

Fresh tastes @ school

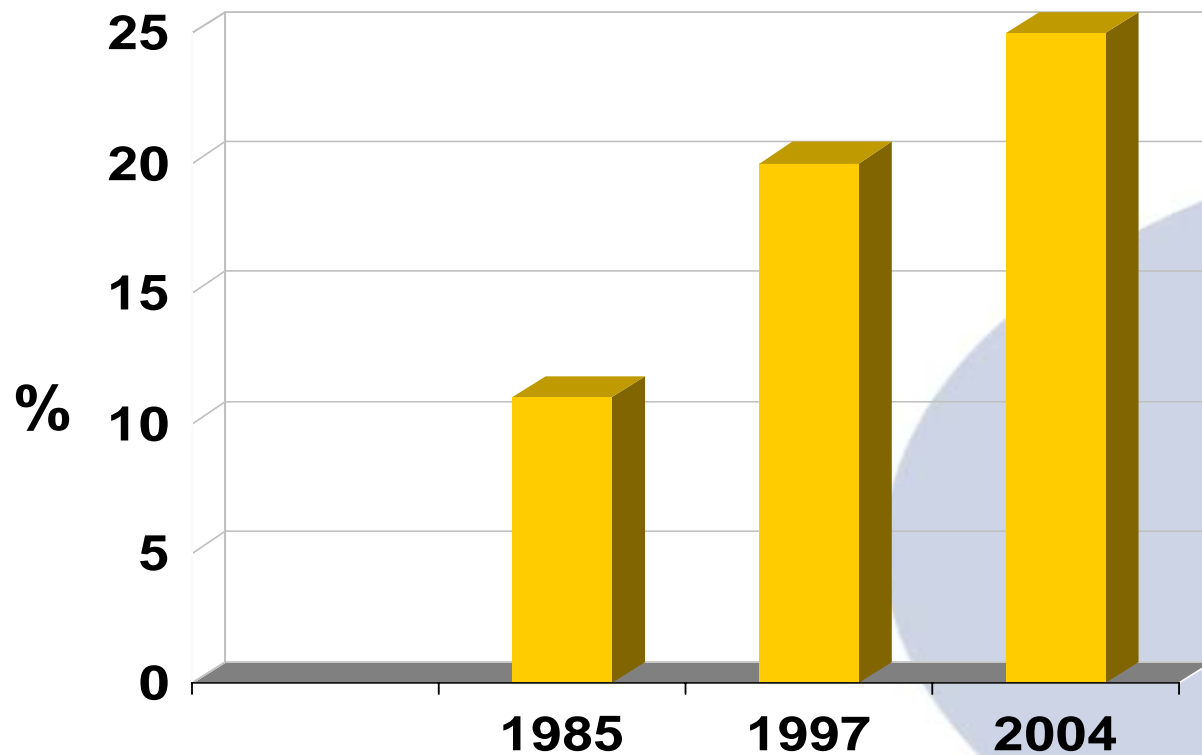
NSW HEALTHY SCHOOL CANTEEN STRATEGY

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





Prevalence of overweight and obesity Australian children, 2004



Schools Physical Activity and Nutrition Survey 2006





The myth of puppy fat!

- **Overweight children have up to 50% chance of becoming overweight adults**
- **Associated with many immediate and long term health problems**
- **Reduced life expectancy**





What is overweight and obesity?

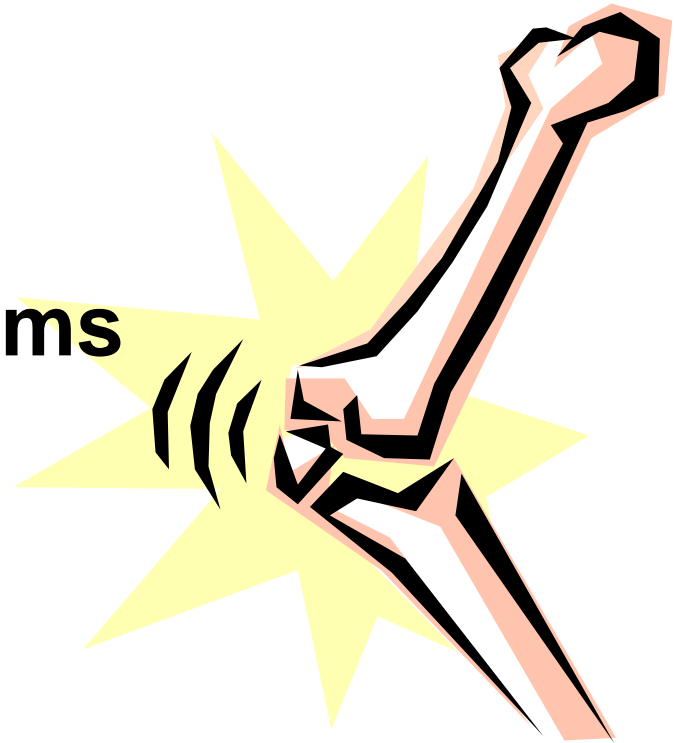


Body Mass index (BMI) is a calculation based on height and weight measurements.



Short to medium term health risks

- **Low Self- Esteem**
- **Asthma**
- **Fracture & Joint problems**





Medium to long term health risks



- **Type 2 Diabetes**
- **Cardiovascular disease**
- **High cholesterol & blood pressure**
- **Increased risk of some cancers**



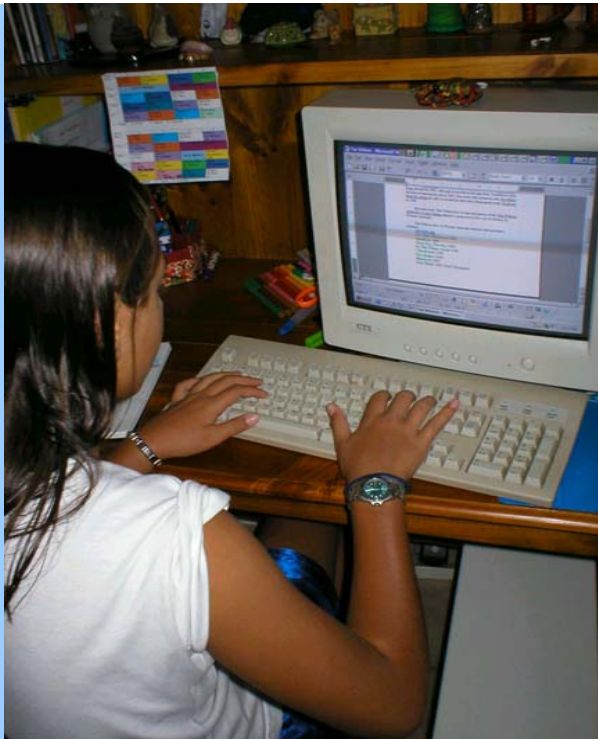


Why now?





Why now?





Why now?





It's all about balance

Energy in = Food
& drinks
consumed



Energy out = Physical
activity & body
functions





Increase healthy food & activity





What are they eating?



- Eating more pastries, cakes, biscuits, pizza, snack food bars, confectionery and soft drinks



What's being missed?

- **One in four children don't eat enough fruit or vegetables.**
- **One in five children don't eat enough fibre-rich foods**
- **Many adolescents often don't consume enough dairy foods each day**
- **One in six children don't eat breakfast**





How easy is it to over consume kilojoules?



4430kJ

=



4430kJ

Food... Your choice



Why focus on school canteens ?



Canteens play an important role

- **Model healthy food choices**
- **Support classroom messages**
- **Expose students to different foods**
- **Reach beyond school into the community**





Goal of the NSW Healthy School Canteen Strategy

Goal:

- Ensure all schools provide a **healthy and nutritious** food service consistent with the *Dietary Guidelines for Children & Adolescents*





The Fresh Tastes Approach



NSW HEALTHY SCHOOL CANTEEN STRATEGY



Support Materials

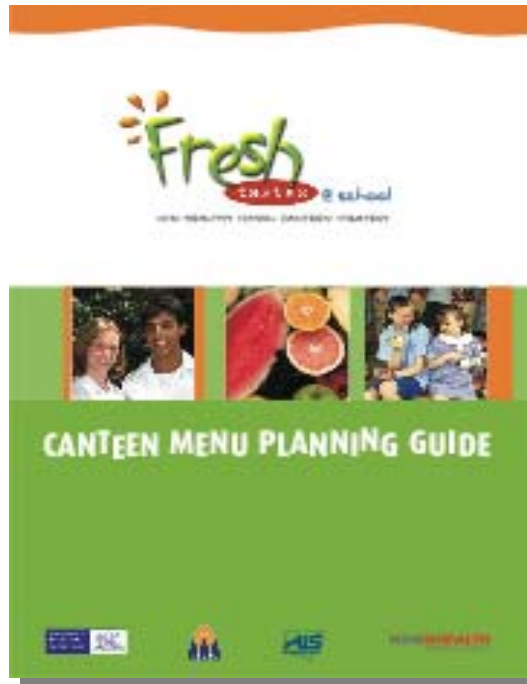
These include:

- **A self assessment tool**
- **Action planner**
- **Canteen policy development**
- **Promotional ideas**
- **Healthy fundraising ideas**
- **Case studies**





The Canteen Menu Planning Guide



CANTEEN MENU PLANNER

'OCCASIONALLY'

Do not sell these foods on more than two occasions per term

These foods:

- lack adequate nutritional value
- are high in saturated fat and/or added sugar and/or salt
- can contribute excess energy (kJ)

'SELECT CAREFULLY'

Do not let these foods dominate the menu. Avoid large serving sizes.

These foods:

- have some nutritional value
- have moderate levels of saturated fat and/or added sugar and/or salt
- can, in large serve sizes, contribute excess energy (kJ)

'FILL THE MENU'

Encourage and promote these foods

These foods:

- are good sources of nutrients
- contain less saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kJ)



Basis for the menu planner

Create the Canteen Menu

THE AUSTRALIAN DIETARY GUIDELINES FOR CHILDREN AND ADOLESCENTS

Encourage and support breastfeeding.

Children and adolescents need sufficient nutritious foods to grow and develop normally. Growth should be checked regularly for young children. Physical activity is important for all children and adolescents.

Enjoy a wide variety of nutritious foods.

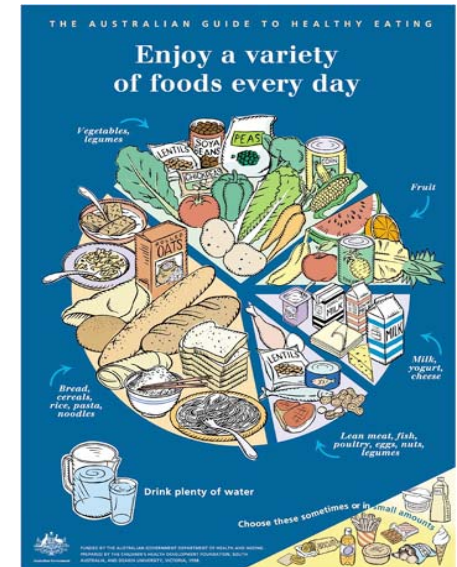
Children and adolescents should be encouraged to:

- Eat plenty of vegetables, legumes and fruits.
- Eat plenty of cereals, (including breads, rice, pasta and noodles), preferably wholegrain.
- Include lean meat, fish, poultry and/or alternatives.
- Include milks, yoghurt, cheese and/or alternatives. Reduced fat milks are not suitable for young children under 2 years old, because of their energy needs, but reduced fat varieties should be encouraged for older children and adolescents.
- Choose water as a drink.

and care should be taken to:

- Limit saturated fat and moderate total fat intake. Low fat diets are not suitable for infants.
- Choose foods low in salt.
- Consume only moderate amounts of sugars and foods containing added sugars.

CARE FOR YOUR CHILD'S FOOD: PREPARE AND STORE IT SAFELY





Australian Dietary Guidelines for Children & Adolescents

THE AUSTRALIAN DIETARY GUIDELINES FOR CHILDREN AND ADOLESCENTS

Encourage and support breastfeeding.

Children and adolescents need sufficient nutritious foods to grow and develop normally.

Growth should be checked regularly for young children.

Physical activity is important for all children and adolescents.

Enjoy a wide variety of nutritious foods.

Children and adolescents should be encouraged to:

- Eat **plenty of vegetables, legumes and fruits.**
- Eat **plenty of cereals**, (including breads, rice, pasta and noodles), preferably wholegrain.
- Include **lean meat, fish, poultry** and or alternatives.
- Include **milks, yoghurt, cheese** and/or alternatives. Reduced fat milks are not suitable for young children under 2 years old, because of their energy needs, but **reduced fat** varieties should be encouraged for older children and adolescents.
- Choose **water** as a drink.

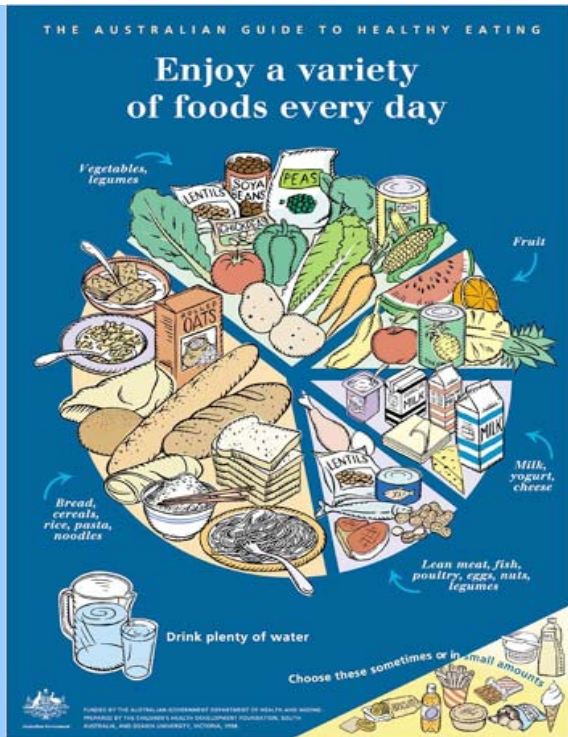
and care should be taken to:

- **Limit saturated fat** and moderate total fat intake. Low fat diets are not suitable for infants.
- Choose foods **low** in salt.
- Consume only moderate amounts of sugars and foods containing **added sugars.**

CARE FOR YOUR CHILD'S FOOD: PREPARE AND STORE IT SAFELY



The Australian Guide to Healthy Eating



Extras:

biscuits, cakes, desserts, pastries, soft drinks, high fat snack items such as crisps, pies, pasties, sausage rolls and other takeaways, lollies and chocolates





Canteen Menu Planner

CANTEEN MENU PLANNER

'OCCASIONALLY'

Do not sell these foods on more than two occasions per term

These foods:

- lack adequate nutritional value
- are high in saturated fat and/or added sugar and/or salt
- can contribute excess energy (kJ)



'SELECT CAREFULLY'

Do not let these foods dominate the menu. Avoid large serving sizes.

These foods:

- have some nutritional value
- have moderate levels of saturated fat and/or added sugar and/or salt
- can, in large serve sizes, contribute excess energy (kJ)



'FILL THE MENU'

Encourage and promote these foods

These foods:

- are good sources of nutrients
- contain less saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kJ)





Nutrient Criteria

Occasional food criteria

A graphic titled 'CANTEEN MENU PLANNER' is divided into three vertical sections: red, orange, and green. The red section is labeled 'OCCASIONALLY' and contains text about limiting food sales. The orange section is labeled 'SELECT CAREFULLY' and contains text about food selection. The green section is labeled 'FILL THE MENU' and contains text about promoting healthy foods. Below the text are images of various food items: fried chicken, burgers, fries, pizza, sandwiches, fruit, and a water bottle. A blue arrow points from the left towards the red section.

CANTEEN MENU PLANNER

'OCCASIONALLY'

Do not sell these foods on more than two occasions per term

These foods:

- lack adequate nutritional value
- are high in saturated fat and/or added sugar and/or salt
- can contribute excess energy (kJ)

'SELECT CAREFULLY'

Do not let these foods dominate the menu. Avoid large serving sizes.

These foods:

- have some nutritional value
- have moderate levels of saturated fat and/or added sugar and/or salt
- can, in large serve sizes, contribute excess energy (kJ)

'FILL THE MENU'

Encourage and promote these foods

These foods:

- are good sources of nutrients
- contain less saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kJ)



Occasionally



Do not sell these foods on more than two occasions per term

- Lack adequate nutritional value
- Are high in saturated fat and/or added sugar and/or salt
- Can contribute excess energy(kJ)





Red segment at a glance!

- confectionery
- deep fried foods
- Chips, 'some' crisps and similar products
- sweet pastries
- chocolate coated and premium ice creams
- croissants
- doughnuts
- cream-filled buns/ cakes/slices
- large serves of cakes & muffins





What is an 'occasional' food day?

- Special events that involve the canteen and the broader community



Nutrient Criteria



ASSESSED PER 100g		HOT FOOD ITEMS	
CATEGORY		NUTRIENT CRITERIA	
Food or Drink	Energy (kJ) per 100g	Saturated Fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, pasta, pizzas, oven baked potato products, dim sims, spring rolls, fried rice and noodles.	>1000kJ	>5g	>400mg
Crumbed & coated foods (eg patties, ribs, chicken products), frankfurters, sausages.	>1000kJ	>5g	>700mg

> Greater than

Note: All foods **DEEP FRIED** on the premises fit into the **RED** end of the spectrum and are limited for sale in school canteens. They are too high in kilojoules and fat (usually saturated fat).



Nutrient Criteria

> Greater than

< Less than

Note: All types of **CONFECTIONERY** fit into the **RED** end of the spectrum and are limited for sale in school canteens. They are foods of minimal nutritional value.

*The sugar sweetened drinks and ices criteria applies to: soft drinks, flavoured mineral waters, energy drinks, sports drinks, sports waters, slushees, ice blocks and ice confections.



ASSESSED PER SERVE (as sold in the school canteen) SNACK FOODS & DRINKS				
CATEGORY		NUTRIENT CRITERIA		
Food or Drink	Energy (kJ) per serve	Saturated Fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sugar sweetened drinks and ices*	>300kJ		>100mg	
Snack food bars & sweet biscuits	>600kJ	>3g		<1.0g
Savoury snack foods & biscuits	>600kJ	>3g	>200mg	
Ice creams, milk based ice confections & dairy desserts	>600kJ	>3g		
Cakes, muffins & sweet pastries etc	>900kJ	>3g		<1.5g



Steps in determining if a food or drink fits into RED end of spectrum



- What category?
- g/100g or per serve?
- Nutrients of concern
- Compare figures on label to nutrient criteria



If the figures listed on the label for any of the 3 nutrients is greater than the number shown in the criteria table then that product falls into the RED end of the spectrum.



Reading labels

- Crumbed Chicken Fillet



Nutrition Information Panel

Servings per package: 60 Average serving size: 120g		
	PER SERVE 120g	PER 100g
Energy (kJ)	1176kJ	980kJ
Protein	17.4g	14.5g
Fat		
– Total	15.8g	13.2g
– Saturated	4.1g	3.4g
Carbohydrate – Total	18.3g	15.3g
– Sugars	0.2g	0.2g
Sodium	734mg	612mg

and check the Food Criteria Table



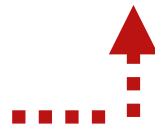
CATEGORY	NUTRIENT CRITERIA		
Food or Drink	Energy (kJ) per 100g	Saturated Fat (g) per 100g	Sodium (mg) per 100g
Crumbed & coated foods, frankfurters, sausages	>1000kJ	>5g	>700mg

Kilojoules are within the criteria at 980kJ/100g

Saturated fat is within the criteria at 3.4g/100g

Sodium is within the criteria at 612mg/100g

Look at the per 100g column



You have now determined that this food is NOT an 'occasional food'.



Sugar Sweetened Drink Ban for NSW Schools

- On 24 May 2006 the Minister for Education and Training announced a ban on the sale of sugar sweetened drinks in NSW government schools from the beginning of Term 1, 2007.
- The Catholic Education Commission and the Association of Independent Schools strongly support this ban and will encourage it in their sectors.
- The sugar sweetened drink ban is an extension of the *NSW Healthy School Canteen Strategy* and acknowledges the vital role of schools in promoting good nutrition and physical activity.



Banned Drinks



BANNED DRINKS **X**

All drinks previously categorised as **RED** can no longer be sold in school canteens and vending machines as of Term 1, 2007.

Drinks with more than 300kJ per serve or more than 100mg sodium per serve. Check:

- soft drinks
- energy drinks
- fruit drinks
- flavoured mineral waters
- sports drinks
- cordials
- iced teas
- sweetened waters
- sports waters
- flavoured crushed ice drinks

AMBER DRINKS

'Select Carefully'

- diet soft drinks
- full fat plain milk
- full fat flavoured milk
- full fat soy drinks
- 99% fruit juices – 300ml serve size or less
- sugar sweetened drinks with less than 300kJ per serve and less than 100mg of sodium per serve
- sugar sweetened frozen crushed ice drinks with less than 300kJ per serve and less than 100mg of sodium per serve

GREEN DRINKS

'Fill the Menu'

- water
- reduced fat plain milk
- reduced fat flavoured milk
- reduced fat soy drinks
- 99% fruit juices – 200ml serve size or less
- high fibre fruit juices – 250ml serve size or less
- 99% fruit juice frozen crushed ice drinks – 200ml serve size or less

Note: "Serve size" means the size of a food or drink as sold in the school canteen



Select carefully



**Do not let these foods dominate the menu.
Avoid large serving sizes**

Because they:

- Have some nutritional value
- Have moderate levels of saturated fat and/or added sugar and/or salt
- Can, in large serve sizes, contribute excess energy (kJ)





AMBER foods at a glance



- Full fat dairy foods
- Savoury commercial products
- Processed meats
- Fats, oils, spreads, sauces and gravies
- Some snack food bars
- Some savoury biscuits, popcorn, crispbreads
- Some cakes, muffins, sweet biscuits
- Some ice creams, milk based ice confections and dairy desserts
- Fruit juices (100%) – greater than 300ml serves
- Breakfast cereals – refined with added sugar





Fill the menu



Encourage and promote these foods

Because they:

- Are good sources of nutrients
- Contain less saturated fat and/or added sugar and/or salt
- Help to avoid an intake of excess energy (kJ)





GREEN segment at a glance!



- All types of breads, preferably wholegrain
- Fruits – fresh, dried, canned, small fruit juices
- Vegetables – fresh and frozen
- Legumes – kidney beans, lentils, chick peas
- Reduced fat dairy products including flavoured milks
- Lean meat fish and poultry and alternatives
- Water



What's on the menu in primary school?

Fruit Salad



**Gourmet
Chook Burger**





What's on the menu in secondary school?



- **Sushi**
- **Wraps**
- **Dried fruits**
- **Fruit smoothies**
- **Popcorn**
- **Salad box**



Varied, affordable access to foods!

School statistics:

- Metropolitan school
- 350 students
- A student welfare focus supports the aim to provide varied and affordable access to fresh, healthy food every day





What about the profits?



- **Went up 35% in one year**
- **Strong community involvement**
- **Links with the classroom curriculum**
- **Well placed to support the strategy**



Changing tastes @ secondary school

Statistics:

- Metropolitan secondary school
- 970 students
- School run canteen
- Keen to implement the policy





Trialing new foods

- Replacing high fat pies with a reduced fat alternative
- Introducing a healthy vending machine
- Contains:
 - Milks
 - Yoghurts
 - Water
 - Juices





Trialing new foods

- **Introducing reduced fat vanilla custard**
- **Fresh sliced watermelon**





Where to next?



- Interviews and surveys with students
- Replacement foods for chips and confectionery



Supporting healthier food choices

Statistics:

- Co-ed rural secondary school
- 633 students
- Parent Association run canteen

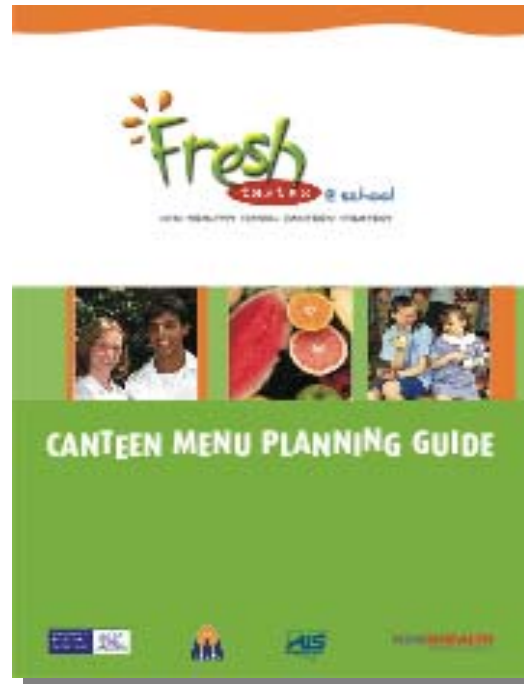




‘Getting ready for change’



1. Canteen Menu Planning Guide





2. Communicate





3. Committee

- **Does your committee have the following members :
Principal, Teacher, Canteen Manager,
Canteen Volunteer, Parents and Students?**
- **Call for new members to expand
your committee – be inclusive**
- **Get your committee working
towards improving healthy
food choices in your school**





4. Get Connected!

- Network meetings
- Area Health Services
- Student Welfare Consultants
- Fresh Tastes newsletters and fact sheets on the web





Key Partners

- **The Federation of Parents & Citizens' Association of NSW**
www.pandc.org.au
- **Council of Catholic School Parents**
www.ccsp.catholic.edu.au
- **NSW Parents Council**
www.parentscouncil.nsw.edu.au





The Federation of Parents and Citizens' Associations of NSW

A screenshot of the website for the Federation of Parents and Citizens' Associations of New South Wales. The header features the organization's logo (a stylized 'P&C' in a square) and the text 'Federation of Parents and Citizens' Associations of New South Wales' with the tagline 'committed to public education'. A navigation menu includes 'About Us', 'Services', 'Policy & Constitution', 'Campaigns', 'Fact Sheets', 'Media', 'Links', and 'FAQ'. The main content area has a large, faint watermark of the organization's logo. On the left, there is a text block about the organization's commitment to a free public education system, followed by a link to an 'Apology to Aboriginal and Torres Strait Islander Peoples'. Below this is a 'What's NEW?' graphic featuring a cartoon woman on a phone. On the right, there is a collage of photos showing children and adults engaged in various activities, including a boy in a graduation cap and gown.

www.pandc.org.au



Healthy Kids School Canteen Association Services

- **Providing advice**
 - Phone help
 - Fact sheets
- **Food expos**





Healthy Kids School Canteen Association



www.healthy-kids.com.au



Keeping your canteen up to date

- Registers healthier food products
- Biannual Buyers Guide
- Quarterly 'Healthy Kids' members magazine





“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.”

Hippocrates



**Healthy canteens today -
Healthy young people in future!**



The future is our children!