



Healthy School Canteens

National Healthy School Canteens Project

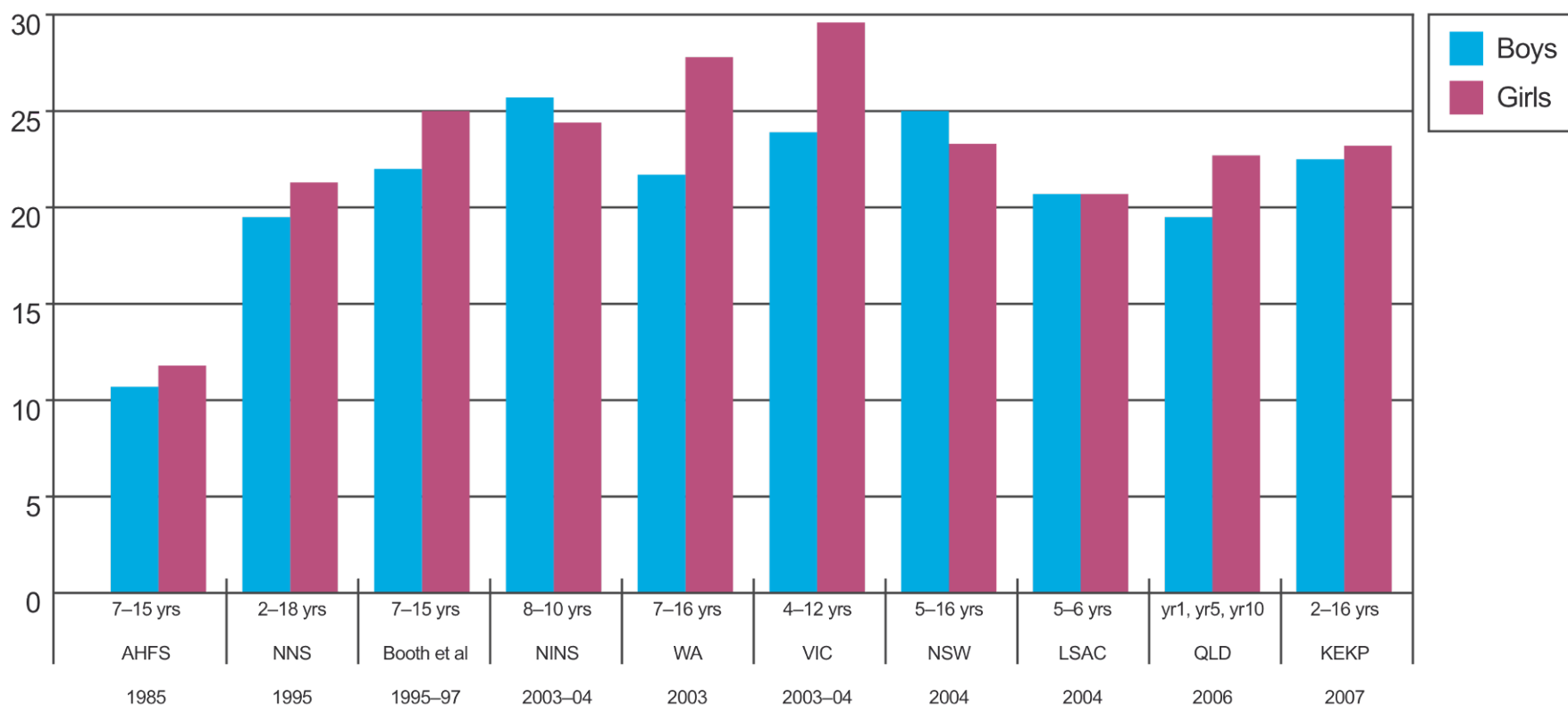
**Training Program 1
Program Briefing**



Australian Government
Department of Health and Ageing

PREVELANCE OF OVERWEIGHT AND OBESITY IN AUSTRALIAN CHILDREN

OBESITY IN AUSTRALIA



CONTRIBUTING FACTORS

- Changed diet
- Changed physical activity patterns



IT'S ALL ABOUT BALANCE



Energy in =
Food and drinks consumed



Energy out =
Physical activity and
body functions

2007 NATIONAL CHILDREN'S NUTRITION AND PHYSICAL ACTIVITY SURVEY¹



Australian children aged 5-16 years

- Energy intake during school hours was 32% of total energy
- Fruit intake during school hours was 62% of total fruit consumed
- Vegetable intake during school hours was 17% of total vegetable consumed
- Calcium intake during school hours was 28% of total calcium

Majority of children were of normal weight

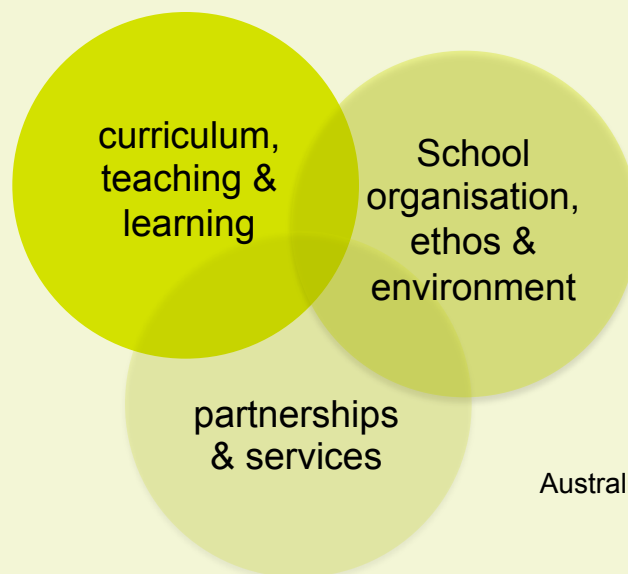
- Prevalence of overweight ranged from 13-19% for boys and 15-23% for girls
- Girls in the age group of 9-13 years had the highest prevalence of overweight
- The prevalence of obesity was similar at 5-7% for both boys and girls

¹ DoHA 2008. 2007 Australian National Children's Nutrition and Physical Activity Survey, Main Findings, [http://www.health.gov.au/internetmain/publishing.nsf/Content/66596E8FC68FC68FD1A2570027DB86/\\$File/childrens-nuts-phys-survey.pdf](http://www.health.gov.au/internetmain/publishing.nsf/Content/66596E8FC68FC68FD1A2570027DB86/$File/childrens-nuts-phys-survey.pdf)

HEALTH PROMOTIONS SCHOOLS



- School environment promotes health and wellbeing messages consistent with what is taught in the classroom
- Collaboration between schools, families and the wider community
- Support and involvement of school community members (including teachers and principals) in health programs and policies
- Working with food industry and local businesses and suppliers to develop and promote healthy food choices in school canteens



ROLE OF THE SCHOOL CANTEEN IN CONTRIBUTING TO A HEALTHY PROMOTING SCHOOL



- Food intake and nutrition of students
- Reinforce classroom messages
- School culture of healthy eating

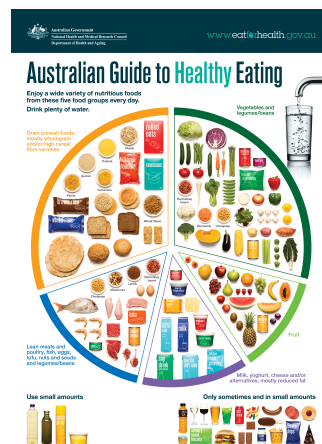


NHSC FOOD CATERGORISATION SYSTEM

Purpose: to assist canteen managers to make appropriate menu choices that encourage and reinforce the development of healthy eating patterns in schools.

Consistent with:

- *The 2013 Australian Dietary Guidelines*
- *The Australian Guide to Healthy Eating*



The Australian Guide to Healthy Eating 2013



The Aboriginal and Torres Strait Islander Guide to Healthy Eating 2010 (Updated by NT Department of Health and Families)

BASIS FOR FOOD AND DRINK SELECTION

Foods and drinks have been categorised as:



THE GREEN CATEGORY

ALWAYS ON THE CANTEEN MENU

Encourage and promote these foods and drinks as tasty, good value choices:

- Provide them every day
- Present as the main choice

Because they:

- Offer a wide range of nutrients
- Are generally low in saturated fats and/or added sugars and/or salt



THE GREEN CATEGORY



- Breads, wholegrain breakfast cereals (without added confectionery), lower in added sugar, higher fibre
- Dairy foods: low or reduced fat milk plain and flavoured, yoghurt, and cheese
- Fruits (not dried); fresh, frozen or canned
- Vegetables (including legumes): fresh, frozen, canned



THE GREEN CATEGORY



- Unprocessed lean meat and poultry, fish, eggs, nuts*
- Rice, pasta, plain noodles
- Water, plain and nothing added
 - Tap, spring, mineral or sparkling

*Check your school policy regarding the use of nuts and products containing nuts

