

# Canteen, nutrition and healthy eating policy



Effective Date: October 2013

Next Review Date: 2015

# Why the Canteen, Nutrition and Healthy Eating Policy?

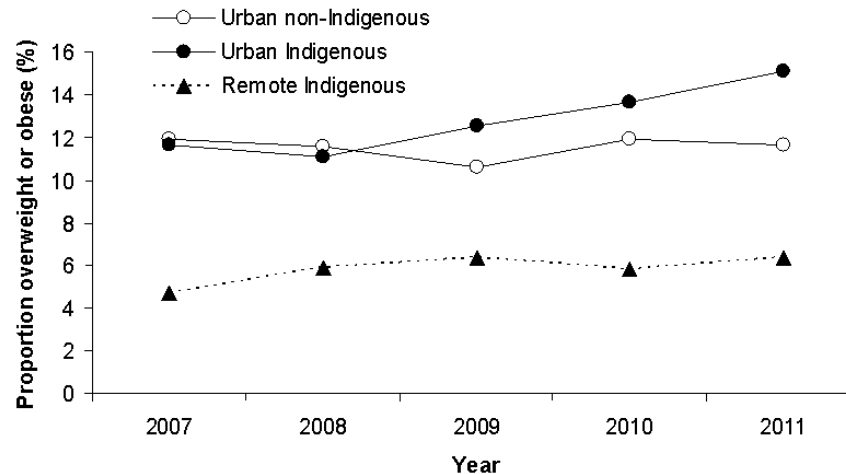
- **Nutrition underpins health**
- **Health is a vital resource for life and learning**
- **There is growing concern around deteriorating diets of children and adolescence and associated health, social and economic consequences**
- **Nationally, and internationally, there is an obesity epidemic**



# Obesity Statistics

- In Australia 25% of children aged 2-17 years are overweight or obese<sup>a</sup>.
- IN the NT, this figure is 26.3%<sup>a</sup>.

Trends in overweight and obesity among Northern Territory children aged 4–6 years from urban and remote areas (2007-2011)



<sup>a</sup> Australian Bureau of Statistics. Australian Health Survey: First Results, 2011-12.

<sup>b</sup> Thompson F, Guthridge S. Overweight and obesity in the NT: Recent data telling the same story. *The Chronicle* 2013;25(2):12-14. Department of Health, Darwin.

# Obesity Statistics

## 12-17 year old age group in the NT

- **23% of students were overweight and a further 3% were obese.**
- **Only 22% were meeting the minimum daily requirement of four serves of vegetables, while 46% were eating the recommended three serves of fruit.**

BMI (measured)	Healthy weight %	Overweight %	Obese %	Underweight %
All	70	23	3	4
Males	63.7	28.4	3.4	4.5
Females	76.5	17.4	2	4.2

Ref: National Secondary Students' Diet and Activity Survey 2009-2010 (NaSSDA)

# National Children's Nutrition and PA Survey

**24 hour recalls recording the previous day's intake:**

- **40% of children ate no fruit**
- **23% of children ate no vegetables**
- **Only 33% met recommendations for vegetable consumption**
- **Dairy intake was inadequate**
- **1 in 6 children do not eat breakfast**



**Ref: Australian National Children's Nutrition and Physical Activity Survey (2007)**

# Childhood Obesity

## Short Term Consequences:

- **Self esteem**
- **Sleep apnoea**
- **Targets for bullying**
- **Less active as children unable to do as much physical activity as other children – also less inclusion in outdoor games**
- **Exacerbates breathing difficulties such as asthma**



# Childhood Obesity

## Long Term Consequences:

- **Overweight children become overweight adults**
- **Early cardiovascular and diabetes indicators**
- **Joint problems**
- **Body image problems, eating disorders and social exclusion**
- **Poorer employment opportunities for overweight adolescence**
- **Significant economic burden- adult obesity costing over \$20 billion/year**

# Policy development in the NT

- **The Department of Education, Department of Health and Heart Foundation developed the 2009 Canteen Nutrition and Healthy Eating Policy (released in 2009).**
- **A National Healthy School Canteen framework was developed and released in April 2011.**
- **The NT policy was reviewed in 2010/11 with a key recommendation being the adoption of the National Healthy School Canteen (NHSC) Guidelines.**
- **Implementation of the 2013 Canteen Nutrition and Healthy Eating Policy will commence Term 4, 2013.**





# What is in the Policy?

**Through the department's policy and NHSC Guidelines the policy:**

- **Identifies 3 categories of food and drink items that can and cannot be sold in school canteens or made available to students through school activities**
- **Promotes nutrition education**
- **Provides guidelines for classroom rewards, healthy fundraising and school activities**



# Exemptions from the Policy

- Food/drinks supplied from home, including birthday cakes
- Special whole school events e.g. school fete, international celebration or disco
- Middle school *Home Economics*
- Senior school *Food and Hospitality*
- Vocational Education and Training (VET) *Hospitality Courses*
- Senior Secondary School only campuses (years 10-12), in consultation with their School Councils, students, canteens and staff determine whether to comply with the policy in their respective school setting
- Staff only vending machines/fridges, however school staff are encouraged to support the policy by not consuming **RED NOT ON THE MENU** products in front of students

# Categories

Foods and drinks have been categorised as:

- **GREEN ALWAYS ON THE MENU**
- **AMBER SELECT CAREFULLY (using nutrient criteria)**
- **RED NOT ON THE MENU**



# GREEN ALWAYS ON THE 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.



# GREEN ALWAYS ON THE MENU

- **Breads:** wholemeal, white high fibre, white, multigrain, pita, rye, raisin/fruit bread
- **Breakfast cereals:** wholegrain, wholewheat flakes, porridge, low in added sugar, higher in fibre and without added confectionery
- **Dairy foods:** low or reduced-fat milk (plain and flavoured), yoghurt, custard and cheese
- **Fruits (not dried);** fresh, frozen or canned
- **Vegetables (including legumes):** fresh, frozen, canned
- **Unprocessed lean meat, poultry, fish, eggs, nuts\***
- **Rice, pasta, plain noodles**
- **Water, plain and nothing added – tap, spring, mineral or sparkling**



\*Check school nut policy

# **AMBER** SELECT CAREFULLY

- **These foods contain some nutrients but are generally higher in saturated fat, salt and added sugar.**
- **If eaten regularly or in large amounts, foods in the amber category may contribute to excess energy being consumed.**
- **Provide in smaller serve sizes.**
- **Consider healthier options wherever possible**

# AMBER SELECT CAREFULLY

- Lean processed meat
- Savoury pastry and bread products
- Ready-to-eat pasta/rice/noodle dishes
- Ready-to-eat hot mixed dishes
- Oven-baked potato products
- Snack food bars (breakfast bars, cereal bars, fruit filled bars)
- Some un-iced cakes, muffins, sweet biscuits
- Savoury snack foods, biscuits, crackers and crisp breads
- Low or reduced-fat ice creams, milk based ices and dairy desserts



# **AMBER** SELECT CAREFULLY: note some restrictions

- **Full-fat dairy foods: milk (plain and flavoured), yoghurt, custard, cheese but suggested 375mL serve size or less**
- **Coffee-style milk drinks (including flavoured) may only be sold in Middle/Senior Schools (maximum 375mL serve size)**
- **Fruit/vegetable juice (no added sugar) but must be at least 99% fruit/vegetable juice, maximum 250mL serve size**
- **Dried fruit, including 100% fruit leathers**
- **Ice slushies, fruit jellies (no added sugar) but must be at least 99% fruit juice, maximum 200mL serve size**
- **Ice blocks (no added sugar) but must be at least 99% fruit juice, maximum 125mL serve size**
- **Jam/honey/toppings/syrups in small amounts.**





# Nutrient Criteria Table 1

<b>Table 1: Hot food items and processed meats assessed per 100g</b>			
<b>Category</b>	<b>Nutrient Criteria</b>		
	Energy (kj) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kj or less	5g or less	400mg or less
Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries	1000kj or less	5g or less	450mg or less
Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon )	1000kj or less	3g or less	750mg or less



# Nutrient Criteria Table 2

Table 2: Snack food items assessed per serve				
Category	Nutrient Criteria			
	Energy (kj) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sweet snack food, bars and biscuits	600kj or less	3g or less	-	1g or more
Savoury snack food, biscuits, crisp breads and crisps  <b>Energy must be 1800kj or less per 100g</b>	600kj or less	2g or less	200mg or less	-
Ice creams, milk-based ices and dairy deserts  <b>Milk must be listed as first ingredient</b>	600kj or less	3g or less	-	-
Un-iced cakes, muffins and sweet pastries	900kj or less	3g or less	-	1.5g or more

**No confectionery allowed**

# RED NOT ON THE MENU

**Low in nutritional value**

**May contain excess energy, saturated fat, salt and sugar**

**MUST NOT be provided in schools**



# **RED NOT ON THE MENU**

- **Sugar sweetened drinks, soft drinks, fruit drinks, iced tea, cordial, sports drinks, sports waters, flavoured mineral waters, energy drinks**
- **Intense (artificially sweetened) foods and drinks with the exception of milk, yoghurt and custard**
- **Products containing guarana or added caffeine.**
- **Coffee-style milk drinks (including flavoured) in Primary Schools. Coffee-style milk drinks (including flavoured) greater than 375mL serve size in Middle/Senior Schools.**
- **Fruit/vegetable juices, less than 99% juice, added sugar, greater than 250mL serve size**
- **Jelly desserts and ice crushes/slushies, less than 99% fruit, added sugar, greater than 200mL serve size**
- **Icy-poles and fruit ice blocks, less than 99% fruit juice, added sugar, greater than 125mL serve size.**

# **RED** NOT ON THE MENU

- **Iced cakes and slices, doughnuts, danishes, croissants, cream-filled buns/cakes**
- **All types of confectionary: sold separately or added to products including; boiled lollies, carob, chocolate (including choc chips and chocolate-coated), chocolate spreads, cough lollies, 100s and 1000s, juice jellies, icing, liquorice, soft lollies, yoghurt/carob-coated**
- **Deep fried foods**
- **Cream, coconut cream, coconut milk, butter, cophya, ghee, lard**

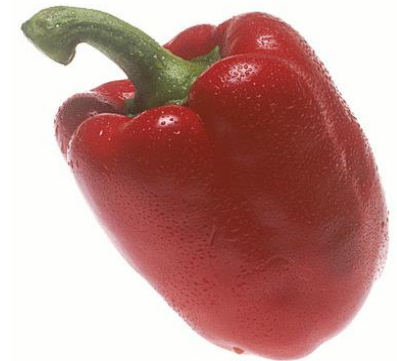
# Fundraising

- **Student centred fundraising activities must align with the policy.**
- **Food related fundraising must align with the policy (i.e. BBQ's, chocolate drives, school discos, ice cups). For example, use 100% juice in cups and source healthy alternatives for BBQ's**
- **Non-food fundraisers should be considered, e.g. movie nights and sticker drives**
- **Special whole of school events are exempt from the policy**
- **See the supporting documents for fundraising ideas**



# Vending Machines

- **Student accessed vending machines must comply with the policy**
- **The policy does not apply to staff only vending machines/fridges**
- **However, staff are encouraged to be good role models by not consuming banned products in front of students**



# Food Rewards

- Food **MUST NOT** be used as a reward to children
- Rewarding children with foods contradicts health messages, teaches them to eat when they are not hungry, spoils their appetites and contributes to poor health
- Reward children with non-food rewards such as games or praise





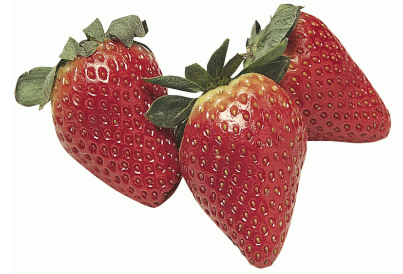
# Also applies to...

- **School excursions**
- **Camps**
- **School sport events**
- **Nutrition education**



# Supporting Documents

- **Presentation for promoting policy awareness**
- **Ideas for Fundraising**
- **Frequently Asked Questions**
- **Newsletter Inserts**
- **Tips for Parents**
- **Creating a Healthier Menu**
- **Recipe Checklist**
- **School Camp Ideas and BBQ Catering**
- **Healthy Food Based Fundraising**
- **Healthy Alternatives to Sausage Sizzles**
- **Sporting Events Catering and Fundraising Ideas**



# Contact Details

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