

Thanks for coming to this presentation.

You are probably aware that things are going to change in relation to food and drinks supplied in schools over the next few months.

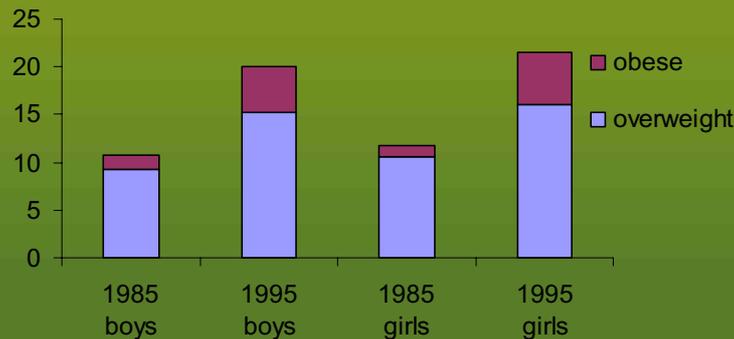
It is important that you know what these changes are and the reasons behind them.

There is a serious health problem of overweight and obesity facing our children today.

In this presentation we'll provide you with some information about this alarming trend and explain the role that schools can play in encouraging healthy eating practices in children and adolescents.

CLICK

## Prevalence of overweight and obesity in Australian children, (1985 - 1995)



Over the last 20 years, rates of obesity in children have risen greatly in many countries around the world.

In Australia, there was little change in prevalence from 1969 until 1985. However, you will see from this slide that from 1985 to 1995 the level of combined overweight/obesity in Australian children almost doubled.

Today we have one in four of our children outside the healthy weight range and there are indications that this is heading towards one in three.

Some experts predict that if the current trend in childhood overweight and obesity continues, this generation of children may experience shorter life spans than their parents.

CLICK

## Contributing factors

- Changed diet
- Changed physical activity patterns



So what factors are contributing to overweight and obesity?

Surveys show that children and adolescents are consuming more total kilojoules than they did 10 years ago and these extra kilojoules are coming from an increase in the consumption of foods and drinks like pastries, cakes, pizza, confectionery and soft drinks. Many of these foods and drinks also contribute to tooth decay.

Changes to the way children and young people live and how they spend their leisure time are also impacting on their levels of overweight and obesity.

Children and adolescents love to watch TV, play computer games and use the Internet. These technological advances are keeping our kids entertained for hours, reducing the time spent being active.

Children are driven more often than they walk or ride a bike – to and from school, sporting events, to visit friends etc. This is often necessary and practical but does impact on the amount of activity they do.

The recently released Australian physical activity recommendations for children and young people suggest at least 60 minutes of moderate physical activity per day and less than two hours a day using electronic media for entertainment.

CLICK

## It's all about balance

### **Energy in =**

Food and drinks  
consumed



### **Energy out =**

Physical activity and  
body functions



So how do we maintain healthy weight in children ? – it's all about balance.

Simply, if a child consumes more energy, that is, kilojoules, than they use, the extra energy is stored as body fat. It doesn't take much extra food intake each day to result in a substantial weight gain over a year.

CLICK

## Working together

- Queensland Health and Education  
Queensland Joint Work Plan 2004 – 2007
- Healthy Weight Working Group
- Nutrition Reference Group

The Queensland Government clearly recognises that there is a need to work together with the whole community to address the issue of childhood overweight and obesity.

Education Queensland and Queensland Health have produced a strategy called **Smart Choices** to address the nutritional value of food and drinks supplied in Queensland schools.

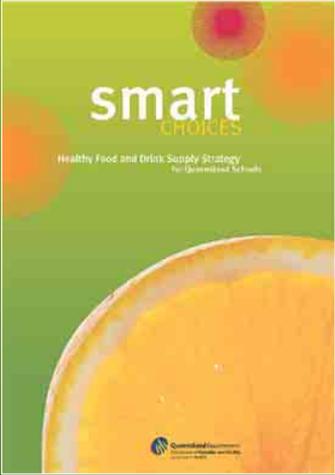
In producing the strategy they were advised by a Healthy Weight Working Group and a Nutrition Reference Group made up of key agencies in the field of nutrition and dental health.

CLICK



# Smart Choices

- A strategy to ensure that all food and drinks supplied in schools are consistent with the *Dietary Guidelines for Children and Adolescents*



So what is **Smart Choices**?

**Smart Choices** is all about offering healthy food and drinks choices to students in Queensland schools.

**Smart Choices** is based on two nutrition education tools: *The Dietary Guidelines for Children and Adolescents* and *The Australian Guide to Healthy Eating*.

Implementing the **Smart Choices** strategy in your school will mean limiting the availability of foods and drinks most likely to contribute to childhood overweight and obesity to no more than twice per term.

CLICK

# Healthy Food and Drink Supply Strategy for Queensland Schools

- School tuckshops
- Vending machines
- School excursions
- School camps
- Fundraising
- Classroom rewards
- School events
- Sports days
- Curriculum activities



The **Smart Choices** strategy reaches further than the tuckshop, to also include vending machines, school excursions, school camps, fundraising, classroom rewards, school events, sports days and curriculum activities.

However, the strategy won't apply to foods and drinks supplied to students by their parents from home.

CLICK

## Time lines

### Semester 2, 2005

#### **Smart Choices**

#### **Resource**

#### **Package**

- Strategy
- Poster
- CD-ROM

Consultation with key stakeholders on implementation

### 2006

Tool Kit

Phasing in new products

Phasing out contracts for 'RED' foods

### 1 January, 2007

**Smart Choices in schools!**



This slide outlines the time lines for implementation of **Smart Choices** in government schools.

As you can see there will be time for schools to review their food and drink supply in Semester 2, 2005 and make necessary changes to products during 2006. By 1 January, 2007 **Smart Choices** will be mandatory in government schools.

Non-government schools are encouraged to adopt the strategy within their school community.

CLICK

# Basis for food and drink selection



In the **Smart Choices** strategy food and drink selection is divided into three categories – GREEN, AMBER and RED.

The Food and Drink spectrum on this slide shows a movement from the GREEN foods and drinks that children should 'Have Plenty' of, to the AMBER category that should be 'Selected Carefully', to the RED category that should be sold on no more than two occasions per term.

The images show some examples of the types of foods that are most likely to be found in each category of the spectrum.

CLICK

## GREEN – Have plenty

### Encourage and promote these foods and drinks

#### Because they:

- are good sources of nutrients
- contain less saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kJ)

In the GREEN category we have the foods and drinks that should be encouraged and promoted as the best choices in a school.

These foods are generally:

- a good source of nutrients
- contain less saturated fat and/or added sugar and/or salt
- and help to avoid an intake of excess kilojoules.

CLICK

## GREEN foods and drinks

- Water
- All types of breads, preferably wholegrain
- Fruits – fresh, dried, canned
- Vegetables – fresh and frozen
- Legumes – kidney beans, lentils, chick-peas
- Reduced-fat dairy products including flavoured milks
- Lean meat, fish and poultry and alternatives



The GREEN category includes the types of foods and drinks listed on the slide.

CLICK

## AMBER – Select carefully

**Do not let these foods and drinks dominate**  
**Avoid large serving sizes**

**Because they:**

- have limited nutritional value
- have moderate levels of saturated fat and/or added sugar and/or salt
- can, in large serve sizes, contribute excess energy (kJ)

Foods and drinks in the AMBER category are mainly commercial products that have moderate amounts of fat, sugar or salt (or a combination of these) added during processing.

These foods or drinks should not dominate choices and should be served in smaller sizes.

CLICK

## AMBER foods and drinks

- Full-fat dairy foods
- Savoury commercial products
- Processed meats
- Some snack food bars
- Some savoury biscuits, popcorn, crispbreads
- Some cakes, muffins, sweet biscuits
- Some ice-creams, milk-based ice confections and dairy desserts
- Fruit juices (100%)
- Breakfast cereals – refined with added sugars



The types of foods and drinks that fit into the AMBER category are listed on this slide.

You'll see that full-fat dairy products fit here as the Australian Dietary Guidelines recommends reduced fat versions for children over two years of age.

Many of the savoury commercial products fit into the AMBER category but some will fit into the RED category so their labels will need to be checked against the Occasional food and drink criteria table.

CLICK

# 'Occasional' (RED) food and drink criteria tables

Hot food items assessed per 100 g			
Category	Nutrient Criteria		
Food or drink	Energy (kilojoules) per 100 g	Saturated Fat (g) per 100 g	Sodium (mg) per 100 g
Savoury pastries, pasta, pizzas, oven-baked potato products	>1000 kJ	>5 g	>1400 mg
Crumbed and coated foods, frankfurters, sausages	>1000 kJ	>5 g	>700 mg

Note: All DEEP-FRIED FOODS fit into the RED end of the spectrum and their supply should be limited in schools. They are too high in kilojoules and fat (usually saturated fat).  
Key: > means more than, < means less than.

Snack foods and drinks assessed per serve				
Category	Nutrient Criteria			
Food or drink	Energy (kilojoules) per serve	Saturated Fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sugar-sweetened drinks and ices*	>300 kJ		>100 mg	
Snack food bars and sweet biscuits	>600 kJ	>3 g		<1.0 g
Savoury snack foods and biscuits	>600 kJ	>3 g	>200 mg	
Ice creams and dairy desserts	>600 kJ	>3 g		
Cakes, muffins and sweet pastries etc.	>900 kJ	>3 g		<1.5 g

Note: All types of CONFECTIONERY and ARTIFICIALLY SWEETENED DRINKS fit into the RED end of the spectrum and their supply should be limited in schools. They are products of minimal nutritional value.  
\*The sugar-sweetened drinks and ices criteria applies to soft drinks, flavoured mineral waters, energy drinks, sports drinks, sports waters, slushies, ice blocks and ice confections.  
Key: > means more than, < means less than.  
Based on the NSW Department of Health and NSW Department of Education and Training Children's Menu Planning Guide, 2004, which is part of the NSW Healthy School Canteen Strategy.

The 'Occasional' food and drink criteria table lists a set of nutrients for each category of food and drink that needs to be assessed.

There are two main groupings of foods and drinks:

- hot food items
- snack foods and drinks.

Hot foods are assessed by 100 g due to the wide variation in serve sizes within this grouping.

Snack foods and drinks are assessed 'per serve'. The 'per serve' measure is provided for ease of use. It applied to those products that are generally pre-packaged into individual serves.

All deep fried foods, confectionery and artificially sweetened drinks do not need to be measured against the 'Occasional' food and drink criteria table. They automatically fit into the RED category because they have limited nutritional value.

CLICK

## Steps in determining if a food or drink fits into the RED category

- What category?
- g/100 g or per serve?
- Nutrients of concern
- Compare figures on labels of nutrient criteria

If the figures listed on the label for **any of the three nutrients is greater than the number** shown in the criteria, then that product falls into the **RED** end of the spectrum.

This slide shows the key steps in determining whether a food fits into the RED category.

Firstly, determine the category the food or drink fits into.

Next, look at the Nutrition Information Panel and determine two things:

- Do I need to look at the g/100 g column or the per serve column?
- What are the nutrients I need to focus on?

Then compare the figures on the label to those in the 'Occasional' food and drink criteria table.

If the figures listed on the product label for any of the three nutrients is greater than the number shown in the criteria, then that product falls into the RED category.

Let's look at an example of how this works with a label.

CLICK

# Reading labels

- Crumbed chicken fillet burger

Servings per package: 60 Average serving size: 120 g		
	Quantity per serve	Quantity per 100 g
ENERGY	1176 kJ	980 kJ
PROTEIN	17.4 g	14.5 g
FAT		
- Total	15.8 g	13.2 g
- Saturated	4.1 g	3.4 g
CARBOHYDRATE	18.3 g	15.3 g
- Sugars	0.2 g	0.2 g
SODIUM	734 mg	612 mg

and check the Occasional Food and Drink Criteria Table

Crumbed and coated foods, frankfurters, sausages	>1000 kJ	>5 g	>700 mg
--	----------	------	---------

**You have now determined that this food is NOT an Occasional Food**

Look at the per 100 g column

This is the label from a crumbed chicken fillet.

It is in the hot food category so we need to look at the per 100 g column on the Nutrition Information Panel.

We then compare the energy, saturated fat and sodium figures against the figures on the Occasional Food and Drink Criteria Table.

In this example none of these are greater than the figures within the table, so this is NOT an occasional food (RED category), it fits into the AMBER category.

CLICK

## RED – Occasionally

**Do not supply these foods and drinks on more than two occasions per term**

**Because they:**

- lack adequate nutritional value
- are high in saturated fat and/or added sugar and/or salt
- can contribute excess energy (kJ)

Foods and drinks in the RED category should not be supplied on more than two occasions per term.

These foods and drinks:

- lack adequate nutritional value
- are high in saturated fat and/or added sugar and/or salt
- can contribute excess energy (kJ)

CLICK

## RED foods and drinks

- Soft drinks
- Energy drinks
- Flavoured mineral water
- Confectionery
- Deep fried foods
- Crisps, chips and similar products
- Sweet pastries
- Chocolate coated and premium ice-creams
- Croissants
- Doughnuts
- Cream-filled buns/cakes/slices
- Large serves of cakes and muffins



Examples of foods and drinks that are most likely to fit into the RED category are listed on this slide.

It's not possible to list all of these so remember school staff determining what foods and drinks should be supplied will need to look at the Nutrition Information Panel provided on products and compare figures for certain nutrients with those on the Occasional food and drink criteria tables.

CLICK

## Choosing your 'occasion'

- RED – no more than two occasions per term
- Not each RED food or drink being supplied twice per term
- Special events that involve the tuckshop and the broader community



Foods and drinks that fit into the RED category must be limited in their supply to no more than two occasions per term.

This doesn't mean that each food or drink that fits into the RED category can be supplied twice per term.

It means that one or more of these foods can be supplied on two designated occasions per term.

Special events that involve the canteen and the broader school community are the best choice for this purpose.

For example, two occasions in Term 3 may be a school dance and the school fete.

Two occasions in Term 4 may be a fundraising pie drive and the inter-house swimming carnival.

CLICK

## Trialling new foods and drinks

- Reduced-fat pies
- Healthy vending machines with milks, yoghurts, water, popcorn
- Fresh sliced watermelon
- Fruit salad
- Sushi
- Salad wraps and boxes
- Frozen fruit juices



Some schools have already started trialling new foods and drinks.

These are just a few of the choices that you might wish to consider.

CLICK

## You can do it!

### School statistics:

- Metropolitan high school
- 1270 students
- Senior health students
- Tuckshop Advisory Committee
- Sales and profits increased



So how do you go about making changes to the food and drinks supplied in your school and in particular your tuckshop?

The principal at this metropolitan high school explained that the senior health students were set the task of reviewing the tuckshop options and eating habits of their students.

They re-designed the school's tuckshop menu and put their proposal to the school's Tuckshop Advisory Committee.

Sales at the tuckshop increased significantly along with profits to the P and C.

CLICK

# Primary schools make healthy choices

- Strong leadership
- Whole school community
- New food and drink choices
- Tuckshop promoted through lucky dips and colouring competitions



Two primary schools, one in a small regional centre and one in a remote Indigenous community, have successfully involved the whole school community in changing the foods and drinks available to students.

With strong leadership from the principals and communities some great changes have taken place.

Some new menu items now offered at these schools include spaghetti with mince and vegetables, lavash wraps, chicken salad rolls, stuffed potatoes and fresh fruit salad.

One of the schools has already removed crisps, fried foods and soft drinks and is about to trial reduced-fat pies and sausage rolls.

Using colouring competitions and lucky dips is a great way for you to promote your 'new look' tuckshop.

CLICK

## Where to now?

- Working together with school community
- Surveying the students
- A Tuckshop Advisory Committee
- Trialling new foods and drinks
- Phasing out existing contracts for 'RED' foods and drinks



So where to now for you?

Some ways that you can get started on your journey to **Smart Choices** might be to survey students about their eating habits and what healthy food and drink choices they would like available.

Setting up a Tuckshop Advisory Committee is a good strategy as this group can guide your process of implementing 'Smart Choices'. The committee could include students, tuckshop convenor, staff, parents and P and C.

You may like to start trialling some foods and drinks that fit into the GREEN or AMBER category and it's also time to look at phasing out any contracts you might have with suppliers of RED foods and drinks.

CLICK

# Support

smart  
CHOICES

- Education Queensland
  - [www.education.qld.gov.au/schools/healthy](http://www.education.qld.gov.au/schools/healthy)
- Queensland Association of School Tuckshops
  - [www.qast.org.au](http://www.qast.org.au)
- Nutrition Australia
  - [www.nutritionaustralia.org/About\\_Us/Offices/qld.asp](http://www.nutritionaustralia.org/About_Us/Offices/qld.asp)
- Queensland Council of Parents and Citizens Association
  - [www.qcpca.org.au/](http://www.qcpca.org.au/)
- Queensland Health - for food safety information
  - [www.health.qld.gov.au](http://www.health.qld.gov.au)

In moving towards **Smart Choices** you won't be alone.

Right now all the groups listed on this slide are available to help you as you move towards '*smarter choices today and healthier young people in the future*'.

CLICK

# Smart choices today – Healthy young people in the future!



Thank you for your time.