Implementing the National Healthy School Canteen Guidelines in the ACT

Welcome back for Term 4

Term 4 is well underway and with it comes a welcome change in warmer weather. Cool off this summer with frozen fruit segments and canteen made sorbets (which is a great way to use up leftover fresh fruit!).

Annual reviews are continuing in Term 4, so to keep you inspired to make healthy changes happen in the canteen, see our feature article “Healthy School Canteens – Where are we now”.

NA ACT will continue to offer training for school canteens in Term 4. See page 3 for details.

As always, we love hearing from you, so feel free to drop us a line with any comments or feedback you have about the Canteen Fresh newsletter.

Do you have a question about suitable canteen products? Do you need advice about food safety or finding a suitable recipe?

NA ACT’s canteen advisory service is available to all schools in the ACT, including canteen managers, volunteers, P&C and the broader school community.

If you would like advice to help support your canteen to make healthy choices the easy choices, contact us today.

Nutrition Australia ACT
Ph: 02 6162 2583
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Contact us
HEALTHY SCHOOL CANTEENS – WHERE ARE WE NOW

NA ACT has been working closely with ACT school canteens for the last two years to improve the nutritional quality of foods and drinks available for students by implementing the National Healthy School Canteen Guidelines (NHSCG).

To date 40 schools have completed an initial menu assessment. Every item on the menu is assessed against the NHSCG and individualised recommendations and suggestions for each canteen are provided to help canteens make gradual improvements to their menu, at a pace that suits their capacity.

Whilst we don’t expect canteens to make dramatic changes overnight, we do encourage small and sustainable changes towards healthier menus that will ensure canteens can continue to break even and/or make a profit. All schools are welcome to contact NA ACT as part of our school canteen nutrition advisory service to seek support throughout this process.

As part of the menu assessment process, each school that participates in the initial assessment is entitled to a free annual menu review, to reassess the menu to keep track of progress made. As of October 2013, 11 schools have completed the annual menu review process.

As many school canteens will now be fast approaching the annual menu review process, we thought we would share some of the good work that has happened over the last 12 months to inspire you to make healthy changes to your menus.

Summary of changes from initial menu assessment to review:
• Increase in GREEN menu items by 5%
• A 9% reduction in RED menu items
• Flavoured drinks, chips, iced muffins and cakes were amongst the most commonly removed RED items
• Reduced fat milk, meals and snacks made with reduced fat cheese and fresh fruit were the most commonly added GREEN items.

Four school canteens have fully embraced the NSHCG and have proudly achieved a "no RED" canteen status. Congratulations to the following schools:
• Hawker Primary School
• Giralang Primary School
• Garran Primary School
• Ainslie School

NA ACT would like to congratulate the schools that have undergone the annual review process for their efforts in making healthy changes to their menus.

CALL OUT TO ALL SCHOOL CANTEENS

Do you have a healthy recipe you would like to share with our Canteen Fresh subscribers?

If so, NA ACT would love to hear from you and include it in our “Recipe of the Month” section. All recipes will be acknowledged.

RECIPE OF THE MONTH

NA ACT’s cheesy quesadillas are a sinch to make and taste delicious! Oh, and did we mention that they are GREEN too!

Boost the fibre content by using wholemeal tortillas or adding baked beans. For a Mexican twist, serve with guacamole or fresh tomato salsa.

Quesadillas can be easily made using a sandwich press or frying pan.
**TRAINING FOR CANTEENS**

A friendly reminder that all ACT food businesses are required to appoint a Food Safety Supervisor.

NA ACT currently offers two courses for canteen staff, both of which meet the requirements for achieving the Food Safety Supervisor qualification. Delivered by experienced dietitians, our courses have been especially developed to meet the needs of staff working in school canteens. NA ACT is excited to announce that in 2013/14 we are offering a 50% discount on the Canteen Managers Training Course for the first 20 schools who are committed to undertaking the menu assessment process.

**CANTEEN MANAGERS COURSE**

This two day course is ideal for all Canteen Managers. In addition to achieving the Food Safety Supervisor qualification, this course also offers small business management principles and menu planning aligning with the NHSCG. The small business management component of the course is delivered by a qualified accountant who will also be able to address any accounting questions you may have.

Upon successful completion of the course, students will obtain a nationally recognized Statement of Attainment for the following units of competency:

- SITXFSA201 Participate in safe food handling practices
- SITXFSA101 Use hygienic practices for food safety

**Cost:** $390.00 per participant

(Less 50% discount for the first 20 schools committed to undertaking the menu assessment).

**Term 4 course dates:**

Wednesday 6 November
(Day 1: small business management, healthy school canteens)

Thursday 7 November
(Day 2: food safety supervisor)

**Time:** 9:30am - 4:00pm

**FOOD SAFETY SUPERVISOR COURSE**

The one day Food Safety Supervisor course is ideal for all canteen volunteers and workers, wishing to improve their knowledge in food safety and achieve a nationally recognised qualification.

**Cost:** $220.00 per participant

**Term 3 course dates:** Thursday 7 November 2013

**Time:** 9:30am - 4:00pm

To register for either of the above courses complete and return the attached registration form/s.

What participants are saying about the course:

- “I was able to see different perspectives from other schools (private and public) which was great. It was great to see that other people are as dedicated to this job as I am.”
- “Great info, great presentation and good interaction.”

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**Question:** The school fete is coming up, what do you suggest the canteen could sell?

**Answer:**

- Chicken and vegetable kebabs
- Fruit sticks
- Fruit salad
- Frozen yoghurt
- Smoothies and milkshakes
- BBQ corn cobs
- Air-popped popcorn
- Corn and zucchini fritters
- Cheesy quesadillas
- Macho Nachos (NA ACT recipe)
- Noodle and vegetable boxes
- Rice paper rolls
- Salad shakers

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Contact Us

For further information on how Nutrition Australia can help your school under the Fresh Tastes initiative call or email the team at the ACT Division:

**Phone:** 02 6162 2583

**Email:** act@nutritionaustralia.org

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A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health.