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Off the menu

Healthy food and drinks for school camps

Fact sheet

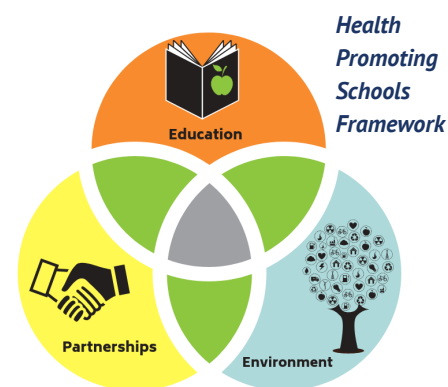
Schools and their canteens play a role in ensuring children understand the importance of making healthy food choices. A whole school approach helps students develop knowledge, understanding and skills to support them to make healthier choices.

When all relevant stakeholders are included in creating an environment that supports and promotes healthy eating, optimal learning outcomes are more likely to be achieved.

The Health Promoting Schools framework can be used to:

- promote consistent messages in all school activities
- to collaborate with staff, students and their families/carers
- develop strategies based on local contexts and cultures.

All public schools are required to follow the Department of Education's *Healthy Food and Drink* (HFD) policy and procedures. This applies to all areas of the school where the Principal is responsible for the supply of food and drinks, **including school camps**.



School camps are the perfect platform to provide opportunities for:

Connecting

Meals times can harvest conversation. Use camp dining experiences as a way to encourage conversation, connectedness and a sense of sharing between students.

Role modelling

Role modelling healthy food and drink choices on camps supports a whole school approach to health and well being.

Learning

Camps can reinforce the HFD policy and nutrition taught in the classroom. These types of activities are exciting and can provide students with the opportunity to learn new skills and often involve lots of physical activity. It is important that students consume enough 'fuel' for their busy day from nutritious foods and drink water.



Department of **Health**
Department of **Education**



Teachers should talk to camp school providers about the menu in advance to ensure compliance with the HFD policy i.e green and amber items and that any special dietary requirements are catered for.

Breakfast

- Cereals: wheat biscuits, oats, flakes, muesli; preferably wholegrain
- Pikelets topped with yoghurt and fruit
- Fruit: fresh or tinned in natural fruit juice
- Dairy and alternatives e.g. milk and yoghurt, preferably reduced fat
- Baked beans, spaghetti
- Eggs: poached or scrambled
- Breads preferably wholegrain: toast, crumpets, English muffins, fruit bread
- Spreads: poly/monounsaturated margarine, Vegemite, cheese, mashed avocado
 - Note: honey, chocolate spreads and jam are red items.

Lunch

- Sandwiches, rolls or wraps: filled with salad, lean meat such as chicken, tuna, ham; or egg
- Soups: vegetable based served with bread rolls or toast
- Sushi, rice paper rolls



Dinner

- Pasta: tomato based sauce, including vegetables, lean meat or tuna e.g. spaghetti bolognese, lasagne
- Lean meat served with cooked vegetables or salads
- Sausage sizzle: use reduced fat and salt sausages
- Vegetable stir-fry or fried rice
- Chicken and vegetable curry with rice
- Hamburgers with lean meat patties and a variety of salads
- Pizza: use bread base such as Lebanese bread, or a bread roll. Top with reduced fat cheese, lean meat and vegetables
- Mexican: burritos or tacos - include vegetarian and meat options

Morning/afternoon tea

- Fruit: sliced or whole
- Small fruit muffins or scones (plain, fruit or pumpkin)
- Trail mix: plain air-popped popcorn, dried fruit and cereal
- Fruit smoothies: made with reduced fat milk, yoghurt and fruit
- Individual fruit salads
- Yoghurt tubs; preferably reduced fat



Supper

Most students look forward to supper while away on camp, it can be easy to provide a sweet treat at the end of a busy day while still ensuring it is nutritious. The recipes below are on the WASCA website. The easiest supper of all is of course fruit with reduced fat ice cream or yoghurt

- Apple jaffle
- Banana raspberry bread
- Easy pear tea cake
- Banana cake
- Yoghurt panacotta with strawberry swirl



Drinks

- Water is the best choice and should always be available, use a large dispenser with added fruit or herbs, such as mint, for natural flavour
- Milk: plain or flavoured, preferably reduced fat
- Fruit juice: 99% juice with no added sugar, less than 250mL

Need more help?

The WASCA website has a wealth of information. See the teachers page for everything you need to know about the Department of Education's Healthy Food and Drink policy in the classroom. The recipe page has a list of salads, snacks and sweet and savoury ideas for camp meals plus a great 'Healthy sausage sizzle' fact sheet.

Contact

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