

SmartFood GUIDE



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A WHOLE SCHOOL APPROACH TO EATING WELL

Section 7. Whole school approach

This is a section of the SmartFood Guide

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Food and nutrition

Management

SmartFood Program:

Policy and procedures

Food safety

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You can access other sections of the Guide on the School Food Matters website:
www.schoolfoodmatters.org.au



**SCHOOL
FOOD**
matters

WHOLE SCHOOL APPROACH

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Whole School Approach requirements for the SmartFood Award

To complete the Whole School Approach section of the SmartFood Program, your school needs to:

- Submit evidence of activities that support your whole school approach to food and eating.

The number of activities you need to submit will depend on the level of Award your school is aiming to achieve:



At least **1 activity** must link the school food service to curriculum, teaching and learning.

For **PLATINUM** at least **2 activities** must link to sustainability practices within the school food service.

Activities could include:

- linking with curriculum, teaching and learning
- linking with local producers or the school garden
- creating a designated eating area for students to sit and eat
- students volunteering in the school food service
- celebrating diversity in the school community through the food service menu
- linking with other school health promotion programs such as Move Well Eat Well, Stephanie Alexander Kitchen Garden Program or 24 Carrot Garden Program
- marketing of GREEN food and drinks by the school food service
- involving the food service in school events, celebrations or activities
- sustainability practices such as composting, recycling, worm farming, reducing packaging or using reusable crockery and cutlery.

If you are a Move Well Eat Well Award School, you can use some of the great work that you have already documented and submit it when applying for the SmartFood Award.

Evidence of activities can be provided by completing and submitting the example template in the Templates section of the SmartFood Guide:

- Template 7 – Whole school approach activity

For an editable version go to:

www.schoolfoodmatters.org.au/accreditation/whole-school-approach/

You could also have a discussion with your local SmartFood Project Officer about your activity or supply additional documentation such as a newsletter article, photos, lesson plans or examples of student work.

The school food service as part of a whole school approach

The SmartFood Award ensures that a school is operating its food service as part of a whole school approach to food and eating. This means that students and families are given consistent messages about food and eating across all aspects of the curriculum, school environment, activities and events.

Ideas to link the school food service with curriculum, teaching and learning

Try these ideas:

- Classify food and drinks on the menu and present as a mind map, collage, report or bar graph. Menu items could be grouped into different food groups, for example fruit, vegetables or breads and cereals or grouped depending on where the item comes from, for example farm, supermarket, local shops or school grown.
- Participate in “a tasting” of fruit and vegetables available on the food service menu. Collect information on student preferences through a survey and present as a graph, photo presentation, scripted play or science report.
- Use the Food and Nutrition section of the SmartFood Guide to evaluate the menu. This section is underpinned by the Australian Dietary Guidelines (2013) and the Australian Guide to Healthy Eating (2013).
- Learn about school food in the past. Investigate and report on what school food services like the canteen or tuckshop were like when their grandparents went to school. What types of foods were sold; how much did things cost; how have school food services changed over time; what was available then that isn't now?
- Investigate school food services in other countries. How do factors such as culture, religion, climate and government affect the types of foods provided or sold?

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- Learn about food safety and hygiene associated with food preparation by visiting the school food service. Write, draw or act out the steps needed to prepare and serve food safely.
- Design and make a simple snack based on GREEN foods using safe food handling practices.
- Develop a 'what if...' scenario outlining what happens if For example, what if foods are stored incorrectly, people don't wash their hands, raw foods are stored next to cooked foods – what changes are needed in the process?
- Discuss factors that affect food choices, for example personal preferences, culture, food marketing, availability and how these impact on personal food choices at school. Discuss how these choices affect the health and wellbeing of children and adolescents in Australia.
- Investigate whether the school food service caters for diversity within the school community, for example students who are vegetarian, have food allergies or intolerances or make food choices based on their culture or religion. If not, how could it be improved?
- Design a school health promotion campaign promoting healthy eating and physical activity. Look at ways to promote this message at school, such as through the school food service and to the wider community.
- Investigate the enablers and barriers to healthy eating and how these impact on the health and wellbeing of the school community. What role does the school food service have in promoting healthy foods?
- Using the school vegetable or herb garden, determine the plot size required to grow a certain amount of food.

Ideas to link the food service with the school environment

Try these ideas:

- Develop a school vegetable and herb garden or link in with an existing garden program. Use produce in the school food service and/or in classroom cooking activities.
- Link the food service with Nude Food days promoting wrapper free lunchbox foods, by offering a menu based on everyday foods with limited packaging.
- Develop a designated eating area in the school that encourages students and staff to sit together and share a meal.
- Link the food service with any existing sustainability programs in the school such as recycling waste materials, composting, worm farming or limiting the use of single use plastics.

Ideas to link the food service with the wider school community

Try these ideas, remembering to promote GREEN, limit AMBER and omit RED food and drink choices:

- Promote popular GREEN recipes from the school food service in the school newsletter or social media.
- Cater for school events such as the athletics carnival, school socials, staff meetings or school BBQs.
- Connect with local retailers and growers, such as fruit and vegetable, meat or fish producers to source fresh food and ingredients to use in the school food service.

Move Well Eat Well and the SmartFood Program

The Move Well Eat Well Program and the SmartFood Program support each other through a shared vision. Both programs encourage the availability of food and drinks consistent with the Australian Dietary Guidelines (2013) and aim to create a school culture and environment that empowers children to make choices that supports their health and wellbeing. If you are a Move Well Eat Well Award School, you can use some of the great work that you have already documented and submit it when applying for the SmartFood Award. If you are a Move Well Eat Well member, you can access a range of curriculum materials on the Move Well Eat Well website. Some of these activities could also contribute towards the Whole School Approach section of the SmartFood Award. By completing the SmartFood Program you will be well on the way to meeting the MWEW limit 'sometimes' foods criterion!

For more information on the Move Well Eat Well Program go to:

www.movewelleatwell.tas.gov.au

Fundraising ideas

Traditional school fundraising activities such as chocolate drives, cake stalls and sausage sizzles do not support a whole school approach that promotes healthy eating. These options promote food choices that are not in the best health interests of students, families or the community.

Fundraising events should, when possible:

- encourage food and drinks consistent with the Australian Dietary Guidelines (2013)
- encourage physical activity
- involve the whole school community
- provide social opportunities

- be consistent with the school food policy
- enable the school to be a positive role model
- be consistent with food and eating messages in curriculum, teaching and learning
- compliment the philosophy of the school food service
- not place pressure on families to purchase non-essential or luxury items.

Food fundraising events

Below are some examples of food related fundraising activities that have been profitable for Tasmanian schools:

- **BBQs** – offering a range of alternatives to a traditional sausage sizzle such as veggie burgers, chicken kebabs and barbecued corn and other vegetables
- **soup days** – using vegetables and herbs from the school garden
- **cookbooks and calendars** – celebrating fruit and vegetable-based recipes from the school community
- **apple slinky machines** – using the machine to slink the apple for a small charge and/or measuring the length of the slink as a competition
- **special food days** – celebrating special events or activities. For example, providing fruit smoothies from the food service during National Healthy Bones Week.

Non-food fundraising events

Below are some examples of non-food related fundraising events that have been profitable for Tasmanian schools:

- **cinema night** – some cinemas offer discounted group tickets which can be sold to the school community or you can hold a movie social night
- **trivia night** – involve the whole community and consider including an auction or raffle
- **school concert** – arrange for the school band or drama group to put on an annual performance

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- **school fete** – the school food service could run a stall enabling community members to taste items being offered on the menu
- **school stalls** – such as a Mother’s Day or Father’s Day stall
- **second-hand book stalls** – ask the community for book donations
- **bulb drives** – support a local Tasmanian bulb grower.

If providing refreshments at any fundraising events, remember to promote GREEN, limit AMBER and omit RED food and drink choices to be consistent with the school food policy.

If you are a Move Well Eat Well member, for more fundraising ideas go to:
www.movewellearwell.tas.gov.au

