



GREEN
Fill the
menu



Australian Better Health Initiative: A joint Australian, State and Territory initiative.

AMBER
Select
carefully



Acknowledgement NSW Health

RED
Off the
menu



Healthy schools: events and fundraising by schools and Parents and Citizens' Associations fundraising

All events arranged by schools (whether on site or off site) are required to comply with the Department of Education and Training's *Healthy Food and Drink* policy, eg school discos, graduation ceremonies and performances.

Food and drink categorised as 'RED' in the 'traffic light' system (ie soft drinks, chips, lollies) should not be provided on these special occasions.

Alternative event ideas

- ✓ BBQ with a salad bar (using reduced fat sausages, frankfurters, burgers, rissoles and chicken breasts)*
- ✓ pizzas*
- ✓ sausage rolls and pies*
- ✓ muffins*
- ✓ cobs of corn
- ✓ plain popcorn
- ✓ dairy based ice cream*
- ✓ frozen yoghurts*
- ✓ sorbet
- ✓ fruit based ices, slushies, and icy poles*
- ✓ 100% fruit juices
- ✓ bottled water.

Fundraising by Parents and Citizens' Associations (P & Cs) provide for the purchase of additional classroom and sporting equipment and other resources. There is concern by school, health and parent bodies that:

- there has been a growing trend of fundraising involving unhealthy food, such as confectionary.
- there is a large range of unhealthy fundraisers available that are promoted heavily and used regularly by schools and community groups providing another way for companies to market their products to our children.
- there is an inconsistency between what students are learning in the classroom about good nutrition and the unhealthy food promoted by fundraisers.

While fundraising activities undertaken by P & Cs are not included in the scope of the *Healthy Food and Drink* policy, school communities may wish to reconsider their practices.

Healthier fundraisers complement nutrition and health messages taught in the classroom reinforce the work of canteens/food services and form part of a supportive environment for children's health.

* The *Healthy Food and Drink* policy can be used as a guide to help choose suitable food items for fundraising. For example, Star Choice™ registered meat products or those that meet the criteria for registration are recommended for BBQs or sausage sizzles, together with grilled vegetables and fruit salad for a complete and healthy meal.

