



HEALTHY KIDS MENU

Quality food, which is both nourishing and delicious, shouldn't be so difficult to access when dining out with your kids. The *Healthy Kids Menu Initiative* aims to make it easier.

We know Queenslanders want to make healthier choices for themselves and their families, but are often left frustrated by the lack of healthy choices on kids menus.

The *Healthy Kids Menu Initiative* works with restaurants, cafés, hotels and clubs, to increase the availability of healthy (but still tasty!) food and drink options for children.

Take a look at the fantastic selection on the kids menu at participating venues for food guaranteed to surprise and delight even the fussiest of eaters.

WHAT CAN YOU DO TO ENCOURAGE VENUES TO OFFER A HEALTHY KIDS MENU?

- **CHOOSE** to eat at participating venues
- **RETURN** to eat at participating venues
- **ASK** venues for healthy options
- **ENCOURAGE** kids to pick the healthy items
- **SELECT** healthy choices for your own meal
- **TELL** the restaurant or café whether you enjoyed their healthy options and offer ideas
- **SHARE** your experience with friends and family

The Healthy Kids Menu Initiative requires at least half the meal choices on the kids menu to be healthy and water to be readily available, at no cost.

Many businesses across the state are voluntarily participating in the initiative in an effort to help you make healthy choices by removing challenges and increasing choice.

As community opinion is important in shaping and driving this initiative we encourage you to provide feedback to Healthy Kids Menu venues so we can better refine and improve the dining experience of you and your kids.



For more information,
or to find your local venue visit
www.hw.qld.gov.au/healthy-kids-menu/
[#healthykidsmenu](https://twitter.com/healthykidsmenu)

A program delivered by

**health +
wellbeing**
Queensland

An initiative of

