

SMART CHOICES: HEALTHY FOOD AND DRINK SUPPLY STRATEGY

Where to now?

The State Government's Healthy Food and Drink Supply Strategy for Queensland Schools, *Smart Choices*, was unveiled on Thursday, 7 July by Anna Bligh, Minister for Education and the Arts. All state schools will be required to supply healthy food and drink choices to students by June 2006. The strategy applies to any area where food and drink is supplied including the tuckshop, fundraising ventures, vending machines, excursions, camps, classroom rewards, sports days, and curriculum activities.

The Strategy is based on the Australian Dietary Guidelines for Children and Adolescents and the Australian Guide for Healthy Eating encouraging fruits and vegetables and severely limiting such items as lollies, fried foods, cakes and soft drinks.

QCPCA has long advocated for a balanced approach to health, which encompasses nutritious eating, combined with physical exercise thus promoting an overall healthy lifestyle.

We have developed this action plan as a guide to help you implement this policy.

This process will assist with issues within schools that affect a range of stakeholders from the school community.

Prepare:

- Establish a *Smart Choices Working Party* action group that includes students, parents, P&C, Principal, Tuckshop and EQ staff representatives. This group's aim will be to manage the implementation of this policy within the school and make recommendations to the P&C on issues that affect their operations. Appoint a chairperson and a secretary to take minutes of the meeting for the P&C representative to use as a report back to P&C meetings, and also for the school to report to the whole school community through newsletters and information sessions. Remember that this is a working party and all decisions that affect P&C operations need to go to a P&C meeting for discussion and resolution.

Create a shared Vision:

- Work with the Working Party to develop a shared vision of what you want or need to achieve. Create a list of ideas for each part of the policy – tuckshop, fundraising etc.

Select the Priority issues:

- Decide which of these are then to be given priority. Consider all of the factors that may impact on the success of potential activities. Identify priorities that can be achieved in both short and long term. Identify what needs to happen now or before Christmas and what will need to occur at the start of 2006 school year and in place by end June 2006.

Develop and implement an action plan:

- Once you have created your list of priorities you need to develop a plan of action. The action plan should outline the goal, outcomes, strategies and activities, timelines, resource requirements, role and responsibilities of key people, and monitoring procedures. This should be a workable and useful document.
- Develop strategies to achieve what has been planned. Check that what was planned is being achieved. Be prepared to adjust or alter the plan if it is needed. Be flexible, things may not always work out how you initially intended.

Review, reflect and plan for the future:

- Feedback to the whole school community throughout the process
- Involve students and the school community in decision making- surveys, etc
- Seek advice – available resources and publications are in the package and posted on EQ website.

Things to be considered by end of school year 2005

- Apply for the Healthy School Communities Grant for \$1500 (see attached document)
- Review all current supplies and contractual arrangements of food and drink against the information in the resource kit.
- Coordinate a fundraising calendar for the 2006-year, with all stakeholders.
- Assess the tuckshop menu against the food and drink spectrum – red, green and amber foods by highlighting in corresponding colours and note predominance of each category. You may only need to make a few changes or may need to make many.
- Ensure that you have information on the gross profit, operating costs and net profit for your current tuckshop menu.
- Phase out of all Red food / drink items from school facilities.
- Discuss menu ideas. You may trial a few things to see how they are received and conduct surveys. Trial preparation time for certain menu item ideas for feasibility in the tuckshop.
Most importantly start to remove red food items.
- Identify what changes need to be made and the implications of these changes on your business activities whether it is fundraising, vending machines, school events or tuckshop.
- Determine what the implications are of these changes.
- Organise promotion and marketing of healthier choices throughout all areas of the school.
- Involve the students with menu ideas and promotion etc through taste tests, poster creation, surveys etc. This will help them to understand the changes and why they are being implemented and also to take some ownership of the changes being put into place.
- Keep the school community informed of changes occurring as a regular feature in the school newsletter and at P&C meetings.

The start of the 2006 School Year:

Please note: That through your committee continually review your action plan as more information and resources are made available.

- This is a good time to have a new menu starting in the tuckshop, healthier options in the vending machines that fit the criteria and as a fresh start to the year. Make sure the 'green' food and drink is featured more on the menu and displayed more dominantly.
- Continue to promote and market healthier additions to the menu through taste tests, posters etc.
- Continue to involve the school community, including students in decisions.
- Through your committee, continue to review action plan and make changes where needed before the end of June 2006 to fully comply with the policy.

After June 2006 deadline:

- Through your Working Party, have an annual meeting with all stakeholders to discuss Fundraising calendar for forthcoming year.
- Maintain Smart Choices Working Party and report to P&C meetings, review your plan and continue to monitor progress.

The policy is all about improving the health and well being of our children. Discuss it with your school community and create an air of positive expectation that the changes being made are in the best interests of our school community members.

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Contacts and Resources:

Education Queensland

www.education.qld.gov.au/schools/healthy

The Safe and Healthy Schools web site. Check for continual updates to FAQ's and resources etc

Queensland Health

www.health.qld.gov.au

Information is available about healthy living, including nutrition, physical activity and food safety.

www.foodsafetymatters.gov.au

Dedicated food safety website aimed at schools.

Queensland Council of Parents and Citizens Associations Inc.

www.qcpc.org.au/

Contains a copy of the *P&C Operations Manual* that includes a section on retail operations including tuckshops. This manual also includes a section on food safety for tuckshops.

Association of Independent Schools of Queensland

www.aisq.qld.edu.au

Queensland Catholic Education Commission

www.qcec.qld.catholic.edu.au/site/www/index.cfm

Queensland Association of School Tuckshops (QAST)

www.qast.org.au

Telephone for inquiries about tuckshop management, membership and the Registered Product lists. Telephone: 07 33241511

Nutrition Australia

www.nutritionaustralia.org/about_us/offices/qld.asp

Telephone for information about the Nutrition in Schools Advisory Service and the School Tuckshop Product Guide.

Telephone: 07 3257 4393

National Heart Foundation

www.heartfoundation.com.au

Contact for brochures and posters such as *School Lunch Box Ideas*, *Your Heart* and *Eat Smart, Play Smart - A Manual for Out of School Hours Care*. Telephone the Heartline on 1300362787

Food Standards Australia and New Zealand

www.foodstandards.gov.au/

For information about food safety, food standards and food labelling.

Commonwealth Department of Health and Ageing

www.health.gov.au/pubhlth/publicat/document/fdcons.pdf

The Australian Guide to Healthy Eating consumer's booklet.

National Health and Medical Research Council

www.nhmrc.gov.au/publications/nhome.htm

A copy of the *Dietary Guidelines for Children and Adolescents in Australia* can be downloaded from this website.

Publications

A toolbox for creating healthy places to learn, work and play (under tools)

By QLD Health and Education QLD (2001)

www.chdf.org.au

The Australian Guide to Healthy Eating

To obtain copies of the booklet and poster contact the Commonwealth Department of Health and Ageing on 1800 020 103 extension 8654 (free call) or email

phd.publications@health.gov.au

Food for Health - Dietary Guidelines for Children and Adolescents

To obtain copies of the booklet, pamphlet and poster produced by the National Health and Medical Research Council contact National Mail and Marketing on 1800 020 103 ext 9520 (free call) or email nmm@nationalmailing.com.au.

Tuckshop Shortcuts

Tuckshop Shortcuts is a manual that provides practical ideas to assist schools in creating a healthy and profitable school tuckshop. The manual covers topics such as writing a tuckshop policy, basic nutrition for children, planning a tucks hop menu and recipe ideas.

The *Tuckshop Shortcuts* publication is available through the ActiveAte website

www.health.qld.gov.au/ActiveAte/.

Management Sense Food Sense

A comprehensive manual produced by the Federation of Canteens in Schools (FOCiS). Copies and prices can be obtained from QAST on 07 3324 1511.

Looking After Our Kids

A video and handbook resource for school principals, parent bodies, tuckshop convenors, tucks hop assistants and volunteers to help them understand and comply with the Food Safety Standards. A free copy was sent to every school tuckshop in Australia in 2002. For additional copies (subject to availability) contact the Food Safety and Surveillance Section, Australian Government Department of Health and Ageing on (02) 6289 5131 or email: foodsafety@health.gov.au

Food safety for fundraising events

A pocket book guide to assist charities and community organisations meet their legal obligations under Queensland food safety laws. Copies can be obtained from local Public Health Units. See below for locations and contact numbers.

Brisbane Northside 3250 8509

Brisbane Southside 3000 9148

Bundaberg 4150 2780

Cairns 4050 3601

Charleville 4656 8100

Gold Coast 5509 7222
Hervey Bay 4197 7277
Ipswich 3810 1500
Longreach 4658 0859
Mackay 4968 6611
Mt Isa 4744 4846
Redcliffe 3897 6480
Rockhampton 4920 6989
Sunshine Coast 5409 6600
Thursday Island 4069 0400
Toowoomba 4631 9888
Townsville 4750 4000

Queensland Health healthy eating brochures

Titles include *Great Food for Young People*, *Better Eating for a Healthier Lifestyle* and *Great Lunches and Snacks for Hungry Kids*.

Contact Queensland Health publications on 07 3234 0842.

Queensland food legislation - Information for schools

www.health.qld.gov.au/phs/documents/ehu/16846.pdf

An information sheet on food legislation that affects Queensland schools.

Eat Smart*Play Smart

<http://www.heartfoundation.com.au/index.cfm?page=298>

A manual for Out of School Hours Care

Healthy School community grants information:

Australian Government Department of Health and Ageing

www.healthyactive.gov.au

or call hotline 1800 805 172 for enquiries