

**HEALTH PROMOTING SCHOOLS 2005
NUTRITIOUS FOOD AWARD**

**CHECKLIST
For Nutritious Foods**



★ **To qualify** for the Nutritious Food Award in 2005 Schools must send to the HPU:

- A copy of the completed criteria sheet showing at least 3 activities that support each of the 3 areas ensuring that the essential criteria are met.
- A copy of the canteen menu and an explanation that shows evidence that your canteen is achieving the new Fresh Tastes Canteen Strategy for 2005.
 - ie -New foods have been introduced ,
 - Less healthier choices have been removed**
 - Healthier choices have been substituted
- A copy of the most recent Canteen Policy signed & dated by the Principal.
- Copies of school newsletter articles promoting healthy eating.



School Name: _____
 Contact Person: _____

Nutrition Award

Bold Italics indicates essential criteria to meet

Curriculum, Teaching & Learning	School Ethos	Community Links
<input type="checkbox"/> <i>Nutrition included in K – 6 Scope and Sequence for PDHPE/Science (Please attach documentation)</i>	<input type="checkbox"/> <i>Evidence that the canteen is implementing the new Fresh Tastes strategy for 2005 – RED foods have been identified, listed and removed from canteen menu (as per strategy)</i>	<input type="checkbox"/> <i>Promote healthy eating through the school newsletter using : Nutrition news sheets/cartoon snippets Q4:Live Outside the Box newsletter articles (www.healthpromotion.com.au)</i>
<input type="checkbox"/> Promote nutrition using <i>Q4: Live Outside the Box</i> activity sheets in the classroom or for homework (see resource books or www.healthpromotion.com.au)	<input type="checkbox"/> <i>Develop/update a school canteen policy for nutritious foods (canteen menu), food safety and hygiene.</i>	<input type="checkbox"/> <i>Establish a canteen committee to support Fresh tastes@school strategy</i> <input type="checkbox"/> <i>Have the canteen menu assessed by CCH nutritionist</i>
<input type="checkbox"/> Use up to date nutrition resources ie: not the pyramid -- ‘Australian Guide to Healthy Eating’, ‘Dietary Guidelines for Children and Adolescents in Australia 2003’ order free copies 1800 020 103 ext. 8654	<input type="checkbox"/> Staff are updated on <i>Fresh tastes@school</i> strategy to support canteen and act as role models (see www.schoolcanteens.org.au)	<input type="checkbox"/> A Canteen rep attends at least 1 Central Coast Canteen Network meeting. These are held each term rotating around different schools. <input type="checkbox"/> Attend NSWSCA expos (see www.healthpromotion.com.au)
<input type="checkbox"/> Link the classroom teaching to canteen(for ideas see www.schoolcanteens.org.au)	<input type="checkbox"/> Participate in the 2005 Q4:Live Outside the Box campaign	<input type="checkbox"/> School breakfast program in place

<input type="checkbox"/>	<input type="checkbox"/> Have a school short fruit and water break (for ideas see www.healthyactive.gov.au)	<input type="checkbox"/> Apply for Federal Govt. funding 'Building a Healthy Active Australia "package (see www.healthyactive.gov.au)
<input type="checkbox"/> Complete lunch box audit of all students in the class – see Q4:LOTB resource books or www.healthpromotion.com.au)	<input type="checkbox"/> Promote healthy fund raisers & rewards ie not chocolates (for ideas see www.schoolcanteens.org.au)	<input type="checkbox"/> Raise profile of canteen eg through school newsletter/ P&C meetings
<input type="checkbox"/>	<input type="checkbox"/> Display posters and food guidelines around the classroom & school (order free copies 1800 020 103 ext. 8654) <input type="checkbox"/> Provide clean drinking water	<input type="checkbox"/> Promote one National Nutrition campaign (see attached list)
<input type="checkbox"/>	<input type="checkbox"/> Hold a healthy recess week	<input type="checkbox"/> Join the NSW School Canteen Association. (www.schoolcanteens.org.au)

National Nutrition Campaigns

- "National Healthy Bones Week" , August 8 – 14, 2005 (www.healthybones.com.au 1800 242 141)
- "National Nutrition Week " , 16 – 22 October, 2005' (Nutrition Australia)
- "Heart Week" , 1 – 7 May, 2005 (National Heart Foundation)
- "Dental Health Awareness Month" August, 2005 (www.dentalhealthweek.com 02 9906 4412)
- National Diabetes Week' 10 – 15 July 2005 (www.diabetesnsw.com.au 1300 136 588)

Resources

	<u>Telephone</u>	<u>Websites</u>
Dairy Australia	1800 655 441	www.dairyaustralia.com.au
NSW Cancer Council	02 9334 1900	www.cancercouncil.com.au
NSCCH Nutrition Department	4320 3362 / 4320 3691	
National Heart Foundation	1300 362 787	www.heartfoundation.com.au
NSW School Canteen Association	02 9876 1300	www.schoolcanteens.org.au
Nutrition Australia	02 4221 5346	www.nutritionaustralia.org.au
NSW Health		www.health.nsw.gov.au
http://www.iahs.nsw.gov.au/Publications/Fundraiser%20FHK%20Combined.pdf >		

A prize to the value of \$200 will be awarded to the school with the most innovative project for this category (This prize will be related to nutritious foods eg: Canteen equipment). The requirements for this project are that they include activities/programs from the Formal Curriculum, School Ethos/Environment and Community Partnerships areas.

Give a brief overview of your initiative.

Activities/Programs to support the Curriculum Area.

Activities to support the School Environment/ Ethos Area.

Activities to support the Community Partnerships Area.
