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Select carefully
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Off the menu

Healthy food and drinks for school excursions

Fact sheet

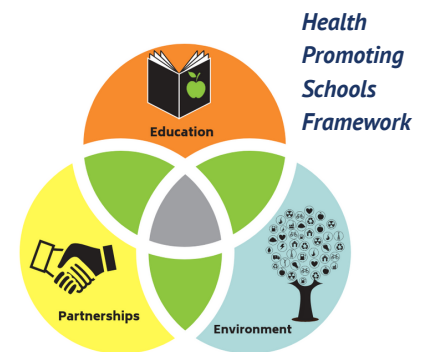
Schools and their canteens play a role in ensuring children understand the importance of making healthy food choices. A whole school approach helps students develop knowledge, understanding and skills to support them to make healthier choices.

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
- 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 excursions**.



With teachers and students eating together off school grounds it is the perfect platform to role model healthy choices, reinforce the benefits of a healthy lifestyle and provide food and drinks that will provide students with the required energy to participate in extracurricular activities.

Role modelling

Role modelling of healthy food and drinks on excursions, supports a whole school approach to health and well being.

Positive modelling by school staff helps to show leadership and commitment that others, such as students and parents, can be inspired by.

Learning

Excursions are the perfect opportunity to 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.

Implement a water only policy, water is the best for health and hydration.



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



The location of the excursion will dictate what sort of catering facilities (if any) are available. All food and drinks provided by the school or an external provider on excursions must comply with the HFD policy.

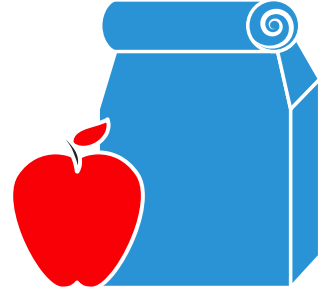
Food from home

Food brought from home does not need to comply with the HFD policy, however students should be encouraged to pack a lunch that is filled with healthy choices e.g. salad sandwich/roll, fruit, reduced fat yoghurt, crackers with cheese and water.

Avoid unhealthy snacks such as savoury crisps, confectionary and energy drinks.

Remind students to use an insulated bag and place a frozen ice brick inside to keep lunches fresh, or have a class esky available to store food.

See the WASCA website to order a handy Packed with Goodness booklet that can be sent home for each family to promote healthy choices.



School canteen

Check with the canteen to see how they can assist, for example:

- A special menu (with limited choices) suited to the excursion. The lunches are then packed in eskies for safe transport. A choice of 1-2 'meal deals' would be economical for students and reduce the workload for the canteen
- Snack bags for each student such as vegie sticks, mini fruit muffin and a piece of fruit
- Don't forget to let the canteen know in advance of whole classes that will be out of the school grounds for the day as this may impact on their sales.



On site provider

Purchased lunches must comply with the HFD policy. There are many 'take-away' options that can be healthy. Consider the following:

- If the venue/location has a café, kiosk or restaurant, pre-order:
 - platters of sandwiches or wraps and fruit for a picnic
 - warm soup served in cups with a bread roll
 - toasted sandwiches
- Order sandwiches or rolls from a nearby café or bakery.



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. The recipe page has a list of salads, snacks and sweet and savoury ideas that can be easily prepared in the classroom.

Contact

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