

SECTION D

LINKING THE CANTEEN WITH A WHOLE SCHOOL APPROACH TO HEALTHY EATING

The *Canteen Accreditation Program* ensures the whole school community supports and reinforces the types of food and drinks available in the canteen. This is achieved by taking a whole school approach to healthy eating, where the canteen is integrated into all aspects of the school. This includes linking the canteen to classroom learning and wider school activities that support healthy eating. For example; fundraising, marketing of healthy foods, other health promotion programs, such as Move Well Eat Well, Stephanie Alexander Kitchen Garden and school events/celebrations.

Complete Section D as part of your Accreditation:

Complete Form 5 – Healthy Eating Activity in the Forms and Templates Section starting at page 95 of the Handbook.

If you are a Move Well Eat Well Award School you can use some of the great work that you have already documented for your Award and showcase it for accreditation of your canteen.

The school must provide evidence of activities that support healthy eating. Your menu dictates what level of activity you need to submit.

- GOLD – 3 activities
- SILVER – 2 activities
- BRONZE – 1 activity.

At least one activity must link the canteen to classroom learning. For further information refer to Table 4 page 57.



Students design a school health promotion campaign ... and look at ways to promote their message at school.

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Linking the Canteen to Classroom Learning

Ideas to link the canteen with the classroom

Try these ideas.

- Classify the foods on the canteen menu into different categories (e.g. fruit, vegetables, cereals or GREEN, AMBER, RED). Identify where the food in the canteen comes from e.g. farm, supermarket, local shops or school grown. This could be completed as a mind map, collage, report, bar graph, etc.
- Students participate in “a tasting” of fruit and vegetables available from the canteen and give reasons for their preferences. This could be collected through a survey and presented as graphs, photo presentation, scripted play, science report, etc.
- Use the School Canteen Handbook’s Food and Nutrition section to evaluate the canteen menu. This section is underpinned by the *Australian Dietary Guidelines (2013)* and the *Australian Guide to Healthy Eating (2013)*.
- Learn about canteens in the past. Students can investigate and report on what canteens were like when their grandparents went to school? What types of foods were sold? How much did things cost? How have canteens changed over time? What was available then that isn’t now and vice versa?
- Investigate canteens/school food services in other countries. How do factors such as religion, climate and government affect the types of foods sold in canteens?
- Learn about food safety and hygiene associated with food preparation by visiting the canteen. Write, draw or act out an action plan about Food Safety in the canteen.
- Design and make a simple healthy snack using safe food handling practices and then determine which would be most suitable for the canteen.
- Develop a ‘what if...’ scenario outlining what happens if (e.g. foods are stored incorrectly, people didn’t wash their hands, raw foods to cooked foods – what changes in the process?)
- Discuss how the media communicates information about food and how the canteen could implement some of these strategies
- Identify and debate factors that affect the health and wellbeing of children and adolescents in Australia e.g. foods available in the school canteen; food marketing; availability of takeaway foods; cost.
- Discuss factors that affect food choices (e.g. media, family, friends, socioeconomic status, and religion) and how these impact on personal food choices in the canteen. Discuss the effect these choices have on health and wellbeing.
- Investigate whether the canteen caters for the diversity of the school community (e.g. vegetarian, gluten free, religious basis for food choices). If not, how could it be improved?
- Students design a school health promotion campaign (e.g. promoting healthy eating, physical activity etc.) and look at ways to promote their message at school, such as, in the canteen and to the wider school community.
- Investigate the enablers and barriers to healthy eating and how these impact on the health and wellbeing of the school community. What role does the canteen have in promoting healthy foods?

Linking the Canteen to School Activities that Support Healthy Eating

Ideas to link the canteen to the school environment and support healthy eating

Try these ideas.

- Develop a vegetable garden / patch.
- Foods grown in the garden are used in the canteen and/or in classroom cooking lessons about how to prepare and eat healthy foods.
- Fruit and vegetable scraps from the classroom and canteen are used in recycling and in composting activities at the school (e.g. a worm farm).
- Promote wrapper free recesses and lunches (both with canteen-prepared and food brought from home).
- The canteen is linked to Sustainable School or programs.
- Work with local producers near the school to provide fruit, vegetables, and local meat and fish to support cooking in the classroom and in the canteen.

Ideas to link the canteen to the wider community

Try these ideas.

- The canteen caters for school events by using GREEN food and drink, limiting those in the AMBER category, and omitting RED food and drink.
- Fundraising initiatives involving food and drink at the school, promote GREEN food and drink, limit those in the AMBER category, and omit RED food and drink.

- The school promotes GREEN foods in the school newsletter e.g. canteen specials, healthy fundraising, fruit and vegetable breaks, healthy recipes available at the canteen.
- School events such as athletics carnivals, school socials, school camps and sausage sizzles promote GREEN food and drink where possible, and limit those in the AMBER category, and omit RED food and drink.
- The school promotes the canteen through a range of marketing activities e.g. newsletters, school website, the school Information Handbook, and school garden activities. For more detailed information on this topic refer to the Section: Management of a Healthy School Canteen – How to Market your Canteen on page 37.
- Local retailers, such as fruit and vegetable outlets, supply healthy fresh foods to the canteen.



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Ideas to link a canteen to existing policies / practices

Try these ideas.

- Students can access fruit and vegetables from the canteen supporting fruit and vegetable breaks in the classroom, as promoted by the Move Well Eat Well Program.
- The school has an overall policy to address healthy eating by encouraging GREEN food and drink, and limiting or removing RED food and drink.
- The school encourages teachers to use non-food class rewards, such as, extra time at recess, free time and active play.



Traditional school fundraising activities such as chocolate drives, cake stalls and sausage sizzles do not support a whole school approach that promotes healthy eating.

Move Well Eat Well Schools and the School Canteen

The Move Well Eat Well Program has much in common with the school *Canteen Accreditation Program*. Both Programs encourage the availability of healthy foods and drinks for our children. If your school is a Move Well Eat Well member, it has access to a range of curriculum material on the Move Well Eat Well website at www.movewelleatwell.tas.gov.au. Some of the whole school approach activities available from this website are also suitable as activities for gaining a school *Canteen Accreditation Award*.

By completing the school *Canteen Accreditation Program* you will be well on the way to meeting your MWEW limit 'occasional' foods criterion!!

Healthy Fundraising Ideas

Traditional school fundraising activities such as chocolate drives, cake stalls and sausage sizzles do not support a whole school approach that promotes healthy eating.

Schools often run these kinds of fundraising activities to provide additional income for goods and equipment, which are essential for some school activities. While these options are often highly profitable and easy to implement, they encourage unhealthy food choices that are not in the best health interests of students, families or the community.

Healthy food fundraising drives are beneficial because they promote and support the health and wellbeing of students, families and the community.

These events should:

- encourage healthy eating
- encourage physical activity
- involve the whole school community
- provide social opportunities
- support the school's health and nutrition policy
- allow the school to be a positive role model
- support health and nutrition education in the classroom
- endorse the school canteen's healthy nutrition message
- not put pressure on people to spend money on fundraising events they don't agree with, or that they feel obliged to participate in, such as chocolate drives.

Food Fundraising Events

Some examples of Tasmanian healthy eating fundraising activities that can also produce profits for the school are:

- healthy barbeques – offer a healthy alternative to the traditional sausage sizzle and provide a veggie burger, chicken kebab with vegies or barbequed corn
- soup day – use some of the vegetables from the school garden
- healthy cook books
- apple slinky machines – slink the apple and/or measure the length of the slink
- Awareness Weeks – for example provide dairy fruit smoothies in the canteen during National Healthy Bones Week

Non-Food Fundraising Events

Some examples of non-food fund raising events that can produce profits for the school are:

- cinema night – some cinemas offer discounted group tickets which can be sold to the school community to use – or you can hold a movie social night. Provide healthy food options at these events.
- trivia night – a very effective fundraising event that can get the whole community involved. Include an auction or raffle.
- school concert – arrange for the school band or drama group to put on an annual performance. This works well at end of year Christmas carols. Refreshments can provide additional income and reflect the school's nutrition policy. The canteen could cater for this event.
- school fetes – these are great social events that promote what is happening in the school. The canteen could run a stall and allow parents to taste the great food options being provided to their children.
- school stalls – like a Mother's Day or Father's Day stall. Stalls could also sell bulbs or local produce
- secondhand book stalls – ask the community for secondhand book donations.
- bulb drives – there are numerous bulb growers in Tasmania.

Move Well Eat Well members can find loads of healthy fundraising ideas on the website at www.movewelleatwell.tas.gov.au

