interest in nutritious foods through activities such as:

- Planting, growing or harvesting produce in the garden
- Growing herbs on a windowsill
- Cooking nutritious and delicious recipes
- Games and activities

For your chance to win 1 of 2 prize packs share how your OSHC service is involving students in nutritious food activities

Below are resources to support the implementation of nutritious food activities into your OSHC service

- Encourage students to explore the smells and tastes of herbs that can make meals extra tasty and exciting using the [Growing herbs on a windowsill](#) activity guide.
- Get students involved in a veggie garden by asking what they want to plant, assist in preparing the soil, planting, watering, harvesting and discussing different recipes the foods could be used in. Use these [Monthly growing guides](#) to plan what to plant.
- Inspire students to discover where food comes from using [The little foodie funbook](#).
- Explore food and environmental sustainability using the [Harvesting the garden spot the difference](#) or [Veggie garden game](#) resource.
- Encourage students to engage their senses and practice mindfulness with food using the [Mindfulness in the garden](#) activity guide.
- Celebrate summer and encourage students to design their own smoothie recipe using the [Smoothie pick and mix cards](#).
- Involve students in selecting a new recipe to prepare, cook and enjoy together using recipes from the [Healthy Eating Advisory Service](#), [National Nutrition Foundation](#), [Nutrition Australia](#), [Foodbank](#) or [Stephanie Alexander Kitchen Garden Foundation](#).

South Coast Food and Nutrition OSHC Challenge Conditions of Entry:

- The South Coast Food and Nutrition OSHC Challenge is open to all Outside School Hours Care (OSHC) services in Bass Coast and South Gippsland shires.
- The challenge opens 1 December 2025 and closes 2 April 2026 (end of Term 1).
- To enter the challenge, OSHC services need to:
 - Join Vic Kids Eat Well or be an existing member
 - Write a short description with optional images explaining how your OSHC is involving students in nutritious food activities (2 pages maximum)
 - Send your entry to prevention@basscoasthealth.org.au.
- Two OSHC services will each receive a prize pack including a vegetable growing set, bush foods card game and a box of local produce from Grow Lightly.
- The two winning OSHC services will be selected based on their commitment, dedication and creativity of nutritious food activities.
- The two winning OSHC services will be notified by 20 April 2026 (start of Term 2).

**For questions about the OSHC Food and Nutrition Challenge
please contact the South Coast Prevention Team on
0438 057 040 or email prevention@basscoasthealth.org.au**