

Fresh Tastes Tool Kit

Developing a healthy school canteen

The *Fresh Tastes* Tool Kit was sent to all schools across NSW in Term 3 2004. It is the companion resource to the *Canteen Menu Planning Guide*.

The *Tool Kit* is designed to provide schools with user-friendly tools to help them plan, promote, manage, implement and review a *Fresh Tastes* canteen.



The *Tool Kit* outlines a five step process for planning and managing a *Fresh Tastes* canteen with a section dedicated to each of these steps.

The sections in the *Tool Kit* are:

- Getting ready
- Assessing the current situation
- Developing actions and alternatives
- Getting on with the job
- Maintaining the momentum.

The *Fresh Tastes* Tool Kit also contains a CD Rom. The CD Rom includes all the materials in the *Tool Kit*, as well as the following templates.

- Canteen Improvement Checklist
- Canteen Action Planner
- Phasing-in new foods
- Menu templates
- Recipe template
- Canteen policy template.

These templates can be used by schools to record their decision – making and to create their own *Fresh Tastes* menu and recipes.



Implementing the Strategy will ensure all children and young people in NSW are able to access a selection of healthy and nutritious foods and drinks while at school

The Strategy applies to all foods and drinks that are sold through the school canteen and all vending machines.

As all schools have received their *Fresh Tastes* Tool Kit, it is anticipated that schools will have started to phase out RED foods and have developed a plan to fully implement the *Fresh Tastes* Strategy.

This newsletter is for circulation to:

- Principals
- Canteen managers and volunteers
- Students (SRC)
- Food manufacturers
- Distributors
- Lessees and catering companies
- Parent organisations
- Teachers
- Parents & Carers

Inside this issue:

| | |
|---|---|
| Implementation of <i>Fresh Tastes</i> @ school | 2 |
| Clarifying frequently asked questions | 2 |
| Funding opportunity! | 2 |
| NSWSCA and <i>Fresh Tastes</i> @ school | 3 |
| Healthy Fundraising Guide | 3 |
| Using the Healthy Kids Calculator | 3 |
| TAFE Course NSW Healthy School Canteen Strategy 8141A | 4 |
| Serving up success! | 4 |



The NSW Healthy School Canteen Strategy is a partnership between the NSW Department of Education and Training, the NSW Department of Health, the Catholic Education Commission and the Association of Independent Schools.

Developing a healthy school canteen cont...

Schools face different circumstances. Some may be finding implementation difficult for a range of reasons. All schools are reminded that the *Canteen Menu Planning Guide* and the material that accompanies it, including the CD Rom, provide a range of information of assistance.

Earlier editions of this newsletter are also relevant. Further information on the implementation of the Strategy in Government schools can be found in the August 2004 edition of *Inform* magazine, a publication distributed regularly to all public schools. (See page 17 'A new leaf'.)

Additional support and advice is available from the contacts listed in this newsletter.

Healthy Canteens here to stay!

It is important to remember that the *Fresh Tastes* Strategy is in response to community concern about the alarming rates of overweight and obesity in our children and young people. It aims to improve the nutritional health and wellbeing of all our students.

Improving the health of our young people will require a sustained effort over time. The *Fresh Tastes* Strategy is a long term approach.

The Strategy will ensure the provision of healthy nutritious foods to students and staff, now and into the future.

It is important that schools develop a plan that suits their needs and results in sustainable change.

Extra copies of the *Fresh Tastes* Tool Kit

Extra copies of the Tool Kit can be printed from the CD in each Tool Kit.

Copies of the *Fresh Tastes* Tool Kit can also be purchased from DET Sales at \$20.00 per copy plus postage.

Order forms can be obtained by contacting DET sales on ph: 9793 3086 or fax 9793 3242 or by downloading the order form from the website.

Website: www.det.nsw.edu.au/detsales



Clarifying some Frequently Asked Questions

'Two occasions per term'

Two occasional food days that involve the sale of food from the school canteen are included under the Strategy to accommodate special days on the school calendar, such as end of term mufti days. On these occasions a combination of both RED foods and more nutritious choices could be provided.

Where there are additional social, cultural or other events associated with the school that involve the sale of food, the school should aim for consistency with the *Fresh Tastes* Strategy.

Examples include the sale of food from the school canteen at market days held within the school grounds or at the school's annual fete, school discos, foods for special visits.

'Fundraising within the school in relation to the *Fresh Tastes* Strategy'

Schools are strongly encouraged to seek out healthy alternatives that are consistent with the Strategy when planning fundraising events. Check the Healthy Fundraising Guide on the NSWSCA website for ideas. More information about the Guide on page 3 of this newsletter.

'Clarifying some aspects of the Occasional Food Criteria'

Confectionery – includes boiled lollies, cough lollies, liquorice, juice jelly lollies, jelly lollies, chocolates, carob and yoghurt based confectionery. Foods that contain confectionery are not automatically excluded.

Foods containing confectionery must be assessed against the appropriate *Occasional Food Criteria* eg. a muesli

bar with chocolate chips would be assessed against the 'Snack Food Bars' criteria.

Deep fried foods – means foods deep fried on the premises. Check these foods against the 'Hot Food' category of the *Occasional food criteria*.

Dairy desserts – assess the more indulgent dairy desserts eg mousse, tiramisu and cheese cake against the Occasional Food Criteria. Do not assess dairy snack foods such as yoghurts and custards.

Sugar Sweetened Drinks and Ices – assess the following sugar sweetened drinks and ices against the Occasional Food Criteria - soft drinks, sports drinks and sports waters, energy drinks, flavoured mineral waters, iced teas, sugar sweetened waters, "slushies" and ice blocks. Do not assess fruit juices, fruit drinks/ fruit juice drinks, milk and soy drinks.

Funding opportunity!

Australian government funding is currently available to assist schools to promote healthy eating within the school environment. The *Healthy School Communities Initiative* invites organisations such as the Parents and Citizens/Friends Associations, school auxiliaries, canteen groups, and other groups linked with school communities to apply for a grant to fund activities that promote healthy eating within the school environment.

This is timely for NSW schools as the *Fresh Tastes* Strategy is an example of a project that is promoting healthy eating within the school environment. It is an opportunity not to be missed!

Canteen committees are encouraged to consider ways in which funding could assist them to implement a *Fresh Tastes* canteen.

For example funding could be used to :

- pay for training for canteen staff
- pay for the services of a skilled person to plan menus or promotions
- purchase new equipment for the preparation of more foods from the GREEN segment
- purchase promotional or marketing materials eg menu & specials boards.

NSW School Canteen Association and *Fresh Tastes @ school*



Before the announcement of the NSW Healthy School Canteen Strategy, the NSW School Canteen Association (NSWSCA) has been promoting healthy food choices through its *Canteen Buyers' Guide*.

Foods listed in the *Canteen Buyers' Guide* meet the NSWSCA nutrient criteria.

The NSWSCA released its first set of nutrient criteria in 1993, which now cover some 35 categories of food.

Over the past 18 months the NSWSCA has been reviewing these criteria. Feedback from food industry groups and health professionals has been sought.

Revised criteria for more than 40 categories have now been finalised with remaining categories to be completed in coming months. The complete set of nutrient criteria are a little tighter than those set out in the *Canteen Menu Planning Guide*. This is illustrated on the diagram below.

Canteens that rely on the NSWSCA *Canteen Buyers' Guide* to choose the foods they sell can be confident that they meet the requirements of the Strategy. No RED foods will be listed.

Both the NSWSCA and the Healthy School Canteen Strategy encourage schools to fill the menu with foods from the GREEN end of the Canteen Menu Planner.

There are some products that do not meet the NSWSCA criteria but do meet the requirements of the NSW Healthy School Canteen Strategy, and therefore can be sold in school canteens. These will be referred to as "deep amber" foods.

At present, "deep amber" foods cannot be registered with the NSWSCA.

In future, the *Canteen Buyers' Guide* will include a separate section to list "deep amber" products. The "deep amber" products will not be listed along with 'Healthy Kids' registered products, as they are not the healthier choices that the NSWSCA is committed to support.

All schools have been sent a copy of the 'new' look *Canteen Buyers' Guide* (pictured below) containing over 700 products. From mid 2005, this Buyer's Guide will have products colour coded as GREEN or AMBER.

Healthy Fundraising Guide

The *Healthy Fundraising Guide* is a collaborative effort with the NSWSCA, P&C Association, the Council of Catholic School Parents and Area Health Services. The *Guide* aims to support school communities running healthy fundraising activities. Ideas and information on healthy food and non-food fundraisers, case studies and links to useful sites will be placed on the NSWSCA website in mid November. Schools that have run successful healthy fundraising activities may wish to fill in the 'healthy fundraising feedback form' on the website, to allow other schools to share these great ideas.

Visit
www.schoolcanteens.org.au



Healthy Kids
+ Calculator

The calculator on the NSWSCA website can be used to determine if a food is an 'occasional' food or not and find healthier alternatives.

Steps to use the calculator

- Check the Ready Reckoner in the *Canteen Menu Planning Guide*
- Use the calculator if a RED and AMBER symbol appear next to the food you want to check.

Only enter foods and drinks that are listed within the categories on the *Occasional Food Criteria Table* eg milk drinks and juices cannot be assessed as they are not potentially RED foods.



TAFE Course NSW Healthy School Canteen Strategy — 8141A

This course has been designed to assist canteen managers and staff to acquire the skills and knowledge necessary to successfully implement the *Fresh Tastes* Strategy.

Participants create a canteen menu, investigate good canteen management practice and develop skills in recipe modification, food production, packaging and presentation, pricing and promotion.

The course also provides canteen staff with the opportunity to network and share ideas.

This course will be offered at the following TAFE Colleges during term four. For more information about times and other locations please contact a TAFE College near you and ask for the Hospitality section.

Albury ph: 6058 2800

Bathurst ph: 6338 2424

Baulkham Hills ph: 9865 1240

Cowra ph: 6340 1700

Dubbo ph: 6883 3444

Kingscliff ph: 6670 1111

Orange ph: 6391 5777

Padstow ph: 9722 5399

Parkes ph: 6862 8100

Petersham ph: 9335 2500

Ryde ph: 9448 6301

Sutherland—Loftus Campus

ph: 9710 5800

Tamworth ph: 6768 2200

Wagga Wagga ph: 6938 1300

Wyong ph: 4350 2215

The cost of the course is \$125.00. This includes a copy of the *Fresh Tastes* Tool Kit for each participant.

CONTACT US

For more information contact:
Renee Andrews
Project Coordinator
Fresh Tastes @ School
NSW Healthy Canteen Strategy
Email:
renee.andrews@det.nsw.edu.au

Serving up success!



KIAMA HIGH SCHOOL

Kiama High School canteen has used the *Fresh Tastes* Strategy as a positive opportunity to introduce new items onto their menu and remove some less healthy choices.

The school has 1200 students and is located close to shops. The manager, assistant and volunteers have made the following changes.

- Introduced a 'water only' vending machine located close to the canteen and a fruit juice, water and flavoured milk vending machine in the school grounds. The sales of these products have increased.
- They have taken chips and all but one chocolate line off the menu.
- They now have more salad rolls, lavash roll ups and salad bowls on offer everyday.
- Chilli chicken, Caesar salads, pasta bakes and healthy nachos are also popular with students.

Profits have remained steady with the introduction of the new foods.

The students are enjoying the new variety on offer. With only three RED foods to go they are well prepared for first term 2005, and are well placed to achieve NSWSCA Accreditation again this year.

WEBLINKS

For more information about the Strategy and to obtain additional copies of this newsletter go to websites at:
NSW Health

www.health.nsw.gov.au/obesity
Department of Education & Training
www.schools.det.nsw.edu.au
Catholic Education Commission
www.cecsw.catholic.edu.au
Association of Independent Schools
www.studentnet.edu.au/aispd

For other helpful information visit:

The NSW P&C Federation
Ph: 9360 2481
www.pandc.org.au

The NSW School Canteen Association
Ph: 9876 1300
www.schoolcanteens.org.au

Sydney Markets Limited
Ph: 9325 6830
www.freshforkids.com.au

GOOD NEWS FROM TEA GARDENS PUBLIC SCHOOL

Twelve months ago Tea Gardens Public School was operating as a struggling canteen, having trouble maintaining volunteers and losing money. The P&C took this opportunity to reassess the whole canteen operation. A decision was made to form a canteen committee and to start making changes in line with the *Fresh Tastes* Strategy.

The committee set clear objectives for the canteen. The canteen menu was streamlined to reduce the volunteer hours needed in the canteen.

The canteen opens three days a week for morning tea and lunch. A coordinator, has been appointed six hours per week who does the ordering, volunteer rosters and sets prices with the committee and school principal.

The morning tea menu consists of fresh breads, custard, fruits (fresh and canned), popcorn, milk and warm milo. A set meal is served at lunch which includes a milk or juice. These lunches include sandwiches, soups, lasagne, meatballs, pasta and sauce, hamburgers, hot potatoes filled with topping such as lean mince, ham and reduced fat cheese and mini pizzas.

Fruit juice based slushees and a small selection of ice creams are also sold.

No lollies or chips are served. Children are exposed to a range of new foods because a five week menu cycle has been created.

Volunteer hours have been reduced because of the simplicity of the menu. Working in the canteen is not so daunting. The canteen is back on track financially and nutritionally!



The Christmas in July lunch was a huge success, as staff and students were treated to a sit down lunch of roast lamb, baked vegetables, peas, gravy and a fruit juice.

Tea Gardens Canteen Committee