

SmartFood GUIDE



A WHOLE SCHOOL APPROACH TO EATING WELL



SmartFood Guide
A whole school approach to eating well

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Designed by Futago

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SECTIONS

The SmartFood Guide (2021) has been designed for all Government, Catholic and Independent schools at primary, secondary and college levels by School Food Matters (SFM) in consultation with the Tasmanian Department of Health and Department of Education. The Guide can assist school communities to provide and promote a school food service that is nutritious, affordable, safe and where possible, locally sourced and prepared by the school.

The SmartFood Guide is divided into the following sections:

Overview

Food and nutrition

Management

SmartFood Program:

Policy and procedures

Food safety

Menu

Whole school approach

Templates

The SmartFood Guide uses the term school food service to collectively describe the different ways Tasmanian schools provide food and drinks to their students and staff during school hours. This includes breakfast, recess, fruit and veg breaks to school lunches – traditional school canteen, hot sit-down meal service, a special food day (e.g. sushi day), or a lunch order service from the local shop. This information can also advise on school lunch boxes.

FOREWORD

We all want our children to be healthy, happy and safe. We want them to learn and develop to the best of their abilities. Nutrition is important for health throughout a person's life. It is particularly important at times of rapid growth and development, such as during the school years.

Good nutrition during childhood is very important. It assists in preventing those immediate and long-term lifestyle diseases which have become so prevalent in our society. These conditions and diseases include obesity, dental disease, type 2 diabetes, hypertension, constipation, osteoporosis, cardiovascular disease and a range of cancers. Good nutrition also enables the ability to concentrate and learn.

Foods that are high in energy (kilojoules), fat (especially saturated fat), sugar and salt, and low in fibre, are being consumed at an increasing rate and are impacting negatively on our children's health and wellbeing. The incidence of young Tasmanians who are overweight and obese is rising. Currently, we know that:

- 1 in 4 Tasmanian children are overweight or obese.
- 40% of young Tasmanian children have experienced tooth decay. 50-70% of children in the lowest socioeconomic areas have more tooth decay affected teeth than children in the most advantaged areas.

Food, mood and learning ability are linked. The evidence is growing, especially around

the link between healthier diets and better mental health in children and adolescents.

As Tasmanians, we need to address our increasing consumption of high fat/high sugar/high salt/low fibre foods. One strategy is for the school food service to promote and

provide healthy food and drink options that support a whole school approach to good health and wellbeing.

This SmartFood Guide (2021) is an excellent resource. Its contents support, reflect and build on local and national education and health initiatives aimed at improving the health and wellbeing of young people. This Guide will assist all Government, Catholic and Independent schools to achieve the SmartFood Award. It explains how to provide a food service that is nutritious, affordable, safe and locally sourced. The School Food Matters' SmartFood team members are available to support all schools through the SmartFood Award process.

This Guide has evolved from past initiatives: the Tasmanian School Canteen Handbook (Tasmanian Department of Education, 2014); the Cool Canteen Accreditation Program (Tasmanian School Canteen Association, 2004); and the National Healthy School Canteen Guidelines (2010), Department of Health and Aging.

We wholly acknowledge the need for this Guide and endorse its availability to all Tasmanian schools.

Jeremy Rockcliff

The Hon. Minister for Health, Mental Health and Wellbeing, Community Services and Development

Roger Jaensch

The Hon. Minister for Education, Skills, Training and Workforce Growth, Children and Youth

ACKNOWLEDGMENTS

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Tasmanian Department of Education

- Child and Student Wellbeing Unit
- Curriculum Services

Tasmanian Department of Health

- Oral Health Services
- Public Health Services – Dietitians

Members of the SFM Reference Group

- Association of Independent Schools of Tasmania
- Cancer Council Tasmania
- Catholic Education Office
- Department of Education
- Department of Health
- Eat Well Tasmania
- Families Tasmania
- Heart Foundation
- Home Economics Institute of Australia – Tasmania
- Move Well Eat Well Program
- Tasmanian Association of State School Organisations

Tasmanian School Food Service Managers and supporting staff

SFM SmartFood Program team

The SmartFood Guide has been developed, utilising ideas and information with kind permission from the:

- National Healthy School Canteen guidelines (2010), Department of Health and Aging
- Healthy Kids Association, NSW

The SmartFood Guide supports, reflects and builds on the:

- Tasmanian Food and Nutrition Policy (2004)
- Australian Dietary Guidelines (2013)
- Australian Guide to Healthy Eating (2013)
- Good Practice Guide - Supporting healthy eating and drinking at school (2019)
- World Health Organisation - Nutrition action in schools (2021)
- Move Well Eat Well Program
- Stephanie Alexander Kitchen Garden Program
- 24 Carrot Gardens Program
- Australian Curriculum: Health and Physical Education (2013) and Technology (2013)
- Healthy Tasmania Five Year Strategic Plan (2016)
- Child and Student Wellbeing Strategy (2016-21)
- Food Act Tasmania (2003)
- Education Act Tasmania (2016)
- It Takes a Tasmanian Village – Child and Youth Wellbeing Strategy

OVERVIEW

In this section

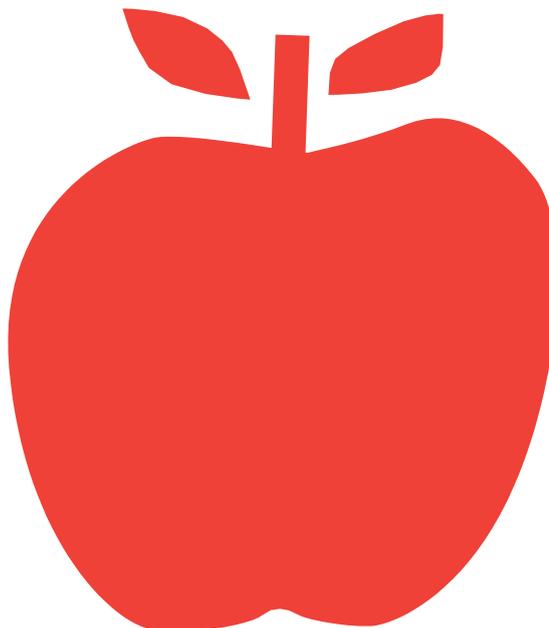
The importance of nutritious school food

School Food Matters

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The importance of nutritious school food

Healthy eating is important for children and adolescents to enable them to:

- grow and develop optimally
- learn and achieve successfully
- develop an appreciation of food and the social aspects of eating
- develop eating patterns to support lifelong health and wellbeing.

However, most Australian children have dietary patterns that are inconsistent with the Australian Dietary Guidelines (2013)¹. Approximately 40% of the energy consumed by children comes from low nutrient dense food and drinks known as occasional foods, which are high in added sugar, saturated fat and added salt². In addition, 94% of children do not eat the recommended daily serves of vegetables and 24% do not eat the recommended daily serves of fruit³. This trend results in the low intake of essential nutrients, poor oral health, sub-optimal educational performance and a higher risk

of children being above their most healthy weight. Action is needed across all sectors and settings, including schools to create supportive environments that empower individuals to make choices that support their health and wellbeing⁴.

Alongside the home, schools play an important role in teaching children and young people the knowledge and skills to support life-long healthy eating. Australian children consume approximately one third of their daily energy intake during school hours⁵ and the school food service has an important role to play in this. Studies show school food services are being accessed by up to 95% of primary school children.^{6,7} This reinforces the importance of a school food service that enables and supports children to make healthy food and drink choices that enhances their health and wellbeing.

The World Health Organisation encourages schools to take a Health Promoting Schools approach to health and wellbeing. The Health Promoting Schools framework encourages a coordinated and comprehensive approach to the delivery of school activities, programs, policies and environments to promote health and wellbeing. The framework includes:

- curriculum, teaching and learning
- the school organisation, ethos and environment
- community links and partnerships.

A Health Promoting school that operates its food service as part of a whole of school approach to food and eating, has a positive food culture and environment that:

- provides tasty, appetising and affordable food, supports local producers and is consistent with the Australian Dietary Guidelines (2013)
- inspires children to learn, taste, grow, cook and experience food
- celebrates the social and cultural aspects of food and eating
- has staff and volunteers that role model the enjoyment of eating nutritious food and talking positively about food and eating
- gives students and families consistent messages about food and eating across all aspects of the curriculum and school environment.

Diagram 1: Health promoting school community

Source: Healthy Kids Association, NSW



School Food Matters (SFM)

School Food Matters began as the Tasmanian School Canteen Association in 1994. The name School Food Matters was adopted in 2021 to better encapsulate our work within the whole school environment and not just the school canteen. We support school communities to promote and provide a school food service that is nutritious, affordable, safe and where possible, locally sourced and prepared by the school.

We are a not for profit, non-government organisation funded and supported in-kind by the Tasmanian Department of Education, Department of Health and Department of Communities Tasmania.

Support is provided through:

- assisting with the development of an efficient food service that has sound management and operations
- management and operations
- current and effective food safety information
- resources and advice on food selection and menu planning
- assisting with the development of policies and practices that support a whole school approach to food and nutrition and links to the Australian curriculum.
- delivering professional learning for school food service providers, teachers and the school community
- assisting schools to achieve the SmartFood Award.
- assisting schools to develop their School Food Plan.

The SFM Strategic Plan has a full description of the work of SFM, for more information go to: www.schoolfoodmatters.org.au



SmartFood PROGRAM

The SmartFood Program

The SmartFood Program (formerly the Canteen Accreditation Program) is a best practice model for food service management that recognises a school's dedication to the health and wellbeing of its school community.

A SmartFood school offers a food service that provides nutritious, affordable, safe and where possible, locally sourced food prepared by the school.

The SmartFood Program consists of four sections:

- Policy and procedures
- Food safety
- Menu
- Whole school approach

Schools can aim for one of four levels of the SmartFood Award:

- Bronze
- Silver
- Gold
- Platinum

BRONZE is the entry level Award and schools can achieve higher levels through incremental changes to improving their school menu.

PLATINUM is awarded to schools that demonstrate an outstanding menu, cooking 'food from scratch' and a high standard of sustainability practices in their food service and across the whole school.



How does our school achieve a SmartFood Award?

To achieve a SmartFood Award, all four sections of the program must be addressed:

1. Policy and procedures

Submit a copy of your school food policy/s that details your:

- Whole school approach to food and eating which may include but is not limited to food provision, the eating experience for students, the use of food in teaching and learning opportunities, fundraising and school events.

AND

- Food service procedures outlining the day to day operation and management of the school food service.

The school food policy/s must be endorsed and signed by the school principal and other relevant school community members such as the food service manager, lead teacher, school business manager or school council representative.

Your school may already have your whole school approach to food and eating and food service procedures documented in an existing policy/s. If you need to create a new school food policy/s there are sample templates that you can use in the Templates section of the SmartFood Guide:

- Template 1 – School food policy
- Template 2 – School food service procedures

For an editable version go to:

www.schoolfoodmatters.org.au/accreditation/healthy-eatingcanteen-policy/

2. Food safety

Following your local council Environmental Health Officer (EHO) visit, submit a signed copy of your school's:

- Australian Food Safety Assessment form (completed by your local council EHO)

All food service staff and volunteers must have the knowledge and skills to handle food safely. Local council websites have free online training courses available.

To assist your school with its regular EHO inspection, there are sample templates in the Templates section of the SmartFood Guide which can be used to document your food safety practices:

- Template 3 – Cleaning schedule
- Template 4 – Temperature record
- Template 5 – Thermometer calibration record
- Template 6 – Food handler training records

For an editable version go to:

www.schoolfoodmatters.org.au/accreditation/food-safety/



3. Menu

Submit your school food service menu for assessment. The level awarded depends on the:

- Percentage of GREEN, AMBER and RED food and drinks
- Number of fruit or vegetable snacks offered.
- Number of confectionary items
- Total number of RED items

Go to the Menu section of the SmartFood Guide for more information.

PLATINUM	GOLD	SILVER	BRONZE
<ul style="list-style-type: none"> • At least 80% GREEN items • No RED items • Meals cooked from scratch using local produce • Sustainability focus. 	<ul style="list-style-type: none"> • At least 60% GREEN items • No RED items 	<ul style="list-style-type: none"> • At least 50% GREEN items • Less than 10% RED items 	<ul style="list-style-type: none"> • At least 40% GREEN items • Less than 20% RED items

The SmartFood Program uses a traffic light system that is based on the Australian Dietary Guidelines (2013). The traffic light system classifies all food, drinks and dishes on a food service menu as GREEN, AMBER or RED.

green		<p>GREEN food and drinks contain a wide range of nutrients and are low in saturated fat, sugar and sodium (salt). In SmartFood schools GREEN food and drinks are:</p> <ul style="list-style-type: none"> • the main choice on the menu every day • served in interesting and appealing ways • promoted and displayed prominently • the cheapest to buy.
amber		<p>AMBER food and drinks contain some valuable nutrients but contain more energy (kilojoules), saturated fat, sugar and/or sodium (salt) than GREEN items. In SmartFood schools AMBER food and drinks are:</p> <ul style="list-style-type: none"> • less prominent on the menu • less prominently displayed • sold in smaller serve sizes • served with or have GREEN foods added to them where possible • no cheaper than GREEN foods.
red		<p>RED food and drinks are low in valuable nutrients and contain excess energy (kilojoules), saturated fat, sugar and/or sodium (salt). They are not recommended for sale. RED drinks are not permitted on Award menus.</p>

Following assessment your local SmartFood Program Officer will help you to make any changes to your menu that may be needed to reach your chosen level of the Award.

4. Whole school approach

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



All levels of the SmartFood Award require at least **1 activity** to 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:

- Links 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
- Links with curriculum, teaching and learning
- Links 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
- Involvement of 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.

Evidence of activities could 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/

Talk with your local SmartFood Project Officer if you need support with your whole school approach activities. Examples of activities are great to include in your SmartFood application.

When your school has addressed all four sections of the SmartFood Program, you will be eligible for the SmartFood Award. Your food service can only be promoted as PLATINUM, GOLD, SILVER or BRONZE when all four sections of the Program have been addressed. The SmartFood Award is valid for 2 years and your local SmartFood Program Officer will assist you with the process of reaccreditation.

Contacts and further information

School Food Matters

PO Box 169
Sandy Bay TAS 7006

03 6223 8023

www.schoolfoodmatters.org.au

Education

Tasmanian Department of Education
www.education.tas.gov.au

Catholic Education Tasmania
www.catholic.tas.edu.au

Independent Schools Tasmania
www.independentschools.tas.edu.au

The Australian Council for Health, Physical
Education and Recreation (ACHPER)
www.achper.org.au

Home Economics Institute of Australia
www.heia.com.au

Health and wellbeing

Tasmanian Department of Health

Public Health Services
www.health.tas.gov.au/publichealth

Oral Health Services
www.health.tas.gov.au/oralhealth

Eat Well Tasmania
www.eatwelltas.org.au

Families Tasmania
Family Food Patch Project
www.familiestasmania.org.au

Diabetes Tasmania
www.diabetestas.org.au

Cancer Council Tasmania
www.cancertas.org.au

Heart Foundation
www.heartfoundation.org.au

Food safety

Tasmanian Department of Health
Public Health Services
www.health.tas.gov.au/publichealth

Environmental Health Australia (Tasmania)
www.ehatas.org.au

Food Standards Australia New Zealand
(FSANZ)
www.foodstandards.gov.au

Food allergies and intolerances

Allergy and Anaphylaxis Australia
www.allergyfacts.org.au

Australasian Society of Clinical Immunology
and Allergy (ASCIA)
www.allergy.org.au

Coeliac Australia
www.coeliac.org.au

School-based health promotion programs

Move Well Eat Well
www.health.tas.gov.au/mwew

24 Carrot Gardens Project
www.24carrot.mona.net.au

Stephanie Alexander Kitchen Garden
Foundation
www.kitchengardenfoundation.org.au

Australian School Canteen Associations

Healthy Kids Association (NSW)
www.healthy-kids.com.au

Queensland Association of School Tuckshops
www.qast.org.au

Western Australian School Canteen
Association
www.waschoolcanteens.org.au

Food systems and the community

Tasmanian Farmers and Graziers Association
www.tfga.com.au

Fruit Growers Tasmania
www.fruitgrowerstas.org.au

Local Government Association Tasmania
www.lgat.tas.gov.au

Food and nutrition

Eat for Health
 Australian Dietary Guidelines
www.eatforhealth.gov.au

Tasmanian Department of Health
 Healthy Kids
www.health.tas.gov.au/healthykids

Parents' Voice
www.parentsvoice.org.au

Food relief organisations

Loaves and Fishes
www.loavesandfishestasmania.org.au

Foodbank
www.foodbank.org.au

Key documents

The following national and state documents, guidelines and policies underpin the SmartFood Program, The SmartFood Guide and the work of SFM.

The Australian Dietary Guidelines
 National Health and Medical Research Council (2013)
www.eatforhealth.gov.au

Australian Curriculum: Health and Physical Education
 Australian Curriculum, Assessment and Reporting Authority
www.australiancurriculum.edu.au

Food Standards Code
 Food Standards Australian New Zealand
www.foodstandards.gov.au

The Good Practice Guide - Supporting healthy eating and drinking at school
 National Cabinet, Health Council and Education Council (2019)
www.coaghealthcouncil.gov.au

Child and Student Wellbeing Strategy 2018–2021
 Tasmanian Department Education
www.education.tas.gov.au

Tasmanian Food and Nutrition Policy
 Tasmanian Government (2004)

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4. National Cabinet, Health Council and Education Council. The Good Practice Guide: Supporting healthy eating and drinking at school [Internet]. 2019 July [cited 2021 April 28]. Available from:
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5. Department of Health and Aging. 2007 Australian National Children's Nutrition and Physical Activity Survey, Main Findings [Internet]. Canberra: Commonwealth of Australia; 2008 [cited 2021 April 28]. Available at:
www.health.gov.au/internet/main/publishing.nsf/C

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