

## Welcome to issue 7 Promoting fresh fruit and vegetables

Welcome to the Spring edition of Fresh Tastes @ School Newsletter. This issue will showcase fruit and vegetables.

With this edition we welcome a new member to the fresh tastes team.

Diane Backhausen is the new School Canteens Project Coordinator and brings to the job over 10 years experience in the area of nutrition as well as recent school based experience. She is looking forward to receiving questions and comments about how your canteen is going. Feel free to contact her on telephone 9244 5502.

### Sourcing and using fresh fruit and vegetables.

The *Australian Dietary Guidelines for children and adolescents* recommends:

*Eat plenty of vegetables, legumes and fruit.*

School canteens across NSW are rising to the challenge and providing fresh and healthy fruit and vegetable dishes on their school canteen menu.

The trick to providing cost effective, tasty fruit and vegetable dishes is to source and use fruit and vegetables in season. Not only will they taste better and be cheaper, it will give your students new taste experiences and encourage them to consume a wider range of foods.

By forming a relationship with your local green grocer or market, you will be able to keep up to date with what is currently in season.

If your canteen is in a rural or isolated area, forming a co-op is a great way to increase your purchasing power, get access to better pricing agreements, and network with other canteen managers in your area.

Visiting your local markets or green grocer will help you to see what is in season, and by providing free taste tests at your school, students will be able to "try before they buy", just like

the real market experience.

Sydney Markets has a website designed for canteens and kids that is very useful for keeping up to date with fruit and vegetables in season.

Sydney Markets also has some interesting and easy to prepare recipe ideas See : [www.freshforkids.com.au](http://www.freshforkids.com.au)

### So what's in season for Spring?

Vegetables	Fruit
beans	apples: bonza, fuji, red and golden delicious
broccoli	avocados
pumpkin and potatoes	kiwi fruit
zucchini	mandarins and bananas
silverbeet	packham pears
sweet potato	nashi
celery	dates
carrots and cabbage	oranges-navel

*\*Information taken from Canteen fresh , produced by Sydney Markets , See: [www.freshforkids.com.au](http://www.freshforkids.com.au)*

If there are times when fresh fruit and vegetables are hard to get or the price makes it unrealistic to purchase, frozen, dried or tinned varieties can always fill the gap and still ensure that students have access to fruit and vegetable products.

### This newsletter is for circulation to:

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

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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.

## Good News From Schools ... Cudgong Valley Public School is all smiles when it comes to a healthy canteen!



Cudgong Valley Public School is located in regional NSW with an enrolment of 530 students.

The Principal Bruce Roberts is a keen supporter of his healthy school canteen and is proud of the hard work and dedication exhibited by his school canteen manager and volunteers.

The canteen is run by the Parents and Citizens association and there is a separate canteen subcommittee. There is one full time paid canteen supervisor, and currently there are 35 volunteers all willing and able to assist in the canteen on a rostered basis.

Not only does the canteen offer a wide range of fresh and healthy foods, the menu serves as an education tool for students and parents, with all GREEN food items highlighted on the menu with a big smiley face.

When you look at the menu, the dominance of smiley faces is obvious, and the students are happy too. With Apple slinkies, fruit kebabs and a variety of wraps and pasta dishes available daily, there is no shortage of choice and flavour. The daily specials are also very popular, with students being able to have meal deals such as: a low fat hamburger with small milk and icy bite, all for \$4.50.

The canteen promotes its specials and meal deals in the weekly newsletter and also caters at local school sporting events.

The students are also involved in health promotion around the canteen with the SRC conducting a "What's for lunch?" survey in 2006 where students recorded the types of food purchased from the canteen and/or brought to school. The results of this survey were published in the newsletter and Annual School Report. The canteen runs at a realistic profit allowing it to cover all expenses and to upgrade facilities and equipment as needed.

"It is a service to the school community and not viewed as a money making concern" says Principal, Mr Bruce Roberts.



Canteen supervisor, Mrs Tina Barnes

### What's new at Healthy Kids School Canteen Association

The Healthy Kids School Canteen Association (previously NSW School Canteen Association) has been busy as usual continuing to provide its telephone support service to all schools in NSW and working with the Food Industry to develop better, healthy food products for sale in school canteens.

There have been several staff additions and many new projects, including the Fresh Tastes @ School Booster Program, implementing CrunchandSip® into NSW primary schools, and assistance for schools in applying for the Commonwealth Government Healthy Active Grants.

The Fresh Tastes @ School Booster Program has been developed to support NSW high schools that require additional assistance to enable the full implementation of the Fresh Tastes @ School Strategy. 100 schools will be entered into the program over four years.

The first round has 11 schools in the Program with the intensive canteen diagnostics to commence in Term 3, 2007. The successful schools in the program are from across the state and include schools from Dubbo, Nowra, Sydney and Murwillumbah.

A needs assessment is also underway to discover ways to improve our services and understand the nature of information and support required.

Remember that the Association operates 9 am—5 pm from Monday to Friday and is available to answer any healthy canteen questions you may have.

Call 02 9876 1300 or 1300 724 850 for those outside Sydney.



### Go for 2&5® website



This website is the result of collaboration between Commonwealth, State and Territory health authorities in the interest of better health. It is supported by industry and other key stakeholders.

The website is concerned with promoting increased fruit and vegetable consumption.

The site is easy to navigate and has an excellent recipe section that shows how many serves of fruit and vegetables are in each recipe.

The recipe page is divided into sections which include snacks, light meals, main meals, drinks and desserts. There is also a catering events section where the recipes have been standardised into 20 serves.

You can subscribe to Horticulture Australia's newsletter and read about the benefits of eating more fruit and vegetables.

Click on NSW on the map of Australia to see what campaign resources are available in our State and obtain updates on future NSW campaign activities.

See: [www.gofor2and5.com.au](http://www.gofor2and5.com.au)

## Useful equipment to help canteens prepare fresh fruit and vegetables



Preparing and using fresh fruit and vegetables in your canteen can be made even easier if you have a range of labour saving equipment to help get the job done.

Here are some ideas that may help you in your canteen

### An apple a day .....

Many schools across NSW have already found the use of an apple peeler, slicer and corer has helped them to save time and engage students in wanting to consume fresh apples at school.

Primary and Secondary schools across the state have joined the 'slinky craze'.

These amazing machines peel and core, to produce a long slinky apple piece, free of core and pips, and fun to eat.

The skin can be left on (preferably), or peeled off.

They are a fun and inexpensive way to encourage students to eat fresh fruit.



### Falafel roll or focaccia anyone .....

Turn your canteen into a gourmet food venue and see your lunch orders soar!



By having a sandwich press, toasted sandwich maker, or health grill in your canteen, it is possible for the run of the mill chicken and salad wrap to be turned into a chicken kebab roll.

Warm and toasted with lots of vegetable fillings such as grated carrot, lettuce, tabouli, and with a dash of garlic sauce, it will be just like the falafel shop down the road and full of GREEN foods.

There is an extensive range of sandwich presses and commercial focaccia grills available on the market that can make from two to four rolls at a time, depending on the demand in your school.

Even the humble toasted sandwich maker is a great investment and can be used to make toasted baked bean sandwiches, or maybe try banana and cinnamon. Don't limit yourself to cheese and tomato, get creative!

## BANANA TOASTIE

10 minutes (7 preparation + 3 cooking)  
1 serve of fruit in this recipe

- 1 small egg, beaten
- 1 teaspoon orange juice
- 1 tablespoon reduced-fat ricotta cheese
- 1 teaspoon caster sugar
- 1 banana, sliced
- 1 tablespoon sultanas
- pinch of cinnamon
- 4 slices multigrain bread
- Olive or canola oil spray

Combine egg, juice, ricotta and sugar. Add banana, sultanas and cinnamon and mix. Lightly spray sandwich maker with oil. Place two slices of bread on the sandwich maker, divide mixture over the two slices, top with remaining slices of bread and toast until heated through and egg is cooked.



Recipes from Healthy Food Fast © State of Western Australia, 2007 reproduced with permission.

## EASY VEGETABLE LOAF

### Ingredients

- ½ cup corn flakes, crushed
- 2 tablespoons Parmesan cheese, grated
- 5 cups mixed vegetables, diced finely (carrot, potato, corn, pumpkin, zucchini, celery, capsicum, onion).
- 500 g reduced-fat ricotta cheese
- 4 eggs, beaten
- 160 g wholemeal Self Raising flour
- 2 tablespoons chives, chopped
- 2 tablespoons fresh parsley, chopped

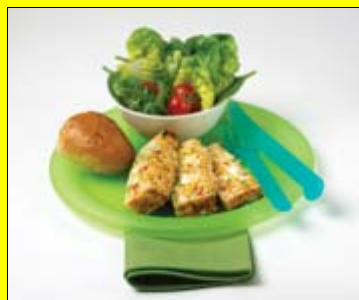
### Method

Preheat oven to 200°C. Grease 2 loaf tins. In a small bowl, mix corn flake and Parmesan cheese. Set aside. Combine remaining ingredients. Mix well and put into loaf tins. Sprinkle corn flake mix over the loaves. Bake for 45-55 minutes. Allow to cool then turn out and cut each loaf into 12 slices. Makes 24 slices.

### Hint

This recipe can be cooked in a microwave on HIGH (100%) for 15-20 minutes in a microwave safe container.

Some frozen vegetables could be used if fresh were not available.



Suppliers of apple peelers and corers and sandwich presses can be found in the *Healthy Kids School Canteens Buyers' Guide* or check out your local kitchen supply store.



# Choosing products for your canteen

The food and beverage industry has responded positively to the Fresh Tastes @ School NSW Healthy School Canteen Strategy with an ever increasing range of new and exciting products for the school canteen!

Yet with so many products now available and with each product making its own nutritional claims, choosing suitable products for the canteen can sometimes be both confusing and overwhelming.

So how do you choose a product? What should you ask your food and beverage representatives in order to make an informed decision?

Here is a checklist of ideas designed to make the task of product selection easier.

... Be familiar with the 'Canteen Menu Planner' and the categories of products that belong in GREEN, AMBER and RED segments. If in doubt about a products status, check it against the Ready Reckoner found on pages 19-24 the *Canteen Menu Planning Guide*.

... If you have any doubt about a product which belongs in categories included in the *Occasional Food Criteria Table*, check the nutrition criteria in the appropriate part of the table. Remember: hot foods are assessed per 100g to *The 'Occasional' Food Criteria table* whereas snack foods and drinks are assessed 'per serve'. More information on serving sizes and reading food labels can be found on pages 15-16 of the *Canteen Menu Planning Guide*.

... For any packaged products ask to see the package as it will be served in the canteen.

... Look for the product's nutrition information panel and check that the serving size listed on the panel is the same as the serving size you are selling in the canteen.

... Ask for any written information about a product, especially its nutritional information. If this is not available, ask the representative to provide it before any decision is made to add the product to the canteen menu. It is always good to keep this information for future reference.

... Always assess any information provided to you regarding individual products.

For example if a product is claimed to be a 'Healthy Kids' Registered Product, ask to see that product's certificate of endorsement from the NSW School Canteen Association. Check that the certificate is for the specific product you are assessing.

... Any 'Healthy Kids' registered products are also listed in in the *Healthy Kids SCA School Canteen Buyers' Guide* which is available as a hard copy from the association or at [www.healthy-kids.com.au](http://www.healthy-kids.com.au)

... Remember that if a product is not registered with Healthy Kids™ it does not necessarily mean that the product is not suitable, make sure you check the label first and if you have any doubts as to the color status of a product you can contact the Healthy Kids School Canteen Association, 9876 1300 or 1300 724 850 (outer Sydney metro) for further advice.

... The NSW Healthy School Canteen Strategy categorises food as RED, GREEN or AMBER. If a manufacturer claims to have food classified differently, assess the individual claim against the food criteria table in the *Canteen Menu Planner* before making a decision.

Here is a common example of a nutrition information panel.

NUTRITION INFORMATION		
SERVINGS PER PACKAGE: 3		SERVING SIZE: 150g
	QUANTITY PER SERVING	QUANTITY PER 100g
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, Total	7.4g	4.9g
- Saturated	4.5g	3.0g
Carbohydrate	18.6g	12.4g
- Sugars	18.6g	12.4g
Sodium	90mg	60mg

picture source: <http://www.foodauthority.nsw.gov.au/consumer/c-labels.asp>

If this was a hot food, you would need to look at the 'per 100g' information, and if it was a snack food, you would need to look at the 'per serve' information.

## WEB LINKS

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](http://www.health.nsw.gov.au/obesity)

**Department of Education & Training**

<http://www.schools.nsw.edu.au/studentssupport/studentwellbeing/schoolcanteen/index.php>

**Catholic Education Commission**

[www.cecnsw.catholic.edu.au](http://www.cecnsw.catholic.edu.au)

**Association of Independent Schools**

[www.aisnsw.edu.au](http://www.aisnsw.edu.au)

For other helpful information visit:

**The NSW Federation of Parents and Citizens**

[www.pandc.org.au](http://www.pandc.org.au)

**Healthy Kids School Canteen Association**

[www.healthy-kids.com.au](http://www.healthy-kids.com.au)

## CONTACT US

**For more information contact:**

Diane Backhausen

Project Coordinator

Fresh Tastes @ School

NSW Healthy Canteen Strategy

Email: [schoolcanteens@det.nsw.edu.au](mailto:schoolcanteens@det.nsw.edu.au)

Phone: 02 9244 5502