

Contents

Acknowledgments	2
Foreword	2
Section 1 – Introduction	3
Section 2 – Getting ready	13
Section 3 – Assessing the current situation	17
Section 4 – Developing actions and alternatives	23
Section 5 – Getting on with the job	31
Section 6 – Maintaining the momentum	45
Section 7 – Appendixes	49
How to use the CD-ROM and a copy of the CD-ROM	56



Acknowledgments

The *Smart Choices Tool Kit* is based on the NSW Department of Health and the NSW Department of Education and Training *Fresh Tastes Tool Kit 2005*, which is part of the NSW Healthy School Canteen Strategy.

Production of the *Smart Choices Tool Kit* is a key action of the Queensland Health and Education Queensland Joint Work Plan 2004–2007. This Tool Kit is intended to provide additional support for the implementation of *Smart Choices — Healthy Food and Drink Supply Strategy for Queensland Schools*. Implementation of this strategy has been guided by the Education Queensland Implementation Reference Group.

Education Queensland Implementation Reference Group

Ms Lesley Englert, Education Queensland (Chair)

Mr Chris Brandt, Education Queensland

Mr Michael Brett, Association of Special Education Administrators Queensland

Ms Jacky Dawson, Education Queensland

Mr Mathew Dick, Queensland Health

Ms Anne Kuhnemann, Education Queensland

Dr Amanda Lee, Queensland Health

Ms Kim MacKander, Queensland Council of Parents and Citizens' Associations

Ms Leah Mertens, Queensland Teachers' Union

Mr Dean Murphy, Queensland Association of State School Principals

Ms Chris Ogden, Queensland Association of School Tuckshops

Mr Ross Smith, Queensland Secondary Principals' Association

Ms Kym Ward, Education Queensland

Foreword

A Smarter Choice for Schools

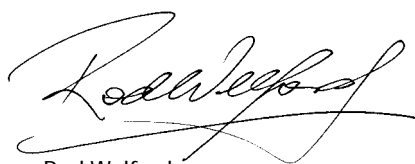
In recent years, there has been a dramatic increase in the number of overweight and obese children and young people in Queensland.

In order to tackle this issue, it is essential that schools play a key role in promoting healthy, active lifestyles for their students.

Smart Choices — Healthy Food and Drink Supply Strategy for Queensland Schools is one component of a range of State Government initiatives focusing on the promotion of nutrition and physical activity for young Queenslanders.

To complement the strategy, the *Smart Choices Tool Kit* will assist you in implementing healthy food and drink options within your school.

I encourage you to involve students, parents and the school community in embracing *Smart Choices* and promoting a healthier future for all young Queenslanders.



Rod Welford

Minister for Education and Minister for the Arts

