

Linking teaching and learning to Healthy Canteens

Griffith High School food technology students showed off their cooking talents and knowledge of the NSW Healthy School Canteen Strategy guidelines in April 2008.



The final lunch menu

Teachers from the food technology faculty developed a unit of work called *The Healthy Canteen Challenge* with the highlight of the learning experience being catering a healthy lunch for canteen mangers and guests at the launch of the Griffith canteen network.

Students spent many weeks investigating the Strategy guidelines and conducting market research with their peers. They then developed a range of lunch items that fitted into the GREEN or AMBER category.



Griffith High School students serving lunch

After trialling and adapting their recipes at school a final menu was developed and served to attendees at the canteen network. The foods presented were healthy, affordable and voted as food that students at Griffith High School would be happy to see on their canteen menu. Students were also required to cost each item and work out a mark up schedule for a canteen to ensure a profit could be made. An information sheet which included the ingredients, nutrient analysis and suggested selling price for each item was available on the day.

The final menu consisted of wraps, pin wheels, mixed vegetable slices and a variety of pasta dishes. This was followed with fruit platters and muffins. Students served the food and talked about the ingredients and cooking methods used for each dish. After lunch representatives from the class shared their experiences about participating in this unit of work with network members.

More student activities with healthy canteens

Here are some more interesting activities that link NSW school curriculum to healthy school canteens that have been used by teachers across the state.

- Year 8 Technology: School Canteens research assignments, students research the NSW Healthy School Canteen Strategy and learn about the requirements of the Strategy.
- Year 10 food technology: students design and make healthy snacks that are promoted to the school canteen as possible new menu item.
- Year 9 PDHPE: Students make a group purchase from the school canteen and analyse the meal in terms of it meeting the *Australian Dietary Guidelines for Children and Adolescents*, then discuss the Healthy School Canteen Strategy.
- Year 12 PDHPE: Students investigate the NSW Healthy School Canteen Strategy as a public health policy.
- *Tooty fruity* campaign school activities: Year 3 and 4 students investigate what is sold at their school canteen and develop strategies for increasing the amount and of fruits and vegetables sold to students in their school canteens. See: <http://www.ncahs.nsw.gov.au/tooty-fruity/index.php?pageid=1229&siteid=204>
- NSW Country Area Program activity 'let's eat': Students design a recipe for the school canteen for a *Fast Food Fun day* that is healthy and nutritious. See http://www.cap.nsw.edu.au/bb_site_intro/stage2_modules/foodstage2/foodstuff.htm

Let us know how your canteen is involved with teaching and learning to support the NSW Healthy School Canteen Strategy. Contact schoolcanteens@det.nsw.edu.au

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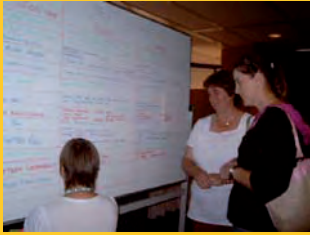
The NSW Healthy School Canteen Strategy is a partnership between the NSW Department of Education and Training, the NSW Department of Health, the Catholic Education Commission and the Association of Independent Schools.

Good news from Griffith schools: promoting healthy eating in the canteen and the classroom



Regional canteen network launch

Representatives from 22 schools, totalling 52 participants, attended the launch of the Griffith region canteen network in April 2008. Fifteen public and seven Catholic schools were represented for the update on the Healthy School Canteen Strategy.



Canteen managers listing their healthy best sellers

Participants exchanged ideas and networked with local canteen managers and food distributors. Canteen managers shared their ideas about popular healthy best sellers at their canteen and had opportunities to talk about what was going on in their school canteen.

Case studies of successful healthy canteens across the state were presented. Helpful hints to GREEN the menu were also discussed. Everyone enjoyed the morning tea provided by St Josephs Catholic School and the lunch prepared by Griffith High School food technology students.

Towards the end of the day the needs of the group and possible future agenda items were discussed. The network plans to meet regularly throughout the year to discuss canteen issues.

The organisers of the event from the local and regional area health services were very pleased with the turn out. The popularity of this event showed an interest and enthusiasm for information and opportunities that support schools in the region to sustain a healthy school canteen.



Enjoying the lunch provided by Griffith High School students

This is just the beginning of what is hoped to be an active and enthusiastic canteen network. If you would like more information about this canteen network please contact Judy Zappacosta on telephone number (02) 6966 9909.

Griffith Public school healthy eating programs

Coolah Café is a sit down eating area and kitchen at Griffith Public school that is used for their Lifestyle Literacy Program. This year the focus for the Coolah café is healthy eating. Students from all year levels participate in weekly lessons in the café where they learn about healthy eating and food preparation.



Students purchasing fruit tubs from the school canteen

Students participate in cooking sessions and taste a range of healthy and nutritious foods. Teachers then use these lessons as a stimulus for their literacy activities. This is a popular program with students, parents and teachers.

The breakfast program and fruit break that run at school are also well supported by the school community. The school canteen supports healthy eating programs by selling fruit cups for the fruit break and by providing a range of healthy food options for students during recess and lunch.



Australian Better Health Initiative:
A joint Australian, State and Territory
government initiative

Crunch&Sip® is an Australian Better Health Initiative being implemented in NSW by Healthy Kids School Canteen Association, with funding from the NSW Department of Health.

Crunch&Sip® is a set break to eat fruit or salad vegetables and drink water in the classroom. Members of the Healthy Kids School Canteen Association are available to assist schools with implementing a set break during school for students to drink water and eat fruit and vegetables.

Schools that participate in this program will have the support of the Association and will have the opportunity to become a "certified" *Crunch&Sip*® school. Certified schools receive a certificate, and are recognised on both the NSW and National *Crunch&Sip*® websites.

If you would like more information about *Crunch and Sip*® visit <http://www.healthy-kids.com.au/page/87/crunch-and-sip> or contact Lyndal Wellard, Healthy Kids School Canteen Association on telephone number (02) 9876 1300 or toll free 1300 724 850



Fresh ideas for small canteens: Mogo Public School canteen

Mogo Public School operates a canteen service one day a week for a population of 75 students. It is a valued service to the school community and has an enthusiastic manager and team of parent helpers.

The canteen is staffed solely by volunteers and has great support from the school community. Irene Gleeson and Linda Hallam share the management of the canteen. They work closely to ensure a successful and profitable canteen.

Irene coordinates food preparation, ordering and menu planning and Linda works tirelessly behind the scenes, balancing books and attending to all the administration associated with the canteen.

A variety of produce from the school vegetable garden is used in the canteen and Irene has come up with interesting and innovative ways to use vegetables on the menu. Students see the transformation of their harvests into items such as raw beetroot salad, broccoli flowerets with cheese sauce or salad tubs. Vegetable dishes are always popular and students happily purchase broccoli flowerets for 20c with their spare change at the end of lunch.



Linda (left) and Irene, with parent helpers in the school vegetable garden

The secret to running the canteen one day only is to have a simple menu and regular specials that students can look forward to. Specials are advertised in the weekly newsletter and an advanced ordering system, where a lunch bag is attached to the newsletter, makes ordering the special easy for parents and the canteen.

Weekly specials include nachos and a fruit kebab or chicken kebab with rice and a juice.

Regular items on the Mogo canteen menu include *healthy tubs* (salad, fruit salad or fried rice), jaffles, corn cobs and garlic bread. Chilled water is free or students can purchase small milk drinks or juice. Everything on the regular menu is very reasonably priced and \$5.00 can go a long way at the Mogo school canteen.

The canteen recently extended its service to offer *Marvellous Monday* lunch specials as well as the regular Wednesday service. This was in response to student feedback requesting more canteen days at school.

The popularity of the service and the fact that it is staffed only by volunteers enables the canteen to regularly donate money to the school and the funds raised are greatly appreciated by the school community.

Canteen manger, Irene Gleeson was named Volunteer of the Year, 2007 by *Canteen News* for her contributions to the Mogo school canteen. Irene is humble about the award and is quick to point out that she couldn't run the canteen without the support of Linda and the staff and parents at the school.



Taking a break at the Mogo school canteen

Tips for operating a successful part time canteen

- ◇ Keep the menu simple, four or five regular choices and a weekly special is usually enough.
- ◇ Offer specials and advertise them well in advance.
- ◇ Implement an advanced ordering system for specials to help with purchasing and preparation.
- ◇ Try to link in with school activities to promote the canteen. For example, offer a special morning tea or breakfast for grandparents' days, Education week or new parents' welcome days.
- ◇ Network with your school community and continually be on the look out for new and enthusiastic parents to help out in the canteen.
- ◇ Listen to the needs of students and parents when planning new menus.



<http://www.gofor2and5.com.au/>

The Go for 2&5 campaign ran last year in NSW and is again being implemented in 2008 by NSW Health and the Cancer Institute NSW.

The campaign aims to contribute to an increase in the proportion of NSW adults and children consuming the recommended amount of fruit and vegetables. TV advertisements have been running from April to mid June 2008. Fact sheets and other campaign materials are still available on the Go for 2&5 website.

Posters, booklets, brochures and recipe cards can be ordered at: <http://www.gofor2and5.com.au/campaign.aspx?c=5&a=41&s=118&t=119&n=396>

Recipe cards include: vege frittata, barbeque vegies, stuffed potato and tropical pizza. If you are planning a theme day at your canteen why not include a fruit and vegetable theme and use these great resources to help promote the day.



Health and hygiene: a top priority for school canteens



Healthy food and healthy children are top priorities for all those who work in the school canteen.

Canteen managers are responsible for ensuring that all food handlers are confident and competent in the duties they perform and this includes having knowledge and skills in food handling and hygiene.

Many school canteens have orientation sessions or send out information packages to new staff and volunteers. These sessions and packages should include the *Food safety in school canteens fact sheet*.



This fact sheet outlines food safety and hygiene requirements for school canteens and answers frequently asked questions. It has been produced by the NSW Food Authority in partnership with NSW Health and *Fresh Tastes @ School*, Healthy School Canteen Strategy.

A copy of this fact sheet was sent to all schools in 2006 and can be accessed on the NSW Health website at: <http://www.health.nsw.gov.au/obesity/adult/canteens/resources.html>

The *Fresh ideas for a healthy school canteen* folder also contains useful information on food safety and hygiene for staff. All schools have a copy of this resource and additional copies can be purchased from the Healthy Kids School Canteen Association or downloaded on the web at <http://www.schools.nsw.edu.au/studentsupport/studentwellbeing/schoolcanteen/recipes.php>

Health and hygiene for food handlers fact sheet has also been prepared by the NSW Food Authority which outlines responsibilities of food handlers. <http://www.foodauthority.nsw.gov.au/industry/pdf/Health%20&%20Hygiene%20requirements%201.pdf>

Here are some important tips for food hygiene and safety in the school canteen that have been taken from these resources. More detailed information can be found by following the previous links.

- ✓ **Keep it cold**
 - ◇ Keep cold food at or below 5° C
 - ◇ Defrost large food items in the fridge and smaller items in a microwave
 - ◇ Do not leave food out on the bench longer than two hours
- ✓ **Keep it clean**
 - ◇ Wash hands thoroughly with warm soapy water before starting to prepare food, after eating, toilet, coughing, sneezing or touching any part of the body
 - ◇ Keep benches and kitchen equipment clean. Sanitise before and after use
 - ◇ Don't let raw meat juices drip onto other foods
 - ◇ Separate raw and cooked food and use different cutting boards and knives for both
 - ◇ Avoid making food for others if sick or have recently been sick
 - ◇ Tie back long hair or use a hair net, cover cuts with coloured bandaids
- ✓ **Keep it hot**
 - ◇ Cook and reheat food until steaming hot (over 60° C)
 - ◇ Ensure no pink colour is left in cooked meats and look for clear juice when cooking chicken and pork
- ✓ **Educate staff**
 - ◇ Give orientation and information on food safety and hygiene to all new food handlers



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

Department of Education and Training

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

Catholic Education Commission

www.cecnsw.catholic.edu.au

Association of Independent Schools

<http://www.aisnsw.edu.au/pd/Resources/ResourcesHealthInformation/tabid/902/Default.aspx>

For other information visit:

NSW Federation of Parents and Citizens' Association

www.pandc.org.au

Healthy Kids School Canteen Association

www.healthy-kids.com.au

CONTACT US

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