




## Canteen Promotion – Canteen Manager

This  **Activity** is a fun school /family based project to promote the concept of healthy drinks to children and their parents/carers and to support teachers getting healthy drink messages to families.

The main messages of this activity are:


- **Water** and **reduced fat milk** are the best drink choices. Water is best for thirst.
- Drink water with your evening meal at the table.
- Limit soft drink consumption (including sports drink) to once/week or less, and in small amounts.
- Limit fruit juice to no more than 1 cup/day.

In term 1, week 6-8, 2010 stage 2 students will be part of this **one week** activity.

### How can the Canteen be involved?

To support this activity you may wish to hold a promotion of **plain water and reduced fat milk (plain or flavoured)** for the week.

To reward students making these healthy drink choices, we will provide;

-  loyalty card
- Stamp/token
- Prizes for a lucky draw.

If you would like to receive these resources, please discuss with your Stage 2 Contact Teacher, and indicate your participation on the School Fax Back Form.

*This promotion will contribute towards your 2010 Central Coast Healthy School Canteen Award.*

For more information contact:

Justine Gowland- Ella  
Health Promotion Unit  
Ph: 4349 4815

Lesley Marshall  
Nutrition Dept.  
Ph: 4320 3362