



## What is the SmartFood Award?

The SmartFood Award (formally 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.

SmartFood school canteens offer a variety of tasty and nutritious food and drinks, which are prepared in and sold from a hygienic and safe environment.

## What does our school need to do to be a SmartFood Award school ?

There are 4 requirements:

### 1 School Food Policy and School Food Service Procedures

Your school needs to create two documents:

- A policy that sets out its commitment to healthy eating within all areas of the school community, such as the food services, the classroom, fundraising and sporting events.
- Another to set out guidelines for the day to day operation of the canteen.

Your school may wish to create these or see Form 1 and Form 2 here:

<https://www.schoolfoodmatters.org.au/accreditation/canteen-accreditation-requirements/> - download Form 1 (School Food Policy) and Form 2 (School Food Service Procedures). You are then able to edit the documents.

**To complete requirement 1:** Your school needs to provide School Food Matters with a copy of each of these documents, which have been signed by the relevant school community members such as the Principal, Food Service Manager or Lead Teacher.



### 2 Food Safety

Your local council Environmental Health Officer (EHO) needs to visit and inspect your food service premises. They will then fill in and sign:

- their own *Australian Food Safety Assessment* form

All food handlers in the canteen must have skills and knowledge in food safety. Check your local council's website for a free online training course.

**To complete requirement 2:** Your school needs to provide School Food Matters with a copy of the council's Australian Food Safety Assessment form.



# 3

## Types of Food and Drinks Available on the Canteen Menu

Your school menu needs to meet a level of accreditation (PLATINUM, GOLD, SILVER or BRONZE) as assessed by Dietitians according to the Australian Dietary Guidelines.



Dietitians and School Food Matters Program Officers provide tailored advice and support about the menu so that the school can reach their desired level of accreditation.

For the assessment process food and drinks are categorised into the traffic light colours of GREEN, AMBER and RED as listed below:

### Best Choice

**Choose GREEN food and drinks as often as possible. They are nutritional, tasty and very good for you.**



These food and drinks should be:

- available every day
- included as the main choices on the canteen menu
- presented in attractive and interesting ways
- promoted as tasty, good value choices.

### Choose Carefully

**Choose AMBER food and drinks sometimes. They are less healthy.**



These food and drinks should be:

- sold in smaller serve sizes
- less prominent on the canteen menu
- served with or added to GREEN foods where possible

### Limit

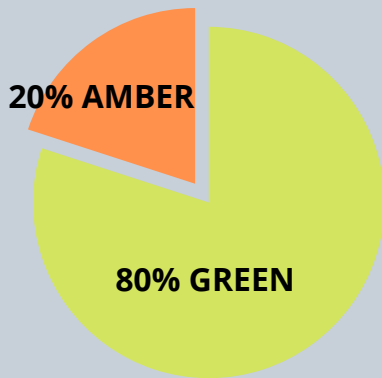
**Choose RED food and drinks rarely and in small amounts.**



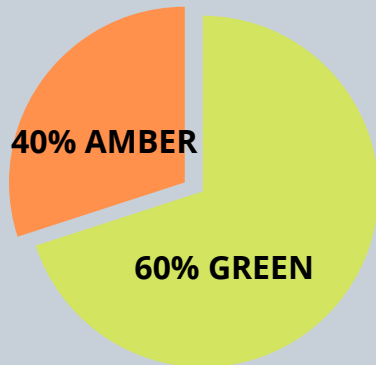
These food and drinks are not recommended for sale in school canteens.

For more information regarding these categories refer to the SmartFood Guide Section 6.

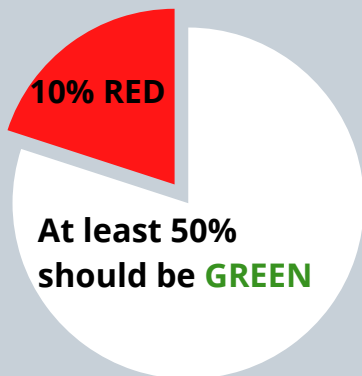
## The SmartFood Award level is determined by the ratio of GREEN, AMBER and RED foods on the menu



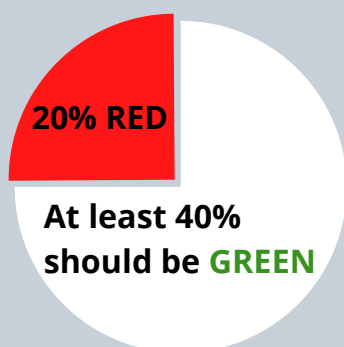
If your school is aiming for **PLATINUM** level, GREEN foods and drinks should dominate the menu by at least 80% with the remainder made up of AMBER foods. There should be a focus on canteen made dishes using seasonal and local produce. There are no RED foods and drinks permitted at this level.



If your school is aiming for **GOLD** level, GREEN foods and drinks should dominate the menu by at least 60%, with the remainder made up of AMBER foods. There are no RED foods and drinks at this level.



If your school is aiming for **SILVER** level, at least 50% of food and drinks on the menu should be GREEN. No more than 10% of items can be RED.



If your school is aiming for **BRONZE** level, at least 40% of food and drinks on the menu should be GREEN. No more than 20% of items can be RED.

More detailed information can be found in the SmartFood Guide Overview and Menu Section Page 9.

**To complete requirement 3:** You will need to submit your menu to the School Food Matters Program Officer including details of any over the counter sales, and information about the recipes and any commercial products being used.



A Dietitian will then assess if the menu meets PLATINUM, GOLD, SILVER or BRONZE level and provide a report with suggestions for change where needed.

Your Program Officer will then assist you to make any changes that may be required to reach your chosen level of accreditation.

# 4

## Linking the canteen with a whole school approach to healthy eating

Your school needs to provide information about activities promoting healthy eating that have occurred within the school community:

- **1 activity for BRONZE**
- **2 activities for SILVER**
- **3 activities for GOLD**
- **4 activities for PLATINUM**



Examples of the type of activities that would be suitable are:

- School kitchen garden providing produce for the canteen and/or classroom cooking
- Students volunteering in the canteen
- Doing nutrition education in the classroom and students making healthy eating posters to display in the canteen
- Dairy-based specials, such as smoothies or milkshakes promoted and sold during Healthy Bones Week
- Nude Food Day
- worm farm, composting, biodegradable packaging, recycling, reusable crockery (there should be at least 2 of these sustainable practice activities to be incorporated at PLATINUM level)

For more information and options about suitable activities, please see the School Food Matters website [www.schoolfoodmatters.org.au](http://www.schoolfoodmatters.org.au)

**To complete requirement 4:** You need to provide School Food Matters with some details about each completed activity. This could include a discussion with the Program Officer and/or items such as a newsletter article, photos or lesson plans showing the activity.



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