

Healthy food and drink choices in schools

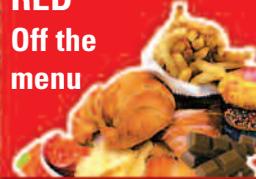
GREEN
Fill the
menu



AMBER
Select
carefully



RED
Off the
menu



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

Fundraising by Parents and Citizens' Associations

Fundraising by Parents and Citizens' Associations (P & Cs) provides for the purchase of classroom and sporting equipment and other resources. There has been a growing trend of fundraising involving unhealthy food, such as confectionary. While fundraising activities undertaken by P & Cs are not included in the scope of the policy and standards for healthy food and drinks, schools may wish to reconsider their practices in the context of the school community working together to reduce childhood obesity, and helping students learn healthy eating choices and habits.

With many unhealthy fundraisers available, schools and community groups face a dilemma. There is concern by school, health and parent bodies that:

- there is a large range of unhealthy fundraisers available and they are promoted heavily and used regularly by schools and community groups
- there is a conflict between what students are learning in the classroom about good nutrition and unhealthy fundraisers
- unhealthy fundraisers are another way for companies to market their products to our children.

Children's eating is affected by individual, family, school/child care and community influences. A school's influence on children's eating is not only based on what children learn in the classroom. What children observe and are involved with outside of the classroom sends strong messages and contributes to learning and attitude-forming.

Providing healthier fundraisers complements nutrition and health messages taught in the classroom, reinforces the work of canteens/food services and forms part of a supportive environment for children's health.

Alternative fundraising ideas

Fundraising ideas can involve food and non-food items and physical activity oriented ideas. For example, fundraising can include:

- ✓ toothbrushes
- ✓ pyjama day
- ✓ car boot sale
- ✓ student talent quests
- ✓ art shows
- ✓ fruit smoothies day
- ✓ show bags (including food, drinks, stickers, discount passes, temporary tattoos etc)
- ✓ nutritious food hampers
- ✓ flower bulbs
- ✓ school made calendars, cards, stickers and labels
- ✓ tupperware
- ✓ nurseries
- ✓ sun block sales
- ✓ tea towels.

Using 'essential products' rather than 'luxury products' for fundraising should put less financial strain on families.

You can also contact local businesses to organise a fundraising event and develop partnerships with local industry (eg a movie preview night).

Walk-a-thons, lap-a-thons, and bike-a-thons are great ways to raise funds which promote exercise at the same time.

The policy and standards for healthy food and drink choices 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.