LUNCHBOX TIPS
For a balanced lunchbox we suggest:
• A main meal (sandwich, wrap, salad) containing veggies and a protein food (meat, fish, chicken, egg, cheese)
• A piece of fruit
• A healthy snack (e.g. veggie sticks)
• A drink (water is the best choice)
• An extra snack can be included once a week. Try to reserve these for days when your child needs more energy
For more ideas visit www.healthy-kids.com.au

DAIRY FOODS IN THE CANTEEN
Our canteen offer a range of dairy products:
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Dairy provides calcium and protein which are needed to build strong bones and teeth. Children need 2 to 3 serves of dairy foods every day, and should be choosing the reduced fat options when possible.

GREEN FOODS
GREEN foods are good sources of nutrients. They contain less saturated fat, sugar and salt and help kids avoid eating too many kilojoules. Popular GREEN foods sold in our canteen include:
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For more information, visit www.healthy-kids.com.au

WHY DON’T WE SELL RED FOODS?
RED foods:
• Have little to no nutritional value
• Are high in saturated fat, and/or sugar, and/or salt
• Can contribute excess energy

If we assess a food to be RED it cannot be displayed on our menu, and can only be sold twice per term.

Common red foods are confectionary, deep fried food, soft drinks, some cakes, ice-creams, snacks and biscuits.

For more information, visit www.healthy-kids.com.au

WHAT IS FRESH TASTES?
Our school implements the Fresh Tastes @ School NSW Healthy School Canteen Strategy, which means our canteen has guidelines to follow when designing the menu. Fresh Tastes @ School uses a coloured spectrum to categorise food based on nutritional value:
GREEN: these foods are a good source of nutrients and contain less saturated fat, sugar, salt and excessive kilojoules so fill the menu with these foods.
AMBER: these foods have some nutritional value, moderate levels of saturated fat, added sugar and salt so select these foods carefully, avoid large portion sizes and don’t allow them to dominate the menu.
RED: have little to no nutritional value and are high in saturated fat, added sugar, salt and excess kilojoules These foods can only be sold on two occasions per term.
For more information, visit www.healthy-kids.com.au

START THE DAY WITH BREAKFAST
Eating breakfast helps to keep your child’s energy and concentration levels up throughout the day. For those with little time in the morning, our canteen offers the following breakfast items before school:
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For more information, visit www.healthy-kids.com.au

LUNCHBOX TIPS
For a balanced lunchbox we suggest:
• A main meal (sandwich, wrap, salad) containing veggies and a protein food (meat, fish, chicken, egg, cheese)
• A piece of fruit
• A healthy snack (e.g. veggie sticks)
• A drink (water is the best choice)
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**SMART SNACKS**
Snacks are important - they keep up our energy and concentration levels, but we need to choose the right ones. **GREEN** snacks are low in fat, added sugar and salt plus they're rich in nutrients such as fibre and vitamins. Our canteen sells a variety of **GREEN** snacks to keep your children going throughout the day:

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**BOOSTING FIBRE**
Fibre is an important nutrient for digestive health. To boost your fibre intake, eat more fruit and vegetables and choose whole-wheat foods. Some high fibre foods available at our canteen are:

- E.g. Wholemeal/wholegrain bread used for sandwiches
- Bran cereal
- Baked beans on toast
- Fruit salad
- Salad boxes

**VEGETABLES**
Children should aim for 5 serves of vegetables each day! Our canteen incorporates vegetables into many dishes by:

- Adding tomato and carrot to our pasta sauce
- Including vegetables as fillings in all our sandwiches/wraps
- Selling veggie sticks with dip
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**FRUIT**
Fruit is a great, healthy snack for kids. Children need 2 serves of fruit every day. We have the following fruit available in our canteen:

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**KEEPING HYDRATED**
Always send a full water bottle to school to keep your kids hydrated throughout the day. Drinks that are classified as **GREEN** provide hydration while containing beneficial nutrients (like calcium in milk). These are the **GREEN** drinks sold at our canteen:

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**WHY DON’T WE SELL SOFT DRINKS?**
In Australia, children are consuming too many sugar-sweetened drinks, which are high in kilojoules and low in nutrients. Since 2007, the Sugar-Sweetened Drinks Ban has been in place in all NSW schools.

This ban applies to soft drinks, energy drinks, fruit drinks, flavoured mineral water, sports drinks, cordials and iced teas.

Be sure to try some of the nutritious and tasty drink options at the canteen instead.

For more information, visit [www.healthy-kids.com.au](http://www.healthy-kids.com.au)
WHY DO WE SELL REDUCED FAT DAIRY?
Our canteen sells the following reduced fat dairy products instead of full cream:
• Reduced fat milk (plain and flavoured)
• Reduced fat cheese
• Reduced fat yoghurt

Reduced fat dairy has less kilojoules and less saturated fat and cholesterol, while still providing high levels of calcium, protein and vitamins. This is why they are classified as GREEN under the Fresh Tastes @ School, NSW Healthy School Canteen Strategy.

FOOD WASTE
Each year, around $7.8 million on food is thrown away in Australia. Try these tips to minimise your food waste at home:
• Plan meals in advance so that you only buy what you need
• Store food correctly for optimal life
• Start a compost for fruit and vegetables
• Use reusable drink bottles
• Take your own bags to the supermarket

RECIPE OF THE TERM
This term's most popular canteen item was our... (eg)

**ZUCCHINI SLICE**
serves 12

2 zucchini, grated  
1 onion, chopped  
1 carrot, grated  
6 eggs, beaten  
1 cup self-raising flour  
1 cup reduced fat cheese, grated  
Pepper to season

1. Mix all ingredients together  
2. Pour into a greased slice tray and bake for 30-45 minutes at 180°C  
3. Cut into slices and serve

VOLUNTEER WANTED
Are you passionate about food, teamwork and children?

(INSERT SCHOOL'S NAME) is looking for canteen volunteers on (INSERT DAYS AND TIME) and we’d love your help.
• No experience is required, we will teach you the ropes!
• This is a great opportunity to meet new people and become part of the school community.
• Best of all, children love seeing their parents at school!

If you are interested, please contact (NAME & NUMBER) for more information.

THIS WEEK’S SPECIAL
Eg: Chicken skewers

**Description:** E.g. seasoned chicken, tomato and zucchini pieces on skewers, grilled and served warm.

**Price:** $3.00/each