

TEMPLATE A: Program Planning Logic Model – KINDY EATS Program (KEP) Case Study

| Context/Inputs | Activities/Outputs | Impacts | Outcomes |
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| <p>Policy Context: DoHA National Quality Framework and Standards to promote healthy eating for early childhood settings. Dietary Guidelines recommend veg and fruit every day for children.</p> <p>Need for program: National Nutrition Survey shows 50% of 2-5 year olds do not eat enough fruit, 70% insufficient vegetables and 30% too much sugary drinks. 2010 WA Child Care Centre survey indicates menus low in fruit and veg and no policies re drinks. 2010 WA Child Care Centre survey indicates that Child Care Centre and pre-school staff do not feel they have the confidence, skills or capacity to implement a healthy eating program.</p> <p>Evidence of what works: Literature review shows: eating habits develop from an early age; access to food and attitudes and modelling by parents and carers influence development of food preferences; centre policy and staff training improves food quality.</p> <p>Capacity to implement program: Existing partnership with Child Care Centre regulating body (Department of Communities). Nutrition promotion leadership. Program staffing inputs: 1.5 FTE. Overall budget: \$500 000/year</p> | <p>1. Support Child Care Centres to implement Kindy Eats Program (KEP) Support at least 200 KEP centres per year with information, resources, training promotion, networking, and sourcing of fruit and veg. Recruit and train 50 new Child Care Centres each year.</p> <p>2. Resource development and distribution to Child Care Centres staff and parents Supply and distribute KEP Policy Support Manuals to 50 new Child Care Centres and bi-monthly updates and newsletters to at least 200 existing KEP centres. Supply and distribute parent engagement packs during Kindy Eats Week including sample letters/emails to parents, information brochures, low-literacy brochures, parent reminder magnet, posters, guidelines for interactive displays and presentations.</p> <p>3. Promotional events Conduct state-wide Child Care Kindy Eats week each year to promote healthy eating. Supply and distribute KEP starter packs to at least 3 Child Care Centre industry events per year.</p> | <p>Short term program impacts: Increased number of WA Child Care Centres implementing KEP policies and menus that support healthy eating. Increased number of Child Care Centre staff with positive attitudes towards having a role in promoting healthy eating in children and their knowledge and confidence to do this.</p> <p>Medium term program impacts: Increased proportion of Child Care Centres engaging with parents to promote healthy food and drink recommendations.</p> | <p>Long term outcomes: Increased mean number of serves of fruit and vegetables consumed each day by children aged 2-5 years. Increased proportion of children aged 2-5 years at a healthy weight.</p> |
| Formative Evaluation | Process Evaluation | Impact Evaluation | Outcome Evaluation |