

## New Resource for NSW School Canteens

The *Fresh Tastes* project team has developed a third resource to assist NSW school canteens meet the requirements of the Strategy.

The *Fresh Ideas Healthy School Canteen Folder* and 'Come into my Canteen' DVD has been sent to all NSW schools in Term 3 2005. This package is a companion resource to the *Canteen Menu Planning Guide* and *Fresh Tastes Tool Kit*.

The package consists of two parts:



A *Fresh Ideas for a Healthy School Canteen folder* designed to give canteen staff 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 for use when planning canteen menus and promotions. It can also help to ensure that foods are prepared and served the same way each time.

Take the time to look through the *Fresh Ideas* folder and the DVD. You'll be richly rewarded with lots of new ideas.

The folder contains a 'starter kit' of recipes and ideas divided into six sections:

- breakfast ideas
- snacks, drinks and ices
- sandwiches, wraps, rolls and salads
- hot food choices
- food safety and hygiene
- promotional hints and tips.

Canteen managers are encouraged to add their own healthy food, recipe and promotional ideas to the folder and to continue to do so as new ones are sourced from the NSW School Canteen Association website, Healthy Kids Members magazine, canteen food expos and food industry trade shows, canteen network meetings, and from parents, students and teachers.

The 'Come into my Canteen' DVD sits inside the back cover of the *Fresh Ideas* folder and features a range of NSW school canteens that have successfully implemented the *Fresh Tastes* Strategy.

If using a computer to view the DVD check the computer has software installed to play a DVD.

On the 20 minute 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 the canteen both healthy and viable.

### 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

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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.

## Regional visits

The *Fresh Tastes* project team and the NSW School Canteen Association (NSWSCA) are attending Food Industry Association (FIA) regional trade shows being held at different locations in NSW throughout 2005. Canteen staff attending these shows are provided with a mini Buyers Guide that identifies products registered with the NSWSCA. There are also equipment and packaging ideas that can be used in the canteen.

A joint NSWSCA/*Fresh Tastes* stall is set up at each trade show to provide an opportunity for canteen staff to discuss issues, check their menus and seek advice on implementing the *Fresh Tastes* Strategy.

The trade show visits also provide an opportunity to work closely with area health service staff and student welfare consultants. A range of other activities has been organised to coincide with the trade show visits such as seminars for canteen staff, workshops for Area Health Service staff and discussions with local distributors. The team usually spends two days in each regional area to allow time for these supporting activities.

The team has travelled to Bathurst, Dubbo, Newcastle Tamworth and Armidale, with

visits to Coffs Harbour planned for October and Wollongong in November.

The visits have been well received with canteen staff welcoming the opportunity to share ideas and discuss possible solutions to challenges. There are many exciting initiatives evident in the schools we have visited. Many demonstrate strong community involvement and healthy food choices are prominently displayed.

### Hillvue Public School

At Hillvue Public School in Tamworth changes have been made to the timing of recess and lunch breaks. Children were hungry earlier in the day so lunch is now served at 11.30am with a shorter break in the afternoon. Mick and Frank are two of the canteens regular volunteers, supporting canteen manager Sue in providing nourishing lunches and snacks for students in the school. Mick said his children really enjoyed having him involved in the school.



### FAQ's on sugar sweetened drinks and ices.

#### *What types of drinks does this include?*

The types of sweetened drinks and ices that need to be assessed against the 'Occasional' food and drink criteria table in the *Canteen Menu Planning Guide* includes soft drinks, flavoured mineral waters, energy drinks, sports drinks, fruit drinks (contain between 5 – 96% fruit juice), sports waters, iced teas, slushees, ice blocks and water/fruit-based ice confections.

Remember, plain and flavoured milks and soy drinks, and fruit juices (defined as containing more than 96% juice) **do not** need to be assessed against the 'Occasional' food and drink criteria table as these drinks offer other nutritional benefits.

#### *What are they sweetened with?*

Manufacturers use sucrose, fructose, glucose, fruit juice, and fruit juice concentrate and fruit sugar syrup to sweeten drinks. There is a broad range of sweetened drinks and ices on the market. They differ in the amount and type of sweetener that is used in the product.

#### *Are drinks sweetened with any of these forms of sugar assessed against the "Occasional" food criteria?*

Yes. Drinks and ices sweetened with **any** of the forms of sugar listed above **must** be assessed against the 'occasional' food criteria as they all provide kilojoules and convert to simple sugar in the body. A product that claims on the label that it contains "no added sugar" may still be sweetened with a fruit juice concentrate or fruit sugar syrup.

#### *What are the best choices within this category?*

Within the sweetened drinks and ices category the best choices are those that are mainly water with just a hint of flavour to satisfy thirst while not encouraging a taste preference for strongly sweetened beverages.

If in doubt, refer to the NSW School Canteen Association Buyers Guide for a selection of suitable sweetened drinks and ices.

### Parent Information Flyers



*Food Matters @ School* is a flyer designed to give parents information about the *Fresh Tastes @ School Strategy* and enlist their support. It briefly covers the important role school canteens play in supporting and promoting good nutrition at school, provides a summary of the common

nutritional shortfalls in the diets of children and adolescents and lists the benefits of healthy eating. It explains the *Fresh Tastes* Strategy and provides examples of healthy recess and lunch choices. Ideas are given as to how parents can support the canteen and where to go for more information on the Strategy. The flyer is available from the NSW Health and DET websites and can be downloaded and printed in either black and white or colour. It could then be included as an insert in the school newsletter.

## TAFE Fresh Tastes course proving useful

This course has been run in many TAFE Colleges around the state. It is designed to assist canteen managers and staff to acquire the skills and knowledge necessary to successfully implement the *Fresh Tastes* Strategy.

Participants who attended the course at the Parkes campus of the TAFE NSW Western Institute commented that they found the course content informative and useful. Feedback indicated that it was beneficial to go through the material thoroughly, develop skills in recipe modification, investigate packaging and presentation options, explore promotional ideas and create a *Fresh Tastes* canteen menu.



Many participants also found it very helpful to meet and network with other canteen managers. The exchange of ideas and support provided by the group was encouraging.

Raelene Alchin from Baulkham Hills campus of TAFE NSW Western Sydney Institute says canteen managers find the costing section particularly useful. She shows managers interesting ways of presenting food and demonstrates some food preparation and presentation ideas such as noodle boxes. Baulkham Hills TAFE has found Saturday workshops to be the most popular method of course delivery. Raelene agreed that the participants enjoyed the opportunity to meet and talk about what sells and share ideas with each other.



### Useful Templates from the Toolkit



Templates for primary and high school menus are available on the CD in the back of the *Fresh Tastes* Tool Kit. To access, open the Templates folder and click on either 'menu-high school' or 'menu-primary school'. Save onto your hard drive and enter your school menu onto the template.

Other useful templates on the CD include the following.

- The *Canteen Improvement Checklist* helps identify the key elements for success to achieve a *Fresh Tastes* canteen.
- The *Canteen Policy* template and support document can be used as a guide when assessing your canteen policy.
- The *Canteen Action Planner* can help the canteen committee prioritise issues of concern.
- The *Phasing in New Foods* template can be used to guide and record decisions when making changes to your menu.

## New Lambton Public School's canteen makeover

New Lambton Public School has embraced the *Fresh Tastes @ School* Strategy through:

- an in-school promotion that centred on installation of a set of inactive RTA traffic lights in the canteen
- installation of a set of active red, amber and green flashing disco lights in the canteen
- a make-over of the walls of the purchasing area of the canteen with a mural painted by students
- K-6 classroom health and nutrition lessons that link healthy eating to the types of foods sold in the canteen
- promotion of the revised canteen menu
- articles in the school's weekly newsletter to inform parents about the *Fresh Tastes* Strategy and its link with the canteen make-over
- a canteen fruit program, stimulated by an apple peeler/corer, with student incentive rewards.



### P&C Federation's Canteen Management Manual 2005 edition



This is an invaluable guide for running school canteens. It contains information on OH&S requirements as well as financial record keeping. The manual also includes a CD. Copies are available for \$25.00 (for affiliated organisations) and \$55.00 (for non-affiliated organisations) by phoning (02) 9080 2366 or emailing to mail@pandc.org.au

## Good News from Schools

### 'Biting the Bullet' at Sydney Technical High School

Canteen profits have remained steady in 2005 at Sydney Technical High School canteen, according to Irene Shute, canteen manager. Buying food in bulk and preparing many of the foods they sell on site has kept costs down and kept students coming to the canteen. A popular winter food is 'Soup de Jour' (soup of the day), which is packed full of vegetables and flavour. Rather than buying pies, students have chosen pasta salad, Caesar salad or oriental vegetarian rice. These foods are prepared in the canteen from fresh ingredients.

The Principal, Lynne Irvine says the students and staff are pleased with the choice and variety in the canteen and the fact that the food caters for the multicultural nature of the school.

Irene says the hardest part of implementing the Strategy was getting started but it was gratifying as soon as the students started buying the food. She says that initially she was worried about how the changes would affect the canteen but her fears were baseless. Sales are going well and all the positive feedback has made it worthwhile. The move to a self serve option has also proved popular with the students.

It has streamlined the service of foods and drinks and has meant more students can be served more quickly.

Some of Irene's recipes can be found in the new *Fresh Ideas for a Healthy School Canteen* folder.



### A systematic approach at Mascot Public School

With Principal Thea Eyles at the helm, Mascot Public School has used a systematic approach to the implementation of the *Fresh Tastes* Strategy. A committee including staff and parents met regularly using the Canteen Improvement Checklist (available from the CD in the back of the *Fresh Tastes Tool Kit*) to gauge where the canteen was up to and what the committee needed to look at next. Parents were kept informed and updated on the Strategy. Members of the committee who attended a workshop on the Strategy ran an information session for parents using the PowerPoint presentation from the *Canteen Menu Planning Guide*. The parent survey form which can be downloaded from the New South Wales School Canteen Association web site was adapted to suit the school's needs and sent out to parents to obtain their feedback on the canteen. Once it was developed, a draft form of the Healthy School Canteen Policy was included in the school newsletter for parent comment. The school council passed the policy at the end of

2004 after taking on board parent feedback. To engage and involve the students, a competition was held to name the canteen. 'Deb's Health Shack' (named after lessee Deborah Monforte) was selected and has become an integral part of the school. The logo is used on signage, canteen workers' shirts and food labels in the canteen.

The Assistant Principal Deborah Atkins says that the presentation of food is also important and she finds that the students enjoy the friendly service and the interesting ways Deb presents the healthy foods.



A colourful sign brightens the canteen space

## 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/student-support/student-wellbeing/school-canteen/index.php>

### Catholic Education Commission

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

### Association of Independent Schools

[www.studentnet.edu.au/aispd](http://www.studentnet.edu.au/aispd)

For other helpful information visit:

### The NSW P&C Federation

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

### NSW School Canteen Association

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

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