



Supporting healthy choices

WASCA Online General Meeting

14 July 2020

Special guest speaker, Julie Dunbabin, Churchill Fellow and
Tasmanian School Canteen Association Executive Officer

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Julie's
SCHOOL
LÖNCH
JOURNEY

The logo is a hand-drawn style illustration. At the top, the word "Julie's" is written in a green, cursive font. Below it, a horizontal green line separates the title from the main text. The word "SCHOOL" is written in large, green, block letters, with the 'O's replaced by a green apple and a green lime slice. Below "SCHOOL", the word "LÖNCH" is written in similar green block letters, with the 'O' replaced by a green kiwi. Underneath "LÖNCH", the word "JOURNEY" is written in white, block letters inside a dark green, curved banner. At the bottom of the logo, there is a green wavy line and a green airplane icon.

Julie Dunbabin
Churchill Fellow 2018



TASMANIAN
**SCHOOL
CANTEEN**
ASSOCIATION INC.



HELPING KEEP TASSIE KIDS HEALTHY!

What did I investigate?

“the factors that enable school lunch programs to impact positively on student health and wellbeing”.



**Countries visited during my travels – USA,
England, Scotland, Finland, Italy, France, Japan
7 October – 20 Dec 2019**

Main Findings



JULIE DUNBABIN
ELVIE MUNDAY CHURCHILL FELLOWSHIP 2018



INVESTIGATE THE FACTORS THAT ENABLE SCHOOL LUNCH PROGRAMS TO IMPACT POSITIVELY ON STUDENT HEALTH AND WELLBEING

Whilst on my Churchill Fellowship I



visited 7 countries: USA, England, Scotland, Finland, Italy, France and Japan



met with 88 people with a passion for school lunches



attended 48 meetings and school visits



ate 24 different yummy school lunches

The key success factors:

all students eat a school prepared lunch

children sit down to eat - for at least 20 mins

milk and water the only drink options

confectionery not a food option in school

a skilled workforce who enjoy cooking for children

proudly using local and seasonal produce

school members and Dietitians involved in menu planning

diverse food selection - cultural and dietary

menus and food language based on the five food groups

infrastructure to prepare and serve food

Countries around the world have policies in place to feed all children whilst at school using sustainability practices

Evidence shows that well fed children - grow, learn and develop social skills - to the best of their ability

Why can't we... feed all our school children with nutritious, tasty local and seasonal produce?

Key Findings

- All children eat a school prepared lunch
- Children sit down to eat – for at least 20 mins
- Milk (plain) and water the only drink option
- No confectionary options
- A skilled workforce who enjoy cooking for children

Key Findings

- Proudly using local and seasonal produce
- School members and Dietitians involved in menu planning
- Diverse food selection – cultural and dietary
- Menus and food language based on the five food groups
- Infrastructure to prepare and serve food

Dining areas



My very first lunch





Varied lunches from my school visits

Key Recommendations

- Develop a School Food Plan at Federal and State level.
- Collection and collation of parent's and children's attitudes to the delivery of school lunches to all children and feed this information into the School Food Plan.
- An Agricultural procurement process established at State and Territory level that accesses local and Australian produce and develops a sense of pride in our farmed food and their communities.

Key Recommendations

- A commitment from Federal and State Government to fund a School Food Program (including breakfast and lunch) for all students, with parent payment where possible.
- A shift in focus from nutrient specific assessment of school menus to a robust focus on the five food groups.
- Cooked school lunches from scratch using local, seasonal and minimally processed foods.

Key Recommendations

- An appropriately skilled kitchen workforce that are paid for all hours of work and as a result are valued as part of the school team.
- The school lunch break provides all children with at least 20 minutes sit down time to enjoy their lunch with their peers and teachers. Play time is in addition to eating time.
- The only drinks offered at school are plain milk and tap water.

Key Recommendations

- All State and Territories to have a 'no confectionery' policy in schools.
- Continue to embrace and empower our school canteen volunteer culture.
- Continue the work of connecting food with the teaching of children about food literacy that links to other components of the curriculum, through programs such as Move Well Eat Well (Tasmanian), Stephanie Alexander Kitchen Garden Program and the 24 Carrot Program (Tasmanian).

What have I done since getting back?

- Written a report and has been accepted
- Presented findings to identified interested parties
- Presented findings to state parliament
- Secured a small amount of funding to trial school lunches in three schools for a month for a targeted year level (Term 3 & 4 2020)



Thank you Mr Churchill for my opportunity to ‘Bring Knowledge Home’

Contact Details

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