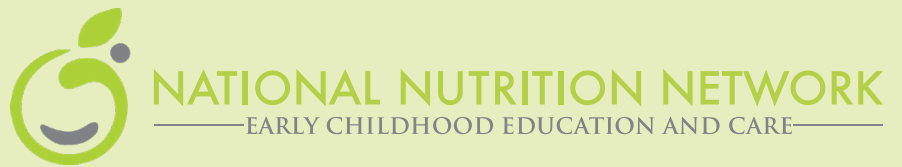


A National overview  
for executive staff  
working in both the  
ECEC and Public  
Health spaces



# Understanding the ECEC and Nutrition Interface

**MON 16 AUG 2021**  
**1:00PM-3:15PM AEST**  
**ONLINE**

How the public health nutrition sector  
supports the ECEC sector and where the  
gaps and needs are



**Knowledge Exchange  
Session No. 1**

Quality Area 2.1.3 of the National Quality Standards for ECEC settings states 'Healthy eating and physical activity are promoted and appropriate for each child'. Beyond the standard alone many ECEC settings already know the importance of nutrition and supportive food environments for young children and families more broadly.

### However, how and to what extent is this vital aspect of ECEC settings supported across Australia?

This Knowledge Exchange Session is being hosted by the National Nutrition Network to meet the knowledge needs of those working in both the ECEC sector as well as those working at the ECEC and public health interface. This knowledge exchange session draws on knowledge and expertise from government, not-for-profit and academia to provide an overview of:

The system which supports the development and delivery of positive food environments in ECEC settings across Australia.

The models used across the country to deliver support services.

The strengths and limitations of various support models.

The needs and gaps of support services when viewed through an equity lens by demographic and type of service.

### Who should attend?

This session has been designed specifically for those working at an executive level in policy, research, planning and support roles in government agencies, not-for-profits and ECEC business organisations to provide a system level overview of support services provided across the country.

### When

This session will be hosted online on **16 August 2021** at **1:00-3:15 pm AEST**.



This Knowledge Exchange Session is being hosted by the National Nutrition Network – ECEC. To find out more about the National Nutrition Network – ECEC visit [www.nationalnutritionnetwork.com.au](http://www.nationalnutritionnetwork.com.au).



This session was designed and coordinated with the support of the [Knowledge Brokering Group](#).

# Presenters

## **Nicole Bentley**

**Nutrition Services Manager**  
**NUTRITION AUSTRALIA QLD**

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As the Nutrition Services Manager, Nicole is responsible for the management of the Nutrition Services offered at NAQ. Nicole has worked as an Accredited Practising Dietitian for over 15 years and has been with NAQ for over 12 years. Nicole has a long history working in all areas of NAQ Nutrition's services, particularly in the Early years area (which she managed for 10 years). Nicole has a strong history liaising with partner organisations including government departments and has managed many state and national projects.

## **Lara Hernandez**

**Centre for Population Health**  
**NSW MINISTRY OF HEALTH**

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Lara Hernandez is the State Munch & Move Program Manager with the NSW Ministry of Health. She has worked in state-wide implementation of preventive health programs for 6 years and has over 9 years' experience in the public health sector.

Lara holds expertise in the design, delivery, governance and evaluation of initiatives targeting health eating and active play in the Early Childhood Education and Care setting. She is also experienced in delivering other Healthy Children Initiative programs

in primary schools, obesity treatment programs in the community and smoking cessation programs.

## **Margaret Rozman**

**NAVIC Program Manager**  
**Healthy Eating Advisory Service (HEAS)**  
**NUTRITION AUSTRALIA VIC DIVISION**

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Margaret is an Accredited Practising Dietitian with over 26 years' experience in public health and community nutrition.

She works at Nutrition Australia where she manages the Healthy Eating Advisory Service which supports early childhood services, schools and retail outlets in hospitals and sport and recreation services across Victoria to implement nutrition policies and guidelines.

Margaret is committed to working with and collaborating with stakeholders at both the government, commercial and local level to support the creation of healthier eating environments especially for our younger generation.

## **Caryn Maslen**

**Community Dietician**  
**PUBLIC HEALTH SERVICES · DEPARTMENT**  
**OF HEALTH · TASMANIA**

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Caryn has worked as an Accredited Practising Dietitian for ten years. In her

# Presenters

current role as Community Dietitian at Public Health Services, she provides support to the Move Well Eat Well Early Childhood program and works in the breastfeeding advocacy space. Caryn has a special interest in supporting early childhood settings to provide positive food environments for children and families. She works as part of a team of dietitians who apply a non-diet, weight-inclusive lens to their work with the community.

## **Louisa Matwiejczyk**

**Senior Lecturer**

**FLINDERS UNIVERSITY · CARING  
FUTURES INSTITUTE**

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Before moving to Flinders University, Louisa worked for many years with the ECEC sector as a Dietitian-Nutritionist developing and delivering multi-strategy nutrition initiatives, training workshops, resources and healthy eating policy frameworks and toolkits for Family Day Care and Long Day Care services. Following the observation that many of these strategies could not continue without external or researcher support, Louisa's PhD explored the translation of nutrition best practice into daily routines of centre-based childcare. Now with the Caring for Futures Institute, Louisa is continuing her research focus on strengthening healthy nutrition in this important setting.

## **Leanne Elliston**

**NUTRITION AUSTRALIA ACT**

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Leanne is an Accredited Practising Dietitian with over 20 years experience working in clinical and public health nutrition. She has a special interest in early childhood food and nutrition literacy and has developed nutrition education curriculum material for early childhood services and schools in the ACT. Leanne is currently the lead dietitian and program manager of Nutrition Australia ACT (NAACT).

Leanne will talk about NAACT's early childhood nutrition service model which offers Canberra ECEC's staff PD opportunities, menu assessments and advice. Leanne will also provide an update on her latest ECEC project called Nourishing Little Minds which aims to strengthen healthy food and drink culture and build healthy eating behaviours in young children through positive education experiences.

## **Emily Murray**

**Allied Health Manager**

**MIWATJ HEALTH ABORIGINAL  
CORPORATION**

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Emily is the Allied Health Manager at Miwatj Health Aboriginal Corporation, servicing the Yolngu people of East Arnhem Land. She led the development of Miwatj Health's first

# Presenters

Food Security and Nutrition Strategy and is passionate about taking a collaborative and strengths-based approach to Indigenous health. Emily has over eight years of experience in Indigenous nutrition between Australia and Canada, with an emphasis on remote communities.

## **Dr Alison Spence**

**DEAKIN UNIVERSITY**

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Dr Spence is a researcher at Deakin University's Institute for Physical Activity and Nutrition. For the past 10 years she has led research nutrition for children under five years of age, particularly child dietary assessment and influences on young children's diets, including family meals, parental feeding practices and role modelling, childcare mealtimes, and practical strategies for improvements.

## **Erin Kerr**

**EARLY START · UNIVERSITY OF WOLLONGONG**

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Erin is a dietitian and passionate about promoting healthy eating and positive feeding practices in Early Childhood Education and Care Services. Erin's current research focuses on healthy eating and physical activity in family day care services.

## **Ros Sambell**

**INSTITUTE OF NUTRITION RESEARCH (INR)  
EDITH COWAN UNIVERSITY**

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Ros Sambell is the Chair of the NNN, registered Public Health Nutritionist. Her research interests; healthy food environments in ECEC, including, food provision at a service level and menu compliance in ECEC, to support obesity prevention strategies. In addition, her interests include, food allergy readiness in ECEC services, knowledge brokerage to improve systemic change and sustainable food systems.

## **Dr Julianne McGuire**

**QUEENSLAND UNIVERSITY OF TECHNOLOGY**

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Dr Julianne McGuire is a Researcher, Trainer/ Assessor, Public Health Nutritionist in infant and young child feeding, and Educator with over 25 years' teaching experience with a focus on perinatal-first 1000 days optimal development, including as music consultant. Research explores Legislation, curriculum, policy to practice development of educator/collective efficacy for supporting infant and young child responsive feeding environments. Member of the Measurement and Advocacy streams, with community partnerships/project management experience in the perinatal-ECEC continuum.

## Dr Ruth Wallace

EDITH COWAN UNIVERSITY

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Dr Ruth Wallace is a research academic and a Registered Public Health Nutritionist whose work focuses on the Early Childhood Education and Care (ECEC) sector. Ruth's PhD included the development of an online community of practice (SNAC) to support healthy eating in the ECEC sector ([www.snacwa.com.au](http://www.snacwa.com.au)) which has now grown to 3000+ members, providing evidence-based resources to support early years educators provide a healthy eating environment for young Australian children. The SNAC suite of resources has grown to include curriculum activities (SNACPlus), a portal for OSHC educators (SNAC\_OSHC) and an online nutrition short course specifically designed for ECEC (SNACing\_101).

