

# FRESH IDEAS FOR A HEALTHY SCHOOL CANTEEN

**INCLUDES DVD**

'COME INTO MY CANTEEN'  
INSIDE BACK COVER

## Acknowledgements

The NSW School Canteen Advisory Committee has overseen the development of the NSW Healthy School Canteen Strategy. Membership of this committee is comprised of: NSW Department of Health, NSW Department of Education and Training, Association of Independent Schools, Catholic Education Commission, Federation of Parents and Citizens' Associations of NSW, Primary Principals' Association, NSW School Canteen Association, NSW Secondary Principals' Council, and a secondary school student, canteen manager and independent nutritionist.

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- Ms Renee Andrews, NSW Healthy School Canteen Project Coordinator
- Ms Rhonda Matthews, Public Health Nutritionist, NSW Health

The contribution from Ms Louise George – DVD producer, Mr David Lefcovitch – Photographer, Mr Matt Dooley – Video Editor, Mr David Andrews, Visual Arts, Macarthur Girls High School – food photography, Dr Rosemary Stanton and the principals and students from the following schools in assisting with the film footage, photographic images and the provision of recipe and food ideas is also acknowledged.

- |   |  |                                |
|---|--|--------------------------------|
| ■ Kambora Public School                 | ■ Normanhurst Boys High School         | ■ Sydney Technical High School |
| ■ Ku-ring-gai Creative Arts High School | ■ Ourimbah Public School               | ■ The Illawarra Grammar School |
| ■ Lithgow High School                   | ■ Our Lady of the Sacred Heart College | ■ Tower Street Public School   |
| ■ Marist High School, Parramatta        | ■ Rockdale Public School               | ■ Wauchope High School         |
| ■ Mt Austin Public School               | ■ St John's Park Public School         | ■ Willoughby Public School     |

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The NSW Department of Health and the NSW Department of Education and Training welcome the endorsements and support of the following organisations for the NSW Healthy School Canteen Strategy.



'Fresh Tastes @ School'

NSW Healthy School Canteen Strategy

FRESH IDEAS FOR A HEALTHY SCHOOL CANTEEN

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The contents of the *Fresh Ideas for a Healthy School Canteen* folder are available from the NSW Department of Health's website: [www.health.nsw.gov.au](http://www.health.nsw.gov.au) or the NSW Department of Education and Training's website: [www.schools.nsw.edu.au](http://www.schools.nsw.edu.au)

The *Fresh Ideas for a Healthy School Canteen* folder and *'Come into my Canteen'* DVD provide practical suggestions of a general nature for the implementation of the NSW Healthy School Canteen Strategy. The recipes and food ideas, costings and promotion strategies have been included to assist school canteens, but the suggestions may not be suitable in every setting. Costings listed are indicative only.

# INTRODUCTION

Welcome to the *Fresh Ideas* folder. This is the third in a series of resources produced to support *Fresh Tastes @ School*; the NSW Healthy School Canteen Strategy. The first two are *The Canteen Menu Planning Guide* and *The Fresh Tastes Tool Kit*.



## This latest package consists of:

A **'Come into my Canteen'** DVD featuring a range of NSW school canteens that have successfully implemented the *Fresh Tastes* Strategy. For details, see over the page.



A **Fresh Ideas folder**. This folder has been designed to give canteen staff and committees a central place to keep healthy recipes, promotional and marketing ideas, food safety and hygiene material and other food related hints and tips, collected over time.

By keeping these together in one folder, they can be quickly and easily located by canteen staff. This can help with ideas when planning canteen menus and promotions. It can also help to ensure that foods are prepared and served the same way each time.

This folder contains a 'starter kit' of recipes and ideas divided amongst the six sections indicated by the tabs down the right hand side. Most of the recipes have been supplied by canteen managers featured in the DVD.

### ADD TO IT:

It is hoped that canteen managers will ADD their own healthy food and recipe ideas to the folder and will continue to do so as new ones are sourced from places such as:

- The NSW School Canteen Association website [www.schoolcanteens.org.au](http://www.schoolcanteens.org.au) and *Healthy Kids* members magazine, food industry websites and brochures
- canteen food expos and food industry trade shows
- canteen network meetings
- parents, students and teachers.

### LINK TO IT:

The *Canteen Menu Planning Guide* provides information about the nutritional value of foods that can be used to guide healthier menu choices. It includes the *canteen menu planner*, a visual guide that categorises foods into **RED**, **AMBER** and **GREEN** segments corresponding to their nutritional value. It also includes the *Occasional food criteria* for identifying foods that need to be restricted in their sale.

The *Fresh Tastes Tool Kit* was designed to provide canteen managers, canteen committees and other interested parties with user-friendly tools to assist them to plan, promote, manage, implement and review a *Fresh Tastes* canteen in their school.

Use the *Fresh Tastes Tool Kit* in conjunction with this folder. There are references throughout the folder to information and templates contained in the Tool Kit and on the accompanying CD-ROM.

Section 5 of the Tool Kit, entitled *Getting on with the job* provides a range of ideas aimed at streamlining organisation and workflow, managing stock, improving money management, meeting food safety and hygiene standards, promoting healthier food choices and attracting and keeping volunteers. Attention to all of these processes will help canteen staff to prepare more food that fits into the **GREEN** segment of the *Canteen Menu Planner*.

The CD-ROM in the back of the Tool Kit contains a selection of templates that can be downloaded and modified to meet the needs of individual schools including:

- *Fresh Tastes* menu templates for primary and secondary schools
- Recipe template – this template has been used to record the recipes in this folder
- *Canteen Improvement Checklist* – to see how the canteen is going and what needs attention in the future
- *Canteen Policy* template.

These can be modified by saving them to a computer as word files. When required, a template can be opened and saved under another name thus allowing data to be entered (such as name of the school, menu items and prices, recipe ingredients etc) and then printed.



## 'Come into my Canteen' DVD

The DVD located inside the back cover of this folder features a range of NSW school canteens that are successfully implementing the *Fresh Tastes* Strategy.

On the DVD, canteen managers share their thoughts and experiences of moving to a healthy *Fresh Tastes* canteen as

they take the viewer on a tour of their canteen and its daily operations. There are plenty of practical tips and ideas shared along the way. Volunteers, committee members, principals, students and teachers also add their perspective and talk about the role they have played in helping to make their canteen both healthy and viable.

### NORMANHURST BOYS HIGH SCHOOL

A popular, profitable canteen serving a range of nutritious foods. A well organised, supportive canteen committee operates here.



### SYDNEY TECHNICAL HIGH SCHOOL

A self-serve model for canteen operations demonstrates one way to serve students more quickly. Tasty, nutritious specials are found on the menu to encourage healthy choices by the students.



### DR ROSEMARY STANTON

One of Australia's leading nutritionists describes the important role school canteens play in encouraging healthy eating.

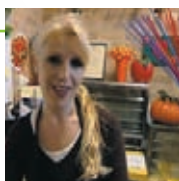
### TOWER STREET PUBLIC SCHOOL

An appealing, busy canteen, serving breakfast in a café style setting. A whole school community approach to good nutrition is evident.



### MARIST HIGH SCHOOL, PARRAMATTA

This self-serve canteen has been designed to help sell healthier choices, meet hygiene requirements and to streamline service. Cash registers help keep track of sales.



### ROCKDALE PUBLIC SCHOOL

The canteen is a central part of school life. An emphasis on healthy promotions and creative ways with fruit and vegetables are features of this canteen.

### LITHGOW HIGH SCHOOL

A well organised canteen that has reinvested profits into improving the canteen environment. A strong volunteer base and support from the school executive have been beneficial.



### OUR LADY OF SACRED HEART COLLEGE

Strong classroom links support the healthy choices in the canteen. Hospitality students prepare foods that are sold in the canteen to "show the junior girls a healthier lifestyle".



### THE ILLAWARRA GRAMMAR SCHOOL

The canteen provides a range of healthy options packaged to promote sales. Written instructions are provided for volunteers to ensure consistent, quality foods.

