

School Nutrition and Healthy Eating Policy and Guidelines

Sporting Events, Fundraising Ideas and Non-Food Rewards

The School Nutrition and Healthy Eating Policy

The School Nutrition and Healthy Eating policy and guidelines have been written in response to increasing levels of overweight and obesity in children and young people and ensures that a consistent approach is applied to the availability and sale of food and drinks in Northern Territory (NT) government schools.

The policy identifies the categories of food and drink items that will/not be available or sold through school canteen or vending machines in NT government schools and provides guidelines for classroom rewards, healthy fundraising and school activities.

For more information visit:

<https://education.nt.gov.au/education/policies/canteen-nutrition-and-healthy-eating>

Healthy Fundraising Ideas

Schools should take the time to consider all of the fundraising activities undertaken during the year and take steps to ensure they align with the NT Department of Education School Nutrition and Healthy Eating policy and guidelines.

All food related fundraising must align with the School Nutrition and Healthy Eating policy and guidelines. Examples of food related fundraising include cake stalls, ice cups, barbecues and chocolate drives.

Food related fundraising can be replaced with healthier substitutes. For example:

- Fruit drives
- Healthy barbecues
- Juice ice-cups (100% fruit juice, no added sugar)

Non-food fundraising such as movie nights, sticker drives, quiz nights, raffles, sponsored walkathons, fun runs, progressive dinners, craft fairs, auctions, car washes or car boot sales may also be considered as profitable alternatives.

Catering Ideas for Sporting Camps

Breakfast ideas

- Breakfast cereals that meet nutrient criteria with reduced-fat milk including:
 - Wheat biscuits
 - Flakes with fruit
 - Oats or muesli
 - Sprinkle with fruit and nuts
 - Tinned fruit
 - Low or reduced-fat milk and milo
- Wholegrain or wholemeal toast with:
 - Monounsaturated or polyunsaturated margarine
 - Vegemite
 - Low or reduced-fat cheese

- Peanut butter *
- Chunks of fresh fruit
- Boiled eggs
- Baked beans

** Please refer to the schools own policy on provision of nuts to students*

Lunch ideas

- Cup of baked beans
- Wraps or sandwiches consisting of the following:
 - Wholemeal, wholegrain or high fibre bread, bread roll.
 - Lean meat, chicken, egg, tinned fish (tuna), low or reduced-fat cheese PLUS fresh ingredients such as tomato, lettuce or canned ingredients like corn, mashed kidney beans or beetroot
 - Use avocado instead of margarine when there is no fridge
- Toasted sandwiches with any of the following:
 - Low or reduced-fat cheese
 - Tomato
 - Avocado
 - Vegemite
 - Shaved ham that meets nutrient criteria

Evening Meals

- Camp BBQ
 - Homemade hamburgers or Heart Smart sausages
 - BBQ vegetables (eggplant, corn, pumpkin, zucchini, mushrooms, carrot)
- Camp oven
 - Stew with lentils, tinned or frozen vegetables, meat and tomato paste or pasta sauce. Use reduced or low salt sauces.
- Cooking in a fire
 - Baked potatoes and sweet potatoes cooked in foil, fill with creamed corn, salsa, low or reduced-fat cheese, tuna, or baked beans
 - Damper
- Cooking in a kitchen
 - Large pasta bake with pasta, pasta sauce, good quantity of fresh or frozen vegetables, covered in low or reduced-fat cheese and baked. Add tuna or chicken breast for protein. Use reduced or low salt sauces.
 - Stew
 - Fried rice
 - Salads e.g. coleslaw
 - Healthy pizza – use pita bread bases and incorporate as many vegetables as possible like capsicum, tomato, onion, mushrooms. Use low or reduced-fat cheese on top.
 - Tacos/burritos – include kidney beans, salsa, cheese, tomato, carrot, lettuce, tinned corn.

Desserts

- Fruit crumbles – use tinned fruit e.g. apricot, apple, pear. Sprinkle with cinnamon. Make crumble with oats and a small amount of brown sugar.
- Portion controlled low or reduced-fat custard with tinned or fresh fruit e.g. bananas
- Hot chocolate made with low or reduced-fat milk
- Fruit with low or reduced-fat yoghurt dip
- Caramelised banana cooked in skin over fire

Snacks and Drinks

- Fresh fruit e.g. bananas, oranges, mandarins, apples and grapes
- Dried fruit and nut mix
- Popcorn
- Energy mix (popcorn, dried fruit, pretzels mixed in a bag)
- Dry fruit chunks e.g. mango
- Fruit cake
- Rice crackers, vita-weats or corn thins spread with peanut butter*, vegemite or low or reduced-fat cream cheese and tomato
- Drinks must be in accordance with the School Nutrition and Healthy Eating policy and guidelines.

** Please refer to the schools own policy on provision of nuts to students*

Sporting Events

Professional catering companies, school canteens, and local sporting organisations are required to follow this process.

Rewards

Providing food based rewards can encourage individuals to consume treats when not hungry and instil a lifelong habit of using these types of food as a reward or for comfort.

Appropriate food rewards can be chosen from the foods listed in this document, such as fruit or cheese sticks. Alternatively, there are many non-food rewards that could be considered.

Some suggested alternatives, depending on age, include:

- Social rewards e.g. attention or praise is enough
- Recognition awards e.g. stickers, temporary tattoos, gift certificates, ribbons
- Sports equipment e.g. Frisbee, skipping rope, bouncy balls, tennis balls
- Small toys/trinkets e.g. yo-yo, balloons (ensure age appropriateness and check for latex allergies)
- Miscellaneous items e.g. key chains, travel cups, books and stationery items

In some cases it may be appropriate to provide rewards to the team/community rather than the individual. Group rewards could include discos, excursions, movie nights, sporting activities, poster murals, photo collages or a PowerPoint presentation night (post event) with photos and positive comments about each child.