

# Minutes

## Northern Beaches Canteen Network Meeting

**Venue:** Allambie Heights Community School Hall,  
155 Allambie Rd, Allambie Heights

**Date:** Wednesday, 2 November 2011

**Time:** 7:30pm-9.30pm

**Chair:** Shirley Rutter

**Minutes:** Petra Morrell

**Present:** Petra Morrell, Dee Montague Jones, Nina Tan, Eve Clark, Lisa Burnette, Tanya Gaughan, Wanda Hagger, Shirley Rutter, Tina Nardo, Shelley Edwards, Sallie Ward, Shelley Edwards.

**In attendance:** Allambie Hts PS, Willoughby PS/Girls High, Frenchs Forest PS, Elanora Hts PS, Kambora PS, Northern Beaches Health Promotion, Healthy Kids Association.

**Apologies:** Liz Stoker- Dee Why PS, Neroli Greenland-Frenchs Forest PS

Item	Discussion	Action
<b>1. Guest presenters:</b>		
Sam Zocco	<ul style="list-style-type: none"> <li>Presented samples of arancini balls</li> </ul>	<ul style="list-style-type: none"> <li>Handed out business cards</li> </ul>
Phillip Farmer	<ul style="list-style-type: none"> <li>Presented new drinks on the market. Caim to meet the healthy canteens guidelines.</li> <li>Discussion later about whether it's good to sell carbonated drinks to kids.</li> </ul>	<ul style="list-style-type: none"> <li>Business cards handed out for those interested.</li> </ul>
Nina Tan, Nutritionist, Healthy Kids Association	<p>"Food trends for children"</p> <ul style="list-style-type: none"> <li>Presentation of research showing children eating highly processed and packaged foods and it is getting worse.</li> </ul> <p>Suggestion of a Multicultural foods week, a suggestion box, focus groups, survey of SRC and test new foods with students, new healthy products that are on the market.</p> <ul style="list-style-type: none"> <li>How much "occasional/extra" food should children be allowed to eat? See the Australian Guide to Healthy Eating (AGHE): <a href="http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-publicat-document-fdcons-cnt.htm">http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-publicat-document-fdcons-cnt.htm</a></li> </ul>	<ul style="list-style-type: none"> <li>Nina to send Eve info for the minutes.</li> </ul>
<b>2. Topics for discussion:</b>		
New school DEC canteen policy	<ul style="list-style-type: none"> <li>DEC policy handed around for viewing. These new policy's will have been sent to all Principals: <a href="https://www.det.nsw.edu.au/policies/student_serv/student_health/nutrition">https://www.det.nsw.edu.au/policies/student_serv/student_health/nutrition</a></li> </ul>	

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	<p style="text-align: center;"><a href="#">/PD20110420.shtml</a></p> <ul style="list-style-type: none"> <li>Food Safety Supervisors: Schools are currently exempt from this requirement. For further details, schools can visit the following link: <a href="http://www.foodauthority.nsw.gov.au/industry/fss-food-safety-supervisors/guide-for-businesses/#Exempt-businesses">http://www.foodauthority.nsw.gov.au/industry/fss-food-safety-supervisors/guide-for-businesses/#Exempt-businesses</a></li> </ul>	
Feedback on HKA Fruit and Veg Month + Sydney Markets Fruit and Veg Week	<ul style="list-style-type: none"> <li>The schools present that had chosen to do it all felt that it was successful.</li> <li>Willoughby shared tips. Willoughby also registered for the Apple Quest promotion and received free boxes of apples and a slinky machine. Runs in October See: <a href="http://www.nswfarmers.org.au/events/applequest/">http://www.nswfarmers.org.au/events/applequest/</a></li> <li>Allambie PS found it improved their fruit sales. Shared what they did.</li> <li>Willoughby and Allambie Heights students received prizes from the Sydney Markets promotion.</li> </ul>	
Decorating your canteen - Eve	<ul style="list-style-type: none"> <li>Warringah Council can provide supervised Graffiti artists who are required to do community service to decorate/spray paint local canteens.</li> </ul>	<ul style="list-style-type: none"> <li>Contact Rob Vanderblink if interested on 9942 2680</li> </ul>
Resource kit / recipes ideas sharing	<ul style="list-style-type: none"> <li>Resource Kits with Canteen ideas and recipes handed out by Eve to those interested along with posters. See: <a href="http://www.healthpromotion.com.au">www.healthpromotion.com.au</a> for free school resources and school activities.</li> <li>Dairy Australia sends free recipe books and posters. See: <a href="http://www.dairy.edu.au/discoverdairy">www.dairy.edu.au/discoverdairy</a> or email <a href="mailto:rcadzow@dairyaustralia.com.au">rcadzow@dairyaustralia.com.au</a>.</li> <li>Great websites to visit for eco ideas: <a href="http://www.lovefoodhatewaste.nsw.gov.au/">http://www.lovefoodhatewaste.nsw.gov.au/</a> <a href="http://www.ecofriendlyfood.org.au/ecofriendly_food_challenge">http://www.ecofriendlyfood.org.au/ecofriendly_food_challenge</a></li> <li>Sustainable packaging company with straws that can be composted in 12 weeks, strong and a good price shared by Elanora Hts PS.</li> <li>Kindy orientation is good to talk at to find volunteers and conducting tours of the canteen.</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
Q&A	<ul style="list-style-type: none"> <li>Tips shared amongst group</li> </ul>	
Next venue, topics, dates	<ul style="list-style-type: none"> <li>Allambie Heights Public School 29<sup>th</sup> February.</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
<b>3. Other Business:</b>		
New Chairperson	<ul style="list-style-type: none"> <li>Bye and thankyou for almost 19 years of</li> </ul>	<ul style="list-style-type: none"> <li>Dee Montague Jones</li> </ul>

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	<p>canteen service Shirley Rutter! Thanks for all the help you have given other canteens over the years and your dedication to creating a healthy canteen. Shirley remembered attending these network meetings when she first started and said they were good as, "You can learn so much from other people".</p>	<p>&amp; Lisa Burnette from Allambie Hts PS sharing chair person role in 2012.</p>
<p><b>Meetings/ Events for 2012</b></p>	<ul style="list-style-type: none"> <li>• Term 1, week 6, 29<sup>th</sup> Feb, Allambie Hts PS, 7.30pm-9.30pm</li> <li>• 13<sup>th</sup> March School Canteens Expo at Homebush</li> <li>• Term 2, Wakehurst PS. Date TBC</li> <li>• Term 4, TBC</li> </ul>	<ul style="list-style-type: none"> <li>• See: <a href="http://www.healthpromotion.com.au">www.healthpromotion.com.au</a> for minutes and canteen updates.</li> </ul>