

# ADDITIONAL INFORMATION AND RESOURCES

This section provides:

## Contact Details

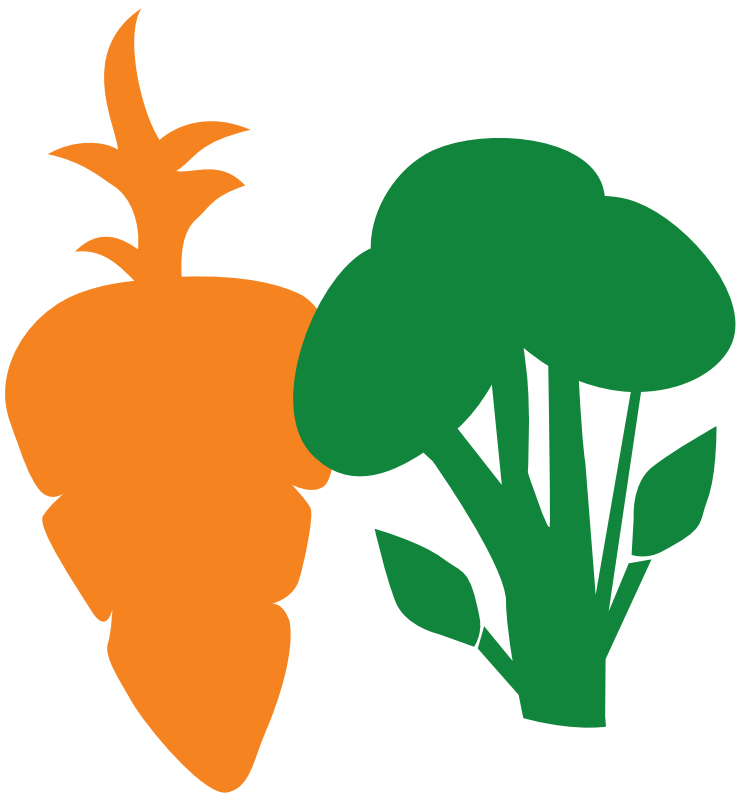
A quick reference to related and other health promotion organisations through their website and/or phone

## Glossary

Definitions of terms used in this Handbook

## Key Documents

State and National education and food policy and guidelines as well as supporting resources related to healthy eating



## CONTACT DETAILS

### General Tasmanian Contacts

Tasmanian School Canteen Association  
[www.tascanteenassn.org.au](http://www.tascanteenassn.org.au)  
Ph: 03 6223 8023

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Tasmanian Education Department  
[www.education.tas.gov.au](http://www.education.tas.gov.au)

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Department of Health and Human Services  
– Population Health – Physical Activity and  
Community Nutrition Unit  
[www.dhhs.tas.gov.au/pophealth/community-nutrition](http://www.dhhs.tas.gov.au/pophealth/community-nutrition)

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Move Well Eat Well Program  
[www.movewelleatwell.tas.gov.au](http://www.movewelleatwell.tas.gov.au)

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Department of Health and Human Services – Oral  
Health  
[www.dhhs.tas.gov/oralhealth](http://www.dhhs.tas.gov/oralhealth)

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Tasmanian Catholic Education Department  
[www.catholic.tas.edu.au](http://www.catholic.tas.edu.au)

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Independent Schools Tasmanian  
[www.independentschools.tas.edu.au](http://www.independentschools.tas.edu.au)

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Diabetes Tasmania  
[www.diabetestas.com.au](http://www.diabetestas.com.au)

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Eat Well Tasmania  
[www.eatwelltas.org.au](http://www.eatwelltas.org.au)

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Home Economics Institute of Australia – Tasmania  
[www.heia.com.au/heiatas](http://www.heia.com.au/heiatas)

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Cancer Council  
[www.cancertas.org.au](http://www.cancertas.org.au)

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Heart Foundation  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

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Family Food Patch  
[www.familyfoodpatch.org.au](http://www.familyfoodpatch.org.au)

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The Parents Jury  
[www.parentsjury.org.au](http://www.parentsjury.org.au)

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Local Government Association Tasmania  
[www.lgat.tas.gov.au](http://www.lgat.tas.gov.au)

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Environmental Health Association – Tasmania  
[www.eh.org.au/associations/tasmania](http://www.eh.org.au/associations/tasmania)

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## ADDITIONAL INFORMATION AND RESOURCES

### General Nutrition Websites

Australian Guide to Healthy Eating  
[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

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*Australian Dietary Guidelines*  
[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

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Nutrition Australia  
[www.nutritionaustralia.org](http://www.nutritionaustralia.org)  
Ph: 03 96505165

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Fresh for Kids  
[www.freshforkids.com.au](http://www.freshforkids.com.au)

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### Food Safety

Food Standards Australia and New Zealand (FSANZ)  
[www.foodstandards.gov.au/whatsinfood](http://www.foodstandards.gov.au/whatsinfood)  
Ph: 02 62712222

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Department of Health and Human Services – Population Health – Food Safety  
[www.dhhs.tas.gov.au/peh/food\\_safety](http://www.dhhs.tas.gov.au/peh/food_safety)

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'I'm Alert' – online training – free  
Visit your Local Council website

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### Allergies, Anaphylaxis and Coeliac Disease

Anaphylaxis Australia  
[www.allergyfacts.org.au](http://www.allergyfacts.org.au)

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Coeliac Australia  
[www.coeliac.org.au](http://www.coeliac.org.au)

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Shepherd Works  
[www.shepherdworks.com.au](http://www.shepherdworks.com.au)

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The Australian Society of Clinical Immunology and Allergy  
[www.allergy.org.au](http://www.allergy.org.au)

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Royal Prince Alfred Hospital Allergy Unit  
[www.sswahs.nsw.gov.au/rpa/allergy](http://www.sswahs.nsw.gov.au/rpa/allergy)

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### Health Promoting Schools

Australian Health Promoting Schools Association  
[www.ahpsa.org.au](http://www.ahpsa.org.au)

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### School Canteen Associations in Australia

Victorian School Canteen Association  
[www.vsca.org.au](http://www.vsca.org.au)

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New South Wales – Healthy Kids Association  
[www.healthy-kids.com.au](http://www.healthy-kids.com.au)

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Queensland Association of School Tuckshops  
[www.qast.org.au](http://www.qast.org.au)

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South Australian School Canteen Network  
[sasch.blogspot.com.au](http://sasch.blogspot.com.au)

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Western Australian School Canteen Association  
[www.waschoolcanteens.org.au](http://www.waschoolcanteens.org.au)

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Tasmanian School Canteen Association  
[www.tascanteenassn.org.au](http://www.tascanteenassn.org.au)

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### Other important links

Stephanie Alexander Kitchen Garden Program  
[www.kitchengardenfoundation.org.au](http://www.kitchengardenfoundation.org.au)

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Tasmanian Farmers and Graziers Association  
[www.tfga.com.au](http://www.tfga.com.au)

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Fruit Growers Tasmania  
[www.fruitgrowerstas.com.au](http://www.fruitgrowerstas.com.au)

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Dairy Australia  
[www.dairyaustralia.com.au](http://www.dairyaustralia.com.au)

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## GLOSSARY

### AMBER Foods

AMBER foods are *Select Carefully* foods and drinks and contain some valuable nutrients, but may also include unhealthy ingredients. They are mainly processed foods that have moderate amounts of fat, sugar and salt added. If they are eaten in large amounts, they may increase the amount of energy (kilojoules) being consumed. Schools are encouraged to limit the availability of these foods. They should not be promoted at the expense of foods and drinks from the *Everyday Foods* category.

### Body Image

Body Image is the mental picture we have of our bodies and how we feel about our bodies. It includes an individual's perception and judgement of size, shape, weight and other aspects that relate to body appearance.

### Discretionary Foods

Discretionary foods are defined in the *Australian Guide to Healthy Eating* (2013) as foods and drinks not necessary to provide the nutrients the body needs, but that may add variety. However, many of these are high in saturated fats, sugars, salt and/or alcohol, and are therefore described as energy dense. They can be included sometimes in small amounts by those who are physically active, but are not a necessary part of the diet.

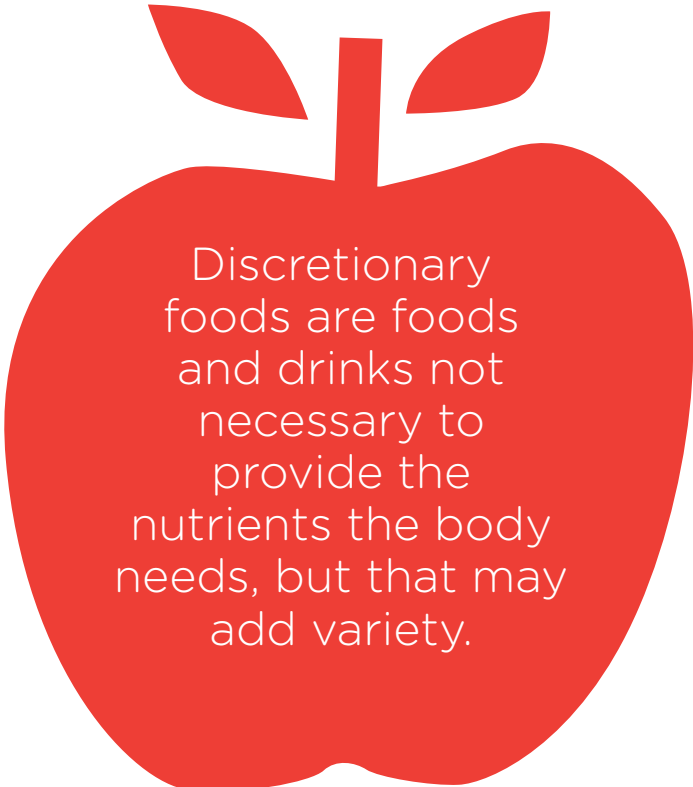
Foods in this category include cakes, biscuits; confectionery, chocolate; pastries, pies; ice confections, butter, cream, and spreads which contain predominantly saturated fats; potato chips, crisps and other fatty or salty snack foods; sugar-sweetened soft drinks and cordials, sports and energy drinks and alcoholic drinks.

### Disordered Eating

Disordered Eating is characterised by negative thoughts and feelings about appearance and food and includes behaviours such as extreme dieting, bingeing, purging and uncontrolled eating. However, it does not meet a clinical diagnosis of an 'eating disorder'.

### Everyday Foods

Everyday foods incorporate the GREEN category of foods and drinks. These foods and drinks are the most suitable to be sold in school canteens and should be available on the canteen menu every day. They offer a wide range of nutrients and are generally low in saturated fats, sugar and sodium (salt).



Discretionary foods are foods and drinks not necessary to provide the nutrients the body needs, but that may add variety.

## ADDITIONAL INFORMATION AND RESOURCES

### GREEN Food and Drinks

GREEN food and drinks are *everyday* food and drinks and are consistent with the *Australian Dietary Guidelines* (2013) and are most suitable for school canteens and school food services. Food and drinks in the *Everyday* category are based on the basic food groups – breads and cereals, rice, pasta, noodles, vegetables, fruits, dairy foods – reduced or low fat milk, yoghurt and cheese, lean meat and poultry, fish, eggs, nuts, legumes and water. They are therefore generally low in saturated fats, sugars and salt. These foods and drinks should always be on the school canteen menu as they are the best choices for a healthy school canteen.

### Health Promoting Schools

Health Promoting Schools are those that promote and support healthy practices such as healthy eating, through a whole school approach. The World Health Organisation (1996) defines a Health Promoting School as “a place where all members of the school community work together to provide students with integrated and positive experiences and structures that promote and protect their health. This includes both the formal and informal curricula in health, the creation of a safe and healthy school environment, the provision of appropriate health services and the involvement of the family and wider community in efforts to promote health”.

### Healthy Eating

Healthy eating for children is a term to describe eating patterns which provide all the nutrients that lead to good health, growth and wellbeing now and in the future. Generally, this eating pattern includes a wide variety of nutritious foods with ‘discretionary’ foods eaten only ‘occasionally’ or in small amounts. Healthy eating also refers to preparing, serving and eating in a way that considers the importance of food as a social and cultural activity.

### Healthy Weight

The *Australian Dietary Guidelines* (2013) provides reliable information on healthy eating in children. It defines a healthy weight as body weight associated with normal growth and development in children, and a reduced risk of short and long term morbidity and mortality among people of all ages. Body weight increases 20 fold from birth to 18 years, and children come in all shapes and sizes. Healthy weight in children is not always easy to assess just by appearance. Healthy weight in children depends on a child’s gender, height and stage of development.

### Kilojoule

A kilojoule is a unit of energy. It refers to the value of food and the amount of energy our bodies burn. The common term used to be calorie.

### Occasional Food and Drinks

‘Occasional’ food and drinks incorporate the RED category of food and drinks. These foods and drinks are lacking in adequate nutrients, are high in saturated fats, sugars and salt and can contribute to excess kilojoule intake. ‘Occasional’ food and drinks are also known as ‘discretionary’ foods.

### Overweight and Obesity

Childhood overweight and obesity refers to children who are above a healthy weight range. Sometimes it is hard to tell if a child is overweight or obese by just looking. The *Australian Dietary Guidelines* (2013) state that “the most immediate consequences of overweight and obesity in childhood are social discrimination (associated with poor self-esteem and depression), increased risk of developing negative body image issues, and eating disorders”. Overweight children and adolescents are more likely to develop a range of chronic conditions and are more likely to become overweight or obese adults with increased risk of chronic diseases and early mortality.

### RED Food and Drinks

RED Foods are ‘Occasional’ food and drinks and are not consistent with the *Australian Dietary Guidelines* as they are low in nutritional value. They are therefore not recommended for school canteens and school food services. These foods and drinks may contain excess energy (kilojoules) and saturated fats, salt and sugar. However, in the current Tasmanian *Canteen Accreditation Program*, a small number of RED foods are permitted on a BRONZE or SILVER school canteen menu. No RED foods are permitted on a GOLD menu.

### Select Carefully Food and Drinks

‘Select carefully’ items incorporate the AMBER category of food and drinks. These food and drinks contain some valuable nutrients, but may be too high in saturated fats, sugar and/or sodium (salt) to be categorised as GREEN. If these food and drinks are eaten regularly or in large amounts, they may contribute to excess energy (kilojoules) being consumed.

### School Food Service

School Food Service specifically means a school canteen, but where this is not possible, it can be a leased canteen on the

school grounds or a food service away from the school linked to the local shop or local caterer. The *Canteen Accreditation Program* can also apply to a leased canteen or food service accessed in the local area of the school.

### Underweight

Underweight is where a child weighs less than the healthy weight range for his or her age.

### Whole School Approach

A whole school approach to healthy eating is where the whole school environment supports consistent messages that make healthy choices a positive and normal part of every child’s day. The Health Promoting School framework provides a useful model to achieve a whole school approach to healthy eating.



## KEY DOCUMENTS

These are state and national education and food policy and guidelines as well as supporting resources related to healthy eating that may be useful. They are available on the TSCA website

**[www.tascanteenassn.org.au](http://www.tascanteenassn.org.au)**

*The Australian Guide to Healthy Eating*  
(NHMRC, 2013)

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*The Australian Dietary Guidelines*  
(NHMRC, 2013)

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Australian Health and Physical Education curriculum, ACARA.

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Food Standards Australia and New Zealand (FSANZ)

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Tasmanian Food and Nutrition Policy (2004)

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National Healthy School Canteen guidelines (DoHA 2011)

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