

WELCOME TO YOUR GREAT CHOICES RESOURCE KIT



MAKING **GREAT CHOICES** EASY FOR ALL STUDENTS

Our students are at the centre of everything we do, and this includes helping them learn how to make good, even great, choices while they are young, to see them through into adulthood.

The Great Choices support resources reflect feedback from canteen managers seeking ideas and advice on making healthier canteen menus easy and popular with students.

What we've created is a suite of resources to:

- Check the star rating for all items and ingredients
- Get ideas by seeing what other canteens are doing
- Work with you step by step to make the changes needed
- Promote your canteen to students and families
- Check your canteen meets the Food and Drink Criteria.

Not all items in the resource suite are in this resource kit as some are online. But we've included details for all materials along with an explanation for each, a suggestion for how you might choose to use them, and where to find them online.

Why is the Healthy School Canteen strategy important?

Good nutritional choices is one of many skills we try to demonstrate and support, and each school canteen plays an important role. By helping provide guidance on sensible eating we may prevent this generation of young people from experiencing the food related illnesses faced by today's adults, such as obesity and obesity-related diseases.

Tackling childhood obesity is a priority of the NSW Premier, because 'children who are above a healthy weight can have psychological, social and health issues. Immediate health problems can include asthma, bone and joint complications, sleep disturbance, and earlier onset of diabetes and heart disease. In 2016:

- 22% of children aged 5-16 years were above a healthy weight
- 45% of children regularly drink sweetened drinks
- 62% of children ate enough fruit
- 5% of children ate enough vegetables.

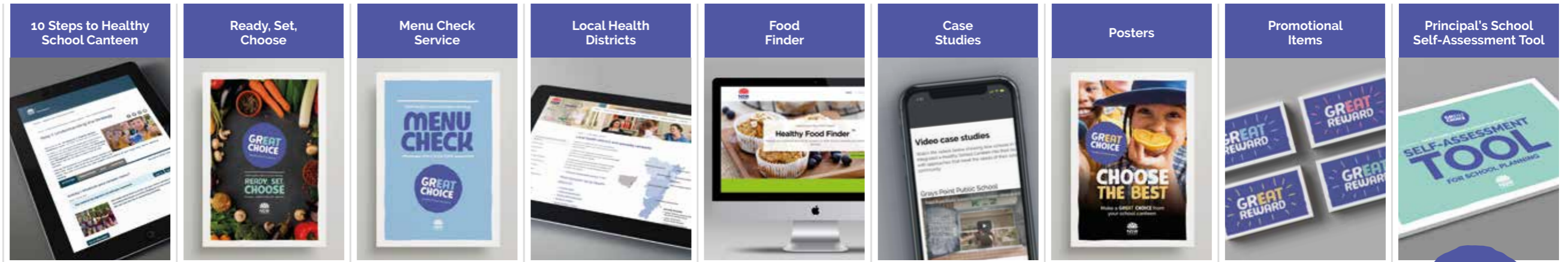
All school canteens are to meet the Food and Drink Criteria by December 2019.

However, that's not what is driving your work and our support.

Instead it is knowing we have capability and capacity to help our students have healthier lives by teaching them how to make healthy choices in school canteens.

After all – they deserve the best.

WE'RE WITH YOU EVERY STEP OF THE WAY



On our way	Show everyone you're on your way by displaying your 'We're on our way' badge on your website								
Primary Schools	Yellow bar	Yellow bar	1 Yellow bar	Pink square	Pink bar	Blue bar	Blue bar	Blue bar	Grey bar
Secondary Schools	Yellow bar	Yellow bar	2 Yellow bars		Pink bar	Blue bar	Blue bar	Blue bar	Grey bar
All School Canteens	Yellow bar	Yellow bar	Yellow bar		Pink bar	Blue bar	Blue bar	Blue bar	Grey bar
Just starting out or wanting a refresh	Yellow bar	Yellow bar	Yellow bar		Pink bar	Blue bar	Blue bar	Blue bar	Grey bar
Well underway and checking progress		Yellow bar	Yellow bar		Pink bar	Blue bar	Blue bar	Blue bar	Grey bar
I think we're there			3 Yellow bars		Pink bar	Blue bar	Blue bar	Blue bar	Grey bar
We've made it	Show everyone that you've made it by displaying your certificate and your 'we've made it' website badge.								

1. Menu check application support. For Primary Schools taking part in Live Life Well @ School, contact your Local Health Promotion Officer. All other primary schools should contact the Healthy Kids Association on 02 9876 1300 (TOLL FREE) or 1300 724 850 (outside the Sydney metropolitan area).
2. Secondary schools can contact the **NSW School Canteen Secondary School Support Service** on (02) 9876 1300 (TOLL FREE) or 1300 724 850 (outside the Sydney metropolitan area).
3. Menu Check assessment for all schools. A free, professional assessment of your canteen menu and receive confirmation of meeting the Food and Drink Criteria from the Department of Health.

WHAT RESOURCES ARE AVAILABLE?

IN THIS KIT

To get you started, we've provided a selection of the promotion and evaluation resources available online so you can try them out with your students, school staff, parents and carers.

To print more copies of what you find in the pack, you will find them on the USB and online in the Healthy School Canteens website Resources Centre <https://healthyschoolcanteens.nsw.gov.au/canteen-managers/resources>



Ready Set Choose

A simple assessment guide to check the status of your menu, products, counter display and portion sizes.



Specials template

This template can be used to promote healthy specials. Many canteens have found that specials are a popular choice with students.



Posters

You will find nine A3 posters that can be used throughout your school and in and around the canteen to promote healthy choices.



Stickers

A great way to identify Great Choices on the menu. You can use the stickers on food wrappers or give them to students as a reward for making a healthy choice.



Loyalty cards

A sample of loyalty cards. The print document can be found on the USB. These cards can be used to reward students for making healthy choices from the canteen.



USB

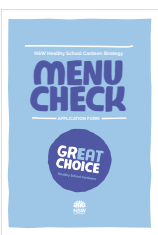
Includes all the available Great Choice resource files in this kit as well as menu templates, so you have them to hand. You can print more promotional items using the files on the USB and from the website.

VIA THE WEBSITE

All resources are on the healthyschoolcanteens.nsw.gov.au website. Support Resources and promotional materials are free to download and new case studies, to provide you with ideas and inspirations, are added regularly.

10 Steps to a Healthy School Canteen

Register for this specially-developed online program. It provides guidance, ideas and advice on menus, stocktake, promoting and achieving the Food and Drink criteria. Registering for the 10 Steps to a Healthy School Canteen entitles you to a website badge showing your community that "You are on your way". **TAKE YOUR FIRST STEP TODAY!**



Menu Check

Complete the form for a free, independent professional assessment of your menu. We recommend you carry out this Menu Check once you feel your canteen meets the Food and Drink Criteria. All school canteens that meet criteria receive a certificate of acknowledgment and an electronic badge for your school website.



Menu templates

Choose from several menu templates to help identify your canteen menu as being a Great Choice menu.



Great Choice promo pics

These icons can be used on specials posters and other promotional materials.



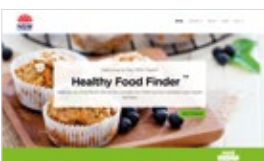
Online forum

Associated with each of the 10 steps, the forums are a great way to share ideas and have questions answered by our nutrition experts.



Watch and share – Video case studies

See how others have implemented the Food and Drink criteria. This can help generate ideas for you and your canteen. We are regularly developing new case studies, including 'how to' pieces in the 10 Steps to a Healthy School Canteen online program.



Healthy Food Finder

An online searchable database that lets you check if foods meet the criteria. It also provides the health star rating of food and drinks and recommends higher star rated alternatives for low rated items.

Follow us on social media

Like the Department of Education NSW Facebook page to stay up to date with news from the department. Search NSW Public Schools.



For more support you can contact the Healthy School Canteens support team via the website or email info@healthyschoolcanteensnsw.com.au

If you would like to capture your school canteen's story as a video case study, contact us today.

<https://healthyschoolcanteens.nsw.gov.au/canteen-managers/resources>