Healthy, delicious foods and drinks are filling canteen counters, lunch orders, vending machines and places food and drinks are supplied to children and students.

Foods with little nutritional content are being removed as part of the government’s Right Bite Healthy Food and Drink Supply Strategy for South Australian School and Preschools.

Benefits of healthy eating
Good food gives children and adolescents all the nutrients they need to:
• grow and develop
• concentrate and learn well at school
• stay healthy through childhood and in adult life.

How to use the Food and Drink Spectrum?
The Right Bite Food and Drink Spectrum classifies food and drink into three categories according to their nutritional value.

GREEN category foods are the healthiest choices and should be encouraged and promoted. More processed foods, with some added salt, sugar and or fat, may fall into the AMBER section.

Highly processed, energy dense and nutrient poor foods fit into the RED category and are no longer sold in school canteens and vending machines.

Why focus on healthy eating in schools and preschools?
Foods and drinks supplied through schools and preschools play an important role in promoting good nutrition because they can:
• give students a taste for healthy foods
• support healthy food and lifestyle messages taught in class
• show students better choices for lunches and snacks.

What’s missing in the diets of many children and young people?
• Fruit and vegetables – many consume very low amounts of these foods.
• A healthy breakfast – skipping breakfast often leads to snacking on sugary and fatty foods later in the day.
• Dairy products – many young people aren’t getting 2-3 daily serves of milk, cheese or yoghurt to provide their calcium needs.
• Drinking enough water – water is the best thirst quencher!

What’s being eaten instead?
• Too many fatty, sugary and salty foods e.g. crisps, hot chips, cakes, pastries, donuts, lollies, chocolates and fizzy drinks, often in large portion sizes. These provide too many kilojoules and very little nutrition.
• Too many high kilojoule foods combined with little physical activity can lead to overweight and obesity.

A poor diet robs young people of their vitality and makes it hard for them to concentrate and do their best at school.
Sample healthy menus

Recess
- Cheese with wheat crackers
- Fruit buns
- Fruit salad cups with custard
- Frozen fruit pieces
- Pikelets and scones
- Flavoured air-popped popcorn
- Salad bags with cherry tomatoes, celery and carrot sticks and cheese
- Muffin based or low fat home-made mini pizzas
- Small fruit muffins
- Toasted jaffles
- Dried fruit packs

Lunch choices
- Sandwiches/wraps/focaccias and rolls – lots of them with appetizing and healthy fillings including plenty of salad
- Hot baked potatoes with a range of fillings
- Reduced-fat burgers and kebabs with salad
- Reduced-fat/salt pies
- Delicious soups served with crusty rolls
- Salad boxes
- Sushi
- Reduced-fat/salt lasagna and other pasta dishes
- Noodle and rice dishes
- Fresh fruit tubs served with reduced-fat yoghurt
- Milks, juices and water
- Reduced fat ice creams

Support your healthy school canteen by:
- talking about the importance of healthy food choices with your children and adolescents
- sending healthy food in lunchboxes and only providing treat foods occasionally
- providing feedback and ideas to your school canteen
- volunteering to help in the canteen or on the committee, if you can
- joining in healthy fundraising activities in your school.

Want to find out more?

Right Bite website
Right Bite website www.decs.sa.gov.au/rightbite includes:
- Right Bite resources, information, tools and answers to frequently asked questions

To find out how your school or preschool is implementing the Right Bite strategy contact your child’s school or preschool.

To find out about healthy eating

Looking for ideas?
- Go for 2 & 5® www.gofor2and5.com.au lots of information and recipes to encourage kids to eat more fruit and vegetables.
- Crunch and Sip www.crunchandsip.com.au
- Children, Youth and Women’s Health Service www.chdf.org.au Information on healthy eating in schools, school canteens and out of school hours care.
- Department of Health and Ageing: Building a Healthy, Active Australia www.healthyactive.gov.au
- Nutrition Australia www.nutritionaustralia.org
- National Heart Foundation www.heartfoundation.com.au School lunch box ideas and Eat Smart Play Smart – a manual for out of school hours care.

Helpful resources
A Right Bite package consisting of the Right Bite Manual and CD-Rom will be sent to all South Australian schools and preschools.

The CD-Rom includes a PowerPoint presentation on the Right Bite strategy. You may find this interesting to look at or to show to other parents at your school.

Look for these resources in your school or download them from the Right Bite website www.decs.sa.gov.au/rightbite

Produced by Healthy Food in Schools and Preschools Project Team
September 2008