

Smart Choices – Healthy Food and Drink Supply Strategy for Queensland Schools

In June 2005, the Queensland Government announced the implementation of the *Smart Choices – Healthy Food and Drink Supply Strategy for Queensland Schools*. *Smart Choices* is one initiative in a broad Queensland Government program to promote healthy weight and improve children and young people's health through better nutrition. The '*Smart Choices - Healthy Food and Drink Supply Strategy*' for Queensland Schools is all about offering healthy food and drink choices to students.

What does this mean? Basically it means that all food and drink items are categorised into 'Green', 'Amber' or 'Red' groups.

Green = Have Plenty. These foods and drinks are encouraged and promoted in schools.

Amber= Select Carefully. These foods and drinks should not dominate choices and should be avoided in large serves.

Red= Occasional. The availability of these foods and drinks should be limited to no more than two occasions per term.

(we are currently working on categorising our menu items into green, amber or red)

Menu Changes

In 2016, changes were made to the way some food and drinks are classified under Smart Choices to align more closely with the *National Healthy School Canteens Guidelines* and the *Australian Dietary Guidelines*.

At Earnshaw Eatery (tuckshop) we are making small changes to align with the Smart Choices Strategy. Our new menu has some exciting changes - more fresh choices - tastier alternatives with added nutrition. Our plan for less additives and preservatives will mean better concentration for our children. These changes may see a few items phased out by 2017.

Each term we will have a new menu and new daily specials. This will keep the menu fresh and also be cost effective in using seasonal produce. Any ideas you would like to share on the menu can be emailed to the tuckshop. We welcome your suggestions. Please email: pandc@earnshawsc.eq.edu.au

Volunteers

Would you like to join us in the kitchen? With your help we can increase the menu items made on site. With your help we can keep costs down and have faster serving times for students. Your children will be very excited to see you in the tuckshop. Feel free to come in for a cuppa and lend a hand. Or if you know someone in the community who is looking to be part of something... we would love to hear from them too!

Donations of ingredients are another way of helping us at the tuck shop. Feel free to drop off pantry staples to help us keep costs down.

