

# Food Matters @ School

## Information for Parents



### “New .... Exciting .... Healthy .... Delicious”

The NSW Government has asked all schools to fill canteens and vending machines with healthy and tasty food and drinks. The types of foods that will be sold are shown in the *Canteen Menu Planner* (below).

**'OCCASIONALLY'**  
Do not sell these foods on more than two occasions per term\*.

**'SELECT CAREFULLY'**  
Do not let these foods dominate the menu. Avoid large serving sizes.

**'FILL THE MENU'**  
Encourage and promote these foods.

\*Sugar-sweetened softdrinks will be banned from sale from Term 1, 2007.

### Why a Healthy Canteen?

- ✓ provide your child with tasty and healthy lunches and snacks
- ✓ teach healthy eating messages

### Healthy eating is important for the health of your child

A variety of healthy foods will help your child to:

- 😊 grow
- 😊 learn well at school
- 😊 avoid sickness and tooth decay
- 😊 learn healthy eating habits



### Too many fatty, sugary or salty foods may make your child less healthy

They give:

- ☹ too many kilojoules
- ☹ not enough vitamins and minerals

Your child may:

- ☹ feel more tired
- ☹ find it harder to think at school
- ☹ become overweight if they do not get enough active playtime
- ☹ have more tooth decay



Do not eat these foods very often. Only eat them in small amounts.

The NSW Healthy School Canteen Strategy is a partnership between the NSW Department of Education and Training, the NSW Department of Health, the Catholic Education Commission and the Association of Independent Schools.



## Examples of foods that may be sold in healthy canteens



### Support your healthy school canteen by:

- ✓ talking to your child about eating healthy food
- ✓ serving healthy food at home
- ✓ helping your child choose healthy food from the canteen
- ✓ sending only healthy food to school
- ✓ sharing your ideas with your school canteen
- ✓ helping in the canteen or on the canteen committee
- ✓ encouraging healthy fundraising activities at school

### For more health information in your language visit:

[www.health.nsw.gov.au/health-public-affairs/mhcs/](http://www.health.nsw.gov.au/health-public-affairs/mhcs/)

### For more healthy eating information (in English) visit:

[www.health.nsw.gov.au/obesity](http://www.health.nsw.gov.au/obesity)

[www.schoolcanteens.org.au](http://www.schoolcanteens.org.au)

[www.health.gov.au/pubhlth/strateg/food/guide](http://www.health.gov.au/pubhlth/strateg/food/guide)

[www.freshforkids.com.au](http://www.freshforkids.com.au)



### Every day your child needs\*:

- 😊 1 serve fruit
- 😊 2-3 serves vegetables
- 😊 2-3 serves milk, cheese or yoghurt
- 😊 ½ to 1 serve meat, fish, chicken, eggs, nuts or legumes
- 😊 2-4 serves bread, cereal, rice, pasta or noodles
- 😊 A healthy breakfast. Some schools have breakfast programs or canteens that provide breakfast.
- 😊 Water to drink



\*Your child may need more as they grow or if they are very active.

This resource was revised by Sydney West Area Health Service in consultation with community members, the Auburn Health Promoting Schools Interest Group, NSW Multicultural Health Communication Service and NSW Health.