



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



Tips for running a healthy and successful canteen/food service

How to market healthy foods

Make them look good

- ✓ Have a bowl full of fresh fruit at the front of the counter (make sure it's free of bruises!).
- ✓ Wrap sandwiches in clear plastic wrap to sell at the counter.

Make sure children can see them

- ✓ Display wrapped healthy foods at children's eye level.
- ✓ Have a step/stool in front of the counter so that the smallest children can also see what is for sale.

Promote them

- ✓ Have a big blackboard or a sign outside the canteen/food service that lists new foods or the daily specials.
- ✓ Invite members of the school community to suggest new healthy menu items. Conduct a competition to collect ideas to add to the lunch, recess or breakfast menu.
- ✓ When a new food is offered, conduct a competition to name the new food. Exciting, enticing and creative names for new foods help to increase their appeal and popularity.
- ✓ Create fun names for food and drinks that appeal, for example:
 - ✓ Monster Munchies
 - ✓ Barunga Burgers
 - ✓ Fruit Wobblers

- ✓ Triple Decker sandwiches
- ✓ Mega munch
- ✓ 'The works' salad
- ✓ Wipeout

- ✓ Have 'Special Days' like 'Tuesday Taco Day'.
- ✓ When introducing a new item, let the students and the school community know by placing an ad in the school newsletter, making an announcement at the school assembly, or publicising it over the school's PA system.
- ✓ Invite students to promote foods offered by the canteen/food service. Students could make posters, write articles for the school newsletter or make up jingles or slogans. A prize could be awarded for the most effective method of promotion.
- ✓ Choose a food of the week to promote. For example, promote fruit and vegetables that are in season and offer them in a variety of ways, for example pumpkin could be offered in pumpkin soup, pumpkin cake and oven-baked chunky pumpkin chips. Arrange for the canteen/food service to award faction or house points to students who order this food.
- ✓ Offer free samples for the first couple of weeks or start selling the item at an 'opening' special price.
- ✓ Don't be afraid to try new items.
- ✓ Vary your menu (i.e. in summer and winter months). Children are like adults, they like variety.

Healthy food and drink choices in schools

Tips for running a healthy and successful canteen

How to market healthy foods

Pricing

Mark up the price of 'amber' items as a way of subsidising a price reduction on 'green' menu items to make them more attractive to purchase.

Ideas for school recess

Regular eating times such as breakfast, morning snack, lunch, after school snack and dinner are important during childhood to help meet a child's energy and nutrient needs for growth and development. In fact, for children, eating little and often can be the best way to meet nutritional needs.

All foods – snacks and drinks, as well as meals – consumed throughout the day should make a positive contribution to the diet's nutritional quality. Too often the snack foods on offer are high in fat, salt or sugar, and fruit and vegetable based snacks are unavailable or unappealing.

However, there are many alternatives and children can help to choose healthy, nutritious and attractive snacks for between meals.

Smaller servings of foods and drinks suitable for lunches can also be used as snacks. Here are some additional quick and easy snack ideas.

Cold snacks

- ✓ fresh fruit (diced) or frozen fruit pieces
- ✓ fruit or vegetable kebabs
- ✓ vegetable sticks (carrot, celery, zucchini) with hummus dip
- ✓ high fibre cereals that are low in sugar in bowls ready for milk to be added, or eaten as snack packs
- ✓ mini wraps – serve ½ Lebanese wraps filled with sandwich fillings
- ✓ garden salads mixed with chicken, egg, cheese or tuna
- ✓ coleslaws, tabouli, potato or Greek salads (with low fat dressings)

- ✓ reduced fat cheese and plain crackers (with no added salt)
- ✓ plain popcorn
- ✓ small reduced fat plain or fruit yoghurt/frozen yoghurt
- ✓ rice cakes/corn cakes/crispbread with hummus, vegemite, mashed banana or reduced fat cheese
- ✓ fingers/triangles/sticks of pita bread spread with grated vegetables mixed with plain reduced fat yoghurt
- ✓ fruit bun
- ✓ pikelets
- ✓ Star Choice™ registered muesli bar (or its equivalent)
- ✓ trail mix nibbles

Hot snacks

- ✓ mini fruit/vegetable muffins
- ✓ raisin toast or English muffins spread lightly with polyunsaturated margarine
- ✓ soup with a bread roll
- ✓ 1/2 jaffle (with low fat cheese and tomato or baked beans)
- ✓ corn cob
- ✓ 1/2 boiled potato topped with grated reduced fat cheese
- ✓ home made garlic bread using a thin scrape of polyunsaturated margarine and crushed garlic
- ✓ small serves of pasta or rice salad
- ✓ mini pizzas using English muffins as the base
- ✓ reduced fat cheese melt
- ✓ reduced fat custard (or rice custard) served plain or with fruit
- ✓ crumpets (wholemeal) with low fat cream cheese, a scrape of polyunsaturated margarine with vegemite or baked beans

Drinks

- ✓ plain water
- ✓ reduced fat milk