



Healthy Eating Ideas



Here are some ways your school can promote healthy eating



Cool Canteens: Canteens provide a great opportunity to offer healthy eating options to children. The Cool Canteen Accreditation Program (Cool CAP) assists schools to achieve best practise in the following areas: canteen policy; canteen and the curriculum; foods sold in the canteen; marketing and promotion; food safety and hygiene. To find out more contact the Tasmanian School Canteens Association on 6223 8023 or visit their website www.tascanteenassn.org.au.

Family Food Educators: Family Food Educators are trained peer educators who volunteer their time to promote healthy eating for children and parents in local communities. There may already be a Family Food Educator in your area, who would like to help promote healthy eating in your school community. To find out if you have a Family Food Educator in your community contact the Family Food Patch Project on 6224 9198.

Alternatively there may be a group of parents who would be interested in participating in the necessary training to become Family Food Educators. This training would be conducted by an experienced Community Dietitian. If you are interested in Family Food Educator training contact the Family Food Patch Project on 6224 9198.



Healthy Lunchbox Ideas: There are a range of activities that you can implement to promote healthy lunchboxes in your school community. The *Lunchbox Dilemma Kit* is a display kit containing visual information about ways to improve kids lunchboxes, alternatives to chips, cost comparison of snacks and comparison of a healthy versus an unhealthy lunchbox. The *Healthy Snacking for Children Display Kit* offers visual information about fun snack ideas for home, school and childcare as well as cost comparison of snacks. You can purchase or borrow these display kits from the Community Nutrition Unit by phoning 6222 7222.

Or maybe you are interested in running a series of healthy eating articles through your school newsletter. The Community Nutrition Unit has a series of healthy eating 'snippets' ready for you to 'cut and paste' into school or community publications. For further information contact the Community Nutrition Unit on 6222 7222.



Cooking Classes: There are many healthy recipe books that you could purchase to help you run healthy cooking classes in your school community. Maybe you would like to run a 'parents/grandparents cooking with children' program. Maybe you could even produce your own school community cookbook, with recipe contributions from students, parents or other community members. Eat Well Tasmania can help you identify appropriate cooking demonstrators, help you plan cooking related activities and work with your school community to develop nutritious recipe ideas. Phone Eat Well Tasmania on 6223 1266 to discuss your ideas further.

Vegetable Gardens: Gardening can provide children with an important opportunity to learn through active participation and experience. Growing vegetables and fruit allows children to investigate, experiment, contemplate, problem solve and succeed. Why not create a kitchen garden and link your garden with cooking programs? For further information about establishing a school or community garden contact Eat Well Tasmania on 6223 1266.



Healthy Fundraising: If you are interested in trialling healthy fundraising ideas in your school community contact the Community Nutrition Unit on 6222 7222. The *Fruitful Fundraising Kit* provides ideas that are good for the school purse, good for the community and good for local businesses. You may like to consider fundraising ideas such as Shop-To-Give Fruit and Veg School Cards, Fruit and Veg Postcard Vouchers, Fruit and Veg Boxes Straight to the School Door, Freeze Dried Fundraisers or other ideas. Students may even be able to develop and trial their own ideas.

Curriculum Resources: There are many credible curriculum resources that can support teachers to implement nutrition learning in the classroom. Contact the Community Nutrition Unit on 6222 7222 to obtain details about the range of curriculum resources available.

Healthy Food Competitions: There are many ways to promote healthy eating in your school community. Competitions are fun, interactive activities that can generate enthusiasm and enjoyment while at the same time promoting healthy eating messages. To have a more lasting impact, think about linking such one-off activities with longer-term strategies such as classroom learnings, healthy menu options in the school canteen and healthy food choices at all school events including school fairs and sports days. Why not run a competition using vegies and fruit as the theme, and encourage children and families to come up with healthy snack ideas using vegies and fruit as a main ingredient? Contact Eat Well Tasmania on 6223 1266 if you want to discuss your ideas further.

Raising Awareness in your Community: Why not promote healthy eating in your community - take photos for school newsletters and yearbooks, make a movie or incorporate healthy eating messages into a school play? You can add some extra colour by borrowing Eat Well Tasmania's healthy food costumes. For details phone Eat Well Tasmania on 6223 1266.

Wicked Vegies: Wicked Vegies is a project designed to promote vegetable and fruit awareness and consumption among Tasmanian school students. The project involves students investigating, designing and producing snacks or meals that are fast and easy to prepare, using local vegetables or fruit as a main ingredient. This project is particularly suitable for high schools, where Home Economics is part of the school curriculum. Contact the Cancer Council Tasmania on 6233 2375 if you would like further information on the Wicked Vegies Project.

Move Well Eat Well: The Move Well Eat Well for Schools Project is a state-wide project that assists participating schools to promote a range of physical activity and nutrition initiatives, through professional learning and school based programs. The project uses a needs-based approach to enable schools to identify and prioritise issues relating to physical activity and nutrition and to initiate change in school policy and practice. For more information contact the Move Well Eat Well Project Coordinator on 6233 7811.



Heart Foundation: The Heart Foundation runs a number of school-based activities in the North and North West of the State. Activities relate to heart healthy school lunchbox ideas (in the Launceston area) and heart healthy breakfasts (in the North West region). Contact the Heart Foundation on 6421 7704 if you would like further information on these activities.

