

## A fresh start to 2008

Welcome to the new year. School has resumed and canteens are open for business. This edition features articles about the recently distributed *Self Assessment Tool*, canteen networks and regional canteens.

Recipe ideas, support services for canteens and information about choosing products are also included. Comments and questions received at our new email address [schoolcanteens@det.nsw.edu.au](mailto:schoolcanteens@det.nsw.edu.au) are always welcome and responses to our last newsletter have been encouraging.

### Making Your School Canteen Healthy: Self Assessment Tool and Action Planner

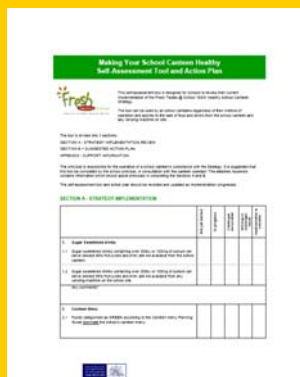
Term 4, 2007 saw the distribution of the *Making Your School Canteen Healthy: Self Assessment Tool and Action Planner* to all Department of Education and Training schools. The Self Assessment Tool will assist schools in reviewing their implementation of the Fresh Tastes @ School NSW Healthy School Canteen Strategy.

In late November the Catholic Education Commission distributed this document to Congregational schools and to Diocesan Offices for distribution to systemic schools. The Association of Independent Schools distributed this document to independent schools early in Term 1, 2008.

An electronic copy of the Self-Assessment tool has been placed on the Catholic Education Commission website, <http://stage.cecnsw.catholic.edu.au/pdhpe/default.asp?ID=1> Look in the PDHPE 'Healthy Kids' link for schools to download.

The Self Assessment Tool consists of:

- a check list to review the current level of implementation of the Strategy
- an action plan for schools to identify where more work may need to be done and to plan follow up actions for 2008
- support information that clarifies aspects of the Strategy and provides relevant sources of assistance if required.



During Term 4 many schools were busy completing the tool. Principals have been in discussion with their canteen managers to see how their healthy school canteens are progressing.

It has been pleasing to hear from many school principals and canteen managers who have completed the tool, and the enthusiasm expressed to support healthy canteens has been greatly appreciated. Many schools reported they are now planning for summer and filling the menu with plenty of GREEN foods.

For those schools still looking to change existing menu items, or have yet to complete the tool, assistance is available. Support agencies are listed in Section C of the Self Assessment Tool.

Many local area health services are available to assist schools with menu planning ideas and the Healthy Kids School Canteen Association can offer assistance via their phone line. If you have any further enquires regarding the tool you can contact Diane Backhausen, Coordinator, Healthy School Canteen Strategy, on telephone (02) 9244 5502 or email: [schoolcanteens@det.nsw.edu.au](mailto:schoolcanteens@det.nsw.edu.au). Department of Education and Training schools can also contact their local Student Welfare Consultant on telephone number 13 15 36.



Batemans Bay Public School principal, Tom Purcell, discussing the Self Assessment Tool with canteen manager, Margaret Smith.

**This newsletter is for circulation to:**

• Principals	<input type="checkbox"/>
• Canteen managers	<input type="checkbox"/>
• Volunteers	<input type="checkbox"/>
• Students (SRC)	<input type="checkbox"/>
• Food manufacturers	<input type="checkbox"/>
• Distributors	<input type="checkbox"/>
• Lessees	<input type="checkbox"/>
• Catering companies	<input type="checkbox"/>
• Parent organisations	<input type="checkbox"/>
• Teachers	<input type="checkbox"/>

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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: Bathurst takes a fresh approach to school canteens



In Term 3, 2007, we took a trip over the mountains to see some of the great work being done by school canteens in the Bathurst area.

Four local schools were visited, and the enthusiasm of canteen staff and their principals for the *Fresh Tastes* approach was inspiring.

Denison Secondary College - Kelso High School Campus has done some great work to ensure their students have healthy and nutritious foods sold from their school canteen. The school burnt down in 2005 and the new school was completed in January 2008.

The principal, Paul Stirling, has done a fantastic job ensuring that his staff and students could carry on with business as usual while their new school was being built. When we visited, the school canteen was operating from a portable building and was still able to produce a great variety of fresh foods including salads, sandwiches and rolls. The canteen operates five days a week and is open for breakfast to an enrolment of 702 students from Years 7 to 12.

The canteen manager, Debbie Downie, works five days per week with only one assistant and manages to produce a variety of foods that keep the students coming back for more. Home made hot rolls, baked beans and toasties are all popular in the colder months, with high demand for fruit salads, rolls and bottled water in the summer.



Leonie and Noel back at the canteen after attending the Fresh Tastes update.

The Bathurst High School campus of Denison College is in the heart of Bathurst and also has a healthy canteen that operates five days a week for an enrolment of 874 students. The Parents and Citizens' Association runs the canteen and the canteen supervisor, Leonie Tristram, works closely with the Association.

Leonie and member of the Association, Noel Cuttiford, attended a *Fresh Tastes* update at the Bathurst Panthers Club where they met with other local canteen managers to share ideas and be updated on the Fresh Tastes @ School, Healthy School Canteen Strategy.

Eglinton Public School, about a 10 minute drive out of Bathurst, is a school that also shines as a best practice example of a healthy school canteen. This school has an enrolment of 380 students and the canteen operates three days a week. The school ran a breakfast program during 2007 on Tuesday and Thursday mornings which was sponsored by the Parents and Citizens' Association.

The canteen manager, Susan Heal, is employed by the Parents and Citizens' Association. She has great support from her volunteers and the school principal, Graham Small. The canteen offers weekly specials and meal deals, and the menu is dominated by healthy GREEN foods.



Canteen manager, Susan Heal prepares for the breakfast program



Some winning entries from the healthy foods colouring competition share the wall with other healthy eating posters

The canteen is frequently involved in health promoting activities. Last year for Healthy Bones Week, Susan provided a variety of fresh fruit, yoghurts and cheese sticks for students at the breakfast program. The canteen also ran a healthy foods colouring competition, where the entries were posted on the canteen walls and each winning entry received a canteen voucher.

The canteen is a happy place where volunteers are keen to participate and students come to chat with the canteen staff as well as buy a healthy lunch or snack.

## Canteen network news

Some amazing work is being done across NSW by school canteens and local community health services to support canteen managers and schools with the implementation of the NSW Healthy School Canteen Strategy. Many regions across NSW have canteen networks in place that are coordinated by their local area health services, local canteen managers or supportive parents and volunteers.

Canteen network meetings are held throughout the year for primary and secondary school canteen managers and their staff. These meetings are free and public, Catholic and independent school canteen managers and volunteers are always represented. These meetings are an opportunity for school canteen managers to be updated on new products that meet the Strategy guidelines, be inspired by new menu ideas and talk to other canteen managers in their area about local issues.

At the end of Term 3, 2007 the Central Coast canteen network hosted its meeting at the Tumbi Umbi campus of Tuggerah Lakes Secondary College. The principal of the school, Shayne Player, supported healthy school canteens by officially welcoming the network meeting to her school and by acknowledging the dedication and efforts made by school canteen managers and staff. Local food service representatives also attended the meeting to promote new food products and a case study was presented.

St Josephs College, an all girls, secondary Catholic college on the Central Coast was presented as the case study and inspired other schools to try new marketing and promotional strategies to sell healthy, low priced snack items in their school canteen.

St Josephs College started a 'let's get fresh' campaign two years ago, promoting healthy foods at the school canteen.

Their secrets to success were shared with all those who attended and the meeting finished with a tour of the Tumbi Umbi school canteen.

Sydney South West held their annual canteen network meetings in Term 4, 2007. The secondary school meeting was held at Canterbury Girls High School and the primary school meeting was held at the local community centre.

Both meetings hosted cooking demonstrations from local canteen managers that encouraged others to try something new on their 2008 summer menus.

Network meetings on the Far South Coast are held twice a year in March and September for one day. Bodalla Public School, fifteen minutes from Narooma, hosts the meetings and school canteen staff, volunteers and committee members attend.

It is a very cooperative and friendly group. Members visit other canteens and lend other members equipment.

Exploring and sharing ways to GREEN the menu is always a priority activity on the day. Other favourite sessions include food demonstrations and opportunities to creatively solve issues around product supply, efficient canteen operation and volunteers.



Rice paper wraps prepared by Lynndal Tock at the September meeting of the Eurobodalla Schools Canteen Network - a popular item on their canteen menu

If you are interested in finding out more about canteen networks, the Healthy Kids School Canteen Association has a register of canteen networks listed on their web site at [www.healthy-kids.com.au](http://www.healthy-kids.com.au)

You can also contact your local community health centre or hospital to see if a network is running in your area.

If you would like to promote what is happening in your local canteen network meeting contact Diane Backhausen, Coordinator, Healthy School Canteen Strategy, on telephone (02) 9244 5502 or by email [schoolcanteens@det.nsw.edu.au](mailto:schoolcanteens@det.nsw.edu.au)

To date 15 canteen networks have been identified in NSW with new networks planned for Griffith and Ryde in 2008.

### Nibbler's Salad

In a 500 gram rectangle plastic container put in:  
8 pineapple pieces (tinned)  
1 strawberry (or wedge of water melon)  
3 dried apricots  
2 sticks low fat cheese  
4-5 sticks of celery & carrot  
1 cherry tomato and a buttered slice of french bread.



St Laurences School, a Catholic primary school in Forbes with 240 students, had a recipe competition for their summer menu. The winning entry was the *Nibbler's salad* which sells for \$2.50 per serve. Canteen manager, Robyn Sydney, tells us it has proved to be quite a popular item.

Send your healthy recipe ideas to us for publication in the next newsletter. We are always pleased to promote a recipe that is successful in school canteens. Email your recipe to:



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

## Get a 'Boost' for your school canteen: Assistance available to all NSW high schools



A specialist program is now available to any NSW high school that is experiencing difficulties in implementing and sustaining a healthy school canteen.

The Fresh Tastes @ School Booster Program is an independently run program, funded by NSW Health through the Australian Better Health Initiative and run by the Healthy Kids School Canteen Association. The program enables high schools across NSW to receive extra support to fully implement the NSW Healthy School Canteen Strategy.

Schools that enrol in the program will have members of the School Support Team from the Healthy Kids School Canteen Association come to their school canteen and help them to:

- develop a healthy menu, by assisting schools to fill their canteen menu with GREEN foods
- establish a canteen committee and school canteen policy
- provide ideas and frameworks to help link classroom nutrition activities with the school canteen.

The School Support Team will visit a school, meet with the school principal and canteen staff, and spend a day in the school canteen. By assisting in the canteen, preparing food and serving the students, the team is able to get a true feeling for the issues faced by the school canteen.

Schools across NSW that enrolled in the program last year commented that it was very useful to have the menu assessed, with any RED foods identified on the menu having GREEN alternatives suggested.

Expressions of Interest to enrol in the program will be sent to all high school principals during Term 1, 2008. If you would like to be involved in the program talk with your school principal about putting in an expression of interest.

All enquires about the program can be directed to Kay Ellison, Program Manager, Healthy Kids School Canteens Association on telephone (02) 9876 1300 or toll free 1300 724 850, or contact Kay by email [kay@healthy-kids.com.au](mailto:kay@healthy-kids.com.au)



### *GREEN the menu in 2008*



## 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/studentsupport/studentwellbeing/schoolcanteen/index.php>

### **Catholic Education Commission**

[www.cecsw.catholic.edu.au](http://www.cecsw.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' Association**

[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:**

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## Alternatives to Confectionaries

Confectionaries are defined as delicacies or sweetmeats that have sugar as a principle ingredient, combined with colouring and flavouring, and often with fruit or nuts. Confectionaries have little or no nutritional value and may contribute to excess kilojoule intake. Any items marketed and sold as a confectionary are limited for sale from school canteens. The following items are examples of confectionaries and should be sold on no more than two occasions per term:

liquorice  
cough lollies  
chocolates and carob treats

sugar free lollies  
eucalyptus lollies  
yoghurt lollies

jelly lollies  
mints

There is still a wide variety of small, low price items that students can purchase from the school canteen. With a little investigation and ingenuity students can purchase a healthy treat with their left over change.

Here is a list of low priced AMBER and GREEN foods that have proved popular in school canteens across NSW to replace confectionary items. They have been trialled in both primary and secondary schools, and if placed strategically, in view of students, will sell successfully.

frozen fruit pieces  
fruit slinkies  
mini muffins  
fruit straps

frozen or chilled yoghurt tubes  
mini pikelets  
pretzels

dried fruit mixes  
garlic or herb bread  
dried fruit & popcorn

Some of these items are produced commercially and others can be made by the school canteen. If you have any great sellers that have been successful in your canteen, please contact us and we can include them in the next issue.