

# Healthy food and drink choices in schools

## Information for parents and carers

The school day is often busy, filled with learning and involving concentration and physical activity. Food is fuel for our bodies and healthy food provides your children with the energy and nutrients they need to get through the day.

### Food from home

We recommend these five simple steps to help your children get through the day:

- ✓ A healthy breakfast
- ✓ Plenty of fruit and vegetables
- ✓ Dairy products – two to three serves of milk, cheese or yoghurt to meet their daily calcium needs
- ✓ Water – the best thirst quencher
- ✓ Lunch and snacks like those to the right.

### Tips for packing a lunchbox

What you pack in your child's lunchbox is really important. Try to include as many healthy foods as possible – and definitely keep junk away from school.

Packing a frozen drink or an ice brick in your child's lunchbox will help to keep food fresh and safe to eat.

Keeping your child's lunchbox healthy and interesting can be a challenge, so it's important to find food that will stay in the lunchbox and out of the bin!

When making lunches at home we encourage parents to choose a variety of foods.

### Healthy lunch ideas

- ✓ sandwiches, rolls or wraps
- ✓ quiche
- ✓ mini pizza with cheese and vegetable toppings
- ✓ muffins made with corn or grated vegetables such as carrot or zucchini.

### Healthy snack/recess ideas

- ✓ rice cakes and reduced fat cream cheese
- ✓ fresh fruit pieces and yoghurt dip
- ✓ plain popcorn
- ✓ small tub yoghurt
- ✓ reduced fat cheese stick or triangle
- ✓ muffins with fruit
- ✓ English muffin with reduced fat cheese
- ✓ fruit bread
- ✓ scone – plain or fruit or pumpkin
- ✓ pikelets
- ✓ small sandwich
- ✓ crispbreads and spread
- ✓ wholemeal crackers and reduced fat cheese.

### Please don't send these foods and drinks to school

- ✗ chips, crisps and similar snacks
- ✗ high fat savoury biscuits and snacks
- ✗ sweet biscuits and cereal bars
- ✗ lollies and chocolates
- ✗ fruit straps
- ✗ cream and chocolate biscuits
- ✗ iced cakes and buns
- ✗ soft drinks and artificially sweetened drinks.



## Creative recipes for lunchboxes

### Mac & Cheese Muffins

Recipe developed by The Dairy Kitchen at Dairy Australia

Makes: 18

Traffic Light Category: **Green**

#### Ingredients:

- ½ cup grated pumpkin
- ½ cup grated carrot
- 2 tablespoons water
- 2 cups elbow pasta or macaroni
- 2 tablespoons self raising flour
- ¼ cup milk
- 1 teaspoon dijon mustard
- 3 eggs
- 125g can corn kernels, drained and rinsed
- 2 cups grated reduced fat cheddar cheese
- 2 tablespoons finely grated parmesan cheese

#### Method:

1. Boil macaroni for 10 minutes or until al dente, drain well
2. Meanwhile, place pumpkin, carrot and water in a microwave safe steamer and steam on high for 3 minutes. Stand for 2 minutes before lightly mashing with a fork
3. Whisk flour, milk, mustard and eggs together in a large bowl, then mix in cheddar cheese, corn, mashed vegetables and macaroni until combined
4. Spoon mixture into paper case lined muffin pans and sprinkle with parmesan
5. Bake at 180°C for 20-25 minutes until golden brown. Cool for at least 15 minutes before serving. Muffins can be served warm, at room temperature or even cold.

Tip: This recipe is suitable to freeze.



### Perfect Pikelets

Recipe from Canteen Cuisine

Makes: 25

Traffic Light Category: **Green**

#### Ingredients:

- 2 cups self raising flour
- 2 tablespoons sugar
- 2 eggs
- 1 ¼ cups reduced fat milk
- 1 tablespoon polyunsaturated margarine melted or poly-unsaturated oil

#### Method:

1. Sift dry ingredients into a large bowl
2. Combine wet ingredients in a jug
3. Add wet ingredients to dry ingredients and stir until smooth
4. Heat a flat non-stick sandwich press or frypan – drop small tablespoons of pikelet batter onto the sandwich press or pan and turn when bubbles rise to the surface.

Tip: This recipe is suitable to freeze.

Fruity additions –

- 1 grated unpeeled apple and 1 teaspoon of ground cinnamon
- 1 medium mashed banana or 1 grated pear
- 1 ½ cups fresh or frozen blueberries and 2 teaspoons vanilla

Note: This recipe uses self raising flour and makes 'fluffy' pikelets. For a traditional 'flat' pikelet/pancake use plain flour.

## Healthy food and drink choices in schools

GREEN	Examples
<b>Fill the menu</b>	
Breads	A variety of bread types
Cereal foods	Wholegrain cereals; oats; pasta; noodles; rice; polenta; cous cous; quinoa; barley
Vegetables	Vegetables (fresh, frozen and tinned); salads (reduced fat dressing only); all salad mixtures
Fruit	Fresh; frozen; tinned (in natural juices)
Legumes	Tinned (e.g. bean mix, kidney beans); cooked; baked beans
Reduced fat dairy products and alternatives	Yoghurt (plain or fruit); cheese; liquid breakfast*
Lean meat, poultry, fish and alternatives	Lean meats (excluding ham); chicken (no skin) or registered meats*; fish (e.g. tuna, salmon, sardines); egg
Sandwich fillings	Lean meats (excluding ham); chicken (no skin); fish; creamed corn/corn kernels; egg; canned spaghetti (reduced salt); salads; baked beans; reduced fat cheese; hummus; vegemite; yeast spreads; fish spreads*
Hot food	Jaffles/hot rolls/toasted sandwiches (fillings as for sandwich fillings); baked potatoes; rice; soups; toast; English muffins; crumpets; raisin toast; meals meeting the criteria for registration such as curry and rice and pasta dishes
Snacks	Scones; raisin or fruit bread; pikelets; bread sticks; bruschetta; water crackers; rice crackers; rice cakes; popcorn (plain air-popped); seed packs; trail mix based on wholegrain breakfast cereals; reduced fat cheese/dip/cracker packs*
Drinks	Water (including carbonated); reduced fat milk (plain) and their alternatives e.g. soy milk: no serve size restrictions; reduced fat milk (flavoured): maximum serve size 375mL; fresh fruit milkshakes
AMBER	Examples
<b>Select carefully and limit</b>	
Reduced fat dairy products	Dairy desserts
Full fat dairy foods and alternatives	Milk; soy; yoghurt (plain or fruit); custard; cheese
Savoury commercial products#	Registered products such as ovenable fish/chicken/potato portions should be chosen because they are lower in fat/salt*
Processed meats	Lean ham; lean bacon
Dried fruit	Dried fruit (excluding fruit leathers)
Snack food bars	Registered products such as breakfast bars; cereal bars; fruit bars*
Savoury snacks	Registered products such as oven baked vege chips; garlic or herb bread lightly spread*; lightly flavoured snacks such as crisps, crackers and popcorn*
Cakes, muffins and sweet biscuits	Registered products such as cakes; muffins and biscuits (reduced fat and/or sugar and based on wholemeal flour*)
Ice-creams, ice-blocks, fruit based icy-poles, slushies	Registered ice-creams*: milk based ice confectionery; frozen yoghurts; rice cream; 99% fruit juice based icy-poles
Drinks	Reduced fat milk (flavoured): larger than 375mL; fruit juices, vegetable juices and mixed juices (including carbonated products): 99% and with no added sugar or sweeteners, maximum serve size 250mL of juice
RED	Examples
<b>Off the menu:</b>	
Confectionery	All types, caramelised pop corn
Pastry items	All types that do not meet the criteria for registration
Sandwich meats	High fat sandwich meats including polony (devon) and salami
Deep fried foods	All types
Savoury snacks	Crisps, chips and other similar products that do not meet the criteria for registration
Ice-creams	Chocolate coated and premium ice-creams
Sandwich fillings	Honey; jam; chocolate spreads; confectionery sprinkles
Cakes, muffins and sweet pastries	Croissants; doughnuts; cream filled buns; iced cakes; sweet pastries; slices
Drinks	Soft drinks; artificial or intense sweetened soft drinks; energy drinks; cordials (including low joule); sports drinks; water: flavoured with fruit juice, sugar, artificial or intense sweetener (including carbonated products); high caffeine drinks (e.g. drinks containing guarana); fruit juices, vegetable juices and mixed juices (including carbonated products): with less than 99% juice and/or added sugar and/or sweeteners and/or larger than 250mL juice

\* Meets the criteria for Star Choice™ registration #To be offered a maximum of two occasions per week

## At school

Schools have a vital role to play in helping reduce the worldwide epidemic of childhood obesity. It is important to reinforce messages being taught in the classroom by modelling healthy food and drink choices in canteens and tuck shops, with class treats, on school camps and excursions.

## The traffic light menu

In Western Australia, public schools follow a traffic light system to ensure a wide range of foods that make up the majority of a healthy diet are on the menu. These easy to follow signals help to plan menus full of healthy, nutritious and affordable food for your children.

The table to the right provides examples of GREEN, AMBER and RED foods for public schools. Your school will also have a policy about nuts and nut spreads.