



Welcome to Canteen News Term 1, 2017

Welcome to the 2017 school year! I hope you are all well rested and ready to tackle the often demanding and rewarding role of working in your school canteen. You have an important role in the school, not only providing children with the best fuel possible for growing minds and bodies while they're at school but also influencing children's eating habits that can continue into adulthood.

Thank you to all who attended the 2016 Healthy School Healthy Kids Canteen and P&C Workshop last November. We have received lots of positive feedback I have included some of the workshop content in this edition for those who were unable to get their on the day.

As you know this year will see some changes in the canteen. The Fresh Tastes at School Strategy has been under review, and the Healthy Kids Association will be hosting information sessions across the state to bring you up to date with the changes. We are here to support you through the transition period and beyond, and we will be organising networking sessions to assist with this process. Keep a look out for more information as it comes to hand. HKA session details are included in this newsletter.

Please contact me with any canteen related issues or concerns or to share a great new recipe or idea that is working in your canteen.

Happy reading
Rosie Johnston

In this edition

- Canteen Strategy Info Session
- Canteen Network Meeting
- Special dates
- Healthy School Healthy Kids Workshop Resources
- FoodSwitch App
- Celebrations and Canteen Cookbook
- Recipe Ideas
- Useful Websites
- Healthy Grabs

Join us on Facebook - Canteen Communities

Canteen Communities is a closed Facebook group. The group is open to canteen managers and staff only.

Request to join the group via <https://www.facebook.com/groups/701526933319608/>

This is a great opportunity to communicate and share ideas with other canteen workers in our district.



MARK YOUR CALENDAR

NSW Healthy Canteen Strategy Info Session

You are invited to come along and learn about the changes in the canteen. The New NSW Healthy Canteen Strategy Illawarra Shoalhaven information session will be held on:

Date: 14 March 2017

Time: 2:00pm

Venue: Dapto Ribbonwood Centre

Please see flier below for more information. Registration is online only at <http://healthy-kids.com.au/school-canteens/healthy-kids-events/info/>. Encourage your school principal to register too.



NEWS AND INFORMATION

Missed the Healthy School Healthy Kids Canteen Workshop?

The 2016 Healthy School Healthy Kids Canteen and P&C Workshop provided professional development opportunities, networking with other canteen workers and P&C representatives, sharing of ideas and meeting with trade exhibitors. The conference provided workshops session which included;

Marketing for Primary Schools/High Schools

Workshops presented by The Healthy Kids Association. Each workshop focused on marketing for high schools or primary school, providing practical ideas on how to make particular foods more appealing to children.

Commercial Food Service was presented by Bernadette Flynn-Whitehall. The session provided canteen workers with practical tips and food service skills, knife skills, food presentation, seasonal produce, and tips on reducing waste.

Robyn Tindall presented **Cooking for allergies**-practical ways to cope with the challenges that allergies present in the school canteen; the differences between allergy and intolerance, identifying ingredients on food labels that can cause allergies, substituting allergy causing ingredients in recipes. Click here for a list of useful links.

Not another chocolate drive –fundraising was facilitated by Pip Budgen- Sharing ideas on healthy fundraising options and how to access and apply for grants successfully.

Please contact me if you would like more information or see copies of resources below.

Get the FoodSwitch App



The free FoodSwitch app, developed by Bupa and The George Institute, is a great tool to help you find healthier food option while shopping by suggesting simple, healthier switches.

Download this free from the [app store](#) now.

Canteen Network Meeting

Primary School

Wednesday 17 May
10am-12pm
Cambewarra Public School

Thursday 23 May
2-3.30pm
Shellharbour Stocklands,
Community Room

Friday 24 May
10am-12pm
Berkeley West Public School

High School

Thursday 23 May 2017
3:30 - 5:00pm
Shellharbour Stocklands,
Community Room

To RSVP, call Rosi on 42216795 or email which meeting you'll be attending to rosi.johnston@health.nsw.gov.au

Get that Grant!

2017 ClubGRANTS Scheme

ClubGRANTS is a community funding scheme that ensures larger registered clubs in NSW contribute to the provision of front-line services in their local communities and provide much needed support to community groups.

'The Grants Guy' Workshop

This workshop is an ideal, practical guide to Fundraising & Sponsorship for any Community group, Sporting Club or Charity seeking to attain funding. Please [click here](#) for more information and to register.

Consider your local member of parliament

School P&Cs can also approach their local member of parliament directly for other grants opportunities.



What's going on in Term 1?

Feb 14; Valentine's Day

Write sweet heart messages on whole fruit that needs to be peeled (banana, orange) LUV U, PICK ME TO BE YOUR VALENTINE, or place message tags on bottles of water or decorate bottles of water with heart stickers. Serve cupids arrows; strawberries on skewers.

Feb 28; Pancake Tuesday

Pancakes are always a big hit with the kids, try adding a little grated veg to your favourite pancake mix for a savoury alternative.

March 3; School Clean Up Australia Day

Raise environmental awareness at school and keep the playground free of extra packaging. Have the kids bring in their own containers and top up with fresh fruit salad over the counter at recess and lunch. Or use reusable containers to serve over the counter treats all year round. Keep a basket near the canteen for container returns.

March 17; St Patricks Day

Decorate the canteen and serve green fresh foods. Green fruit skewers, green fruit smoothies, green grape caterpillars, pea soup, green veg dippers; use your imagination.

March 21; Harmony Day

Have a multicultural day in the canteen. Invite parents from culturally diverse backgrounds to cook a special meal deal in the canteen.

Canteen Cookbook

DELICIOUS, NUTRITIOUS &
CONVENIENT FOODS FOR YOUR

school canteen!



NSW Health
Illawarra Shoalhaven
Local Health District

Download your e-version of the Canteen Cookbook [here](#).

Most of the recipes were provided by canteens managers in the Illawarra Shoalhaven and rated as GREEN.

They are a great addition to your canteen menu.

Useful websites

[Canteen Communities](#)

[NSW Food Authority](#)

[Healthy Kids Association](#)

[Sydney Markets](#)

[Fresh Tastes @ School: Planning Guide](#)

[Fresh Tastes @ School: Tool Kit](#)

[Australian Dietary Guidelines](#)

March 22; World Water Day

Have jugs or clear water dispenses on the canteen counter and add a few sprigs of mint, orange slices or strawberries and encourage the kids to have a free drink of water.

April 14-17; Easter (during School holidays)

Cut hard boiled eggs in half or leave whole and decorate to look like chicken faces (Celebrations Cookbook page 14). Make up small bags of Bunny Munch (trail mix).

April 25; ANZAC Day (during School holidays)

Fruit Salad ANZAC slice (Celebrations Cookbook page 27) or serve canteen made damper with a cup of warm Milo.

And in Term 2?

April 30-May 6; Heart Week

Offer Healthy Heart Meal Deals, include tuna sushi rolls, water and fruit or Hearty vegetable soup with a wholemeal crusty roll.

May 25; Australia's Biggest Morning Tea

Have cake stands on the counter and fill with finger sandwiches and colourful patty cake pans filled with fruit salad.

May 19; National Walk Safely to School Day

Have jugs of water on the counter for children that walked to school. Offer a Walkers Meal Deal; include a rainbow wrap, water and fruit.

June 5; World Environment day

Reduce, reuse, recycle. Think about your processes in the canteen to reduce waste, use reusable containers to serve over the counter snacks, and recycle whatever you can. Go to the Love Food Hate Waste website for some great tips that can be used in the canteen.

June 30; Red Nose Day

Cherry tomatoes are the perfect red nose. Top small crackers with a slice of cheese and half a cherry tomato. Thread cherry tomatoes, cheese cubes and other veg onto skewers

July 2-9; NAIDOC Week

Offer meal deals which promote Indigenous culture. Add native herbs to a favourite canteen recipe or check out 'Feeding Your Mob with Fruit and Veg, bush tucker tips'. (Please see below for an extract from this resource).

Celebrations Cookbook



Download your e-version of the Celebrations Cookbook [here](#).

These recipes are suitable for school functions and celebrations. Most of the recipes are rated GREEN.

Healthy Grabs



Use one of the [Facebook Healthy Grabs](#) images on your canteen Facebook Page or school app to promote healthy eating.