

Healthy food and drink choices in schools

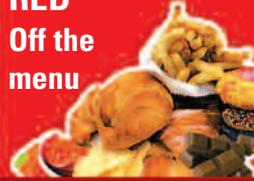
GREEN
Fill the
menu



AMBER
Select
carefully



RED
Off the
menu



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

Tips for making healthy food and drink choices – Canteen and food services

Children's energy needs for a busy day at school require them to eat a variety of foods. Factors that determine the amount children eat include age, sex and physical activity level. Children will have the best chance of getting all the nutrition they need if they are offered a variety of tasty and healthy foods every day that reflect the Dietary Guidelines for Children and Adolescents.

In this state, 30 per cent of girls and 23 per cent of boys are either overweight or obese. Over their schooling life children can consume up to 2 500 meals. Therefore it is crucial that these meals are nutritious, whether brought from home or purchased from the school canteen.

All meals should reflect healthy food choices.

Great ways to help children have a variety of foods in their diet is to create meals and snack deals.

Meal deal ideas may include:

- ✓ salad roll, small carton of milk and a piece of fruit
- ✓ sushi, tub of fruit salad and a small carton of milk
- ✓ soup with a bread roll and a piece of fruit
- ✓ burger (registered meat/chicken patty and salad with 3 vegetables), small carton of milk and a piece of fruit
- ✓ pita bread or wrap with salad, small carton of milk and a piece of fruit
- ✓ cheese and salad sandwich and a fruit juice.

Snack meal deal ideas may include:

- ✓ fresh fruit pieces and yoghurt dip
- ✓ Star Choice registered muesli bar and yoghurt dip
- ✓ popcorn and a small fruit salad
- ✓ hot cheese melt and a small fruit juice
- ✓ cheese and crackers and a piece of fruit
- ✓ vegetable sticks and reduced fat cream cheese dip
- ✓ fruit bun, cheese stick and a piece of fruit
- ✓ Hawaiian muffin melt and a piece of fruit.

For more information

Policy and standards for healthy food and drinks in public schools, det.wa.edu.au/healthyfoodanddrink

For more information visit the Meerilinga Lunch Box World website meerilinga.org.au

