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Dietary Guidelines for Children and Adolescents in Australia

Australian Guide to Healthy Eating

Nutrition Australia
www.nutritionaustralia.org
Telephone: (03) 9650 5165
Provides information, resources, programs on nutrition and healthy eating for schools, teachers, health professionals and the general community. Includes a healthy schools canteen advisory service.

‘Go for your life’
www.goforyourlife.vic.gov.au

Melbourne Markets
www.marketfresh.com.au
Information on fruit and vegetables available in Victoria, including finding greengrocers, fruits in season, choosing fruits, recipes. It also has a schools section with specific ideas on including fruit and vegetables in the canteen.

Fresh for Kids

Health Promoting Schools information

Australian Health Promoting Schools Association
www.ahpsa.org.au
Information on what a health promoting school is and links to other organisations. A copy of the National Framework for Health Promoting Schools can be downloaded. There is also information on membership, state branches and upcoming conferences.

Children’s Health Development Foundation
www.chdf.org.au
Developed by the Centre for Health Promotion, Women’s and Children’s Hospital, Adelaide, South Australia, it provides resources and tools to promote health and wellbeing in school communities and has information on creating healthy environments, working with communities, programs to address the issue of food insecurity and case studies on what other schools are doing.
Food safety

Food Standards Australia and New Zealand (FSANZ)
Telephone: (02) 6271 2222
Facsimile: (02) 6271 2278
FSANZ is the regulatory body of the Food Standards Code. It provides information on the Food Safety legislation and standards, as well as information and resources to assist with the practical interpretation of these. They have a great range of downloadable information fact sheets, including the Fact Sheets for Charities and Community Organisations developed to assist these groups meet their legal obligations under the new standards.

Food Safety Victoria
Telephone: 1300 364 352

Department of Human Services – Food Safety Unit
Telephone: 1300 364 352
A range of resources, posters, fact sheets, template records and plans, and detailed information on safe food handling.

Department of Education & Training
The Victorian Government School Reference Guide has a section on food safety: Section 4.4.6.11 ‘Food safety in schools and food-handling regulations’.

Victorian Home Economics and Textiles Teachers’ Association (VHETTA)
www.vhetta.com.au
Telephone: (03) 9888 2240
Freecall: 1800 803 762
VHETTA offers food safety training for schools including for teachers, canteen managers, kitchen assistants, parents and students. This training is tailored to the specific issues around food safety within a school environment.

Australian School Canteen Association (ASCA)
www.asca.com.au
Telephone: 1800 219 556
Consultants are available to advise and assist schools with the preparation and implementation of their Food Safety Programs.

NSW School Canteen Association (NSWSCA)
www.schoolcanteens.org.au
Information on food safety and hygiene as well as several downloadable fact sheets on various food safety and hygiene topics. Food safety posters (A4) are also available.
Note: Local councils can also provide specific local advice about safe food handling.

Special diets

Coeliac Society of Victoria
www.vic.coeliac.org.au
Provides up-to-date information on coeliac disease and gluten-free diet, including food products available and recipes.

Australasian Society of Clinical Immunology and Allergy
www.allergy.org.au
Information on food allergies, including the Anaphylaxis Guidelines for Schools.
School canteen associations and programs

Victorian School Canteen Association
www.vsca.org.au

Australian School Canteen Association
www.asca.com.au

Kids – ‘Go for your life’ Healthy Canteens advisory service
Infoline for Victorian Primary Schools: 1300 854 554
www.goforyourlife.vic.gov.au

Federation of Canteens in Schools (FOCIS)
www.focis.com.au
Telephone: (07) 4171 0182
Provides a downloadable Canteens’ Registered Products Buyers’ Guide and a Canteen magazine sent to schools.

NSW School Canteen Association
www.schoolcanteens.org.au

Fresh Tastes – nSW Canteen strategy
www.health.nsw.gov.au

Queensland Association of School Tuckshops
www.qast.org.au

Western Australian School Canteen Association
www.waschoolcanteens.org.au

Tasmanian School Canteen Association

ACT School Canteen Association
www.actscsa.org.au

Healthy fundraising ideas

Healthy Fundraising Ideas for Healthy Kids
Nutrition Australia Victorian Division
Visit: www.nutritionaustralia.org and click ‘On the Bookshop’ then ‘Healthy Eating School Resources’ to preview and order.

Fruitful Fundraising CD-ROM
Community Nutrition Unit, DHHS
Telephone: (03) 6222 7222

NSW School Canteen Association
www.schoolcanteens.org.au
Provides downloadable fact sheets and information.

Centre for Health Promotion
www.chdf.org.au
Provides downloadable fact sheets and information.

Queensland Association of School Tuckshops
www.qast.org.au
Provides downloadable fact sheets and information.

Programs

Tooty Fruity Vegie Program, Northern Rivers Area Health Service, nSW
Provides a downloadable canteen manual and survey templates.

Menu for Change: Getting Healthy Foods Into Schools
Stoneyfield Farm
www.stonyfield.com/MenuForChange/
Services

Our Tuckshop
www.ourtuckshop.com.au

Natural Kitchen Strategies
www.naturalkitchenstrategies.com.au

Books and manuals

Management Sense, Food Sense manual
Includes ways to manage your canteen efficiently with information on how to develop your own accounts system for keeping track of stock and money in the canteen, selling healthy foods and developing a canteen policy.

www.chdf.org.au

Healthy School Food Service manual, Nutrition Australia
www.nutritionaustralia.org/On_The_Book_Shelf
Click ‘Healthy Eating Schools Resources’.

Food Challenges, Sanitarium and VHeTTA
Provides recipes for canteens, school events and also related curriculum activities.
Order from Nutrition Australia: www.nutritionaustralia.org/On_The_Book_Shelf.

Fruit & Veg, Eat It – Linking Schools With Fruit And Vegetable Retailers booklet, VHeTTA

Fruit and Veg, Eat It Teachers’ Manual, VHETTA
Online manual with several sections to download.

Fruit & Veg, Eat It – Linking the Canteen to the Curriculum booklet, VHeTTA

Toothy Fruity Canteen Manual
Online manual.

Tasmanian School Canteen Handbook

Tuckshop Team Mate
www.nutritionaustralia.org/News_in_Nutrition/Media_Releases/Healthy_tuckshop_healthy_profits_paper.asp
A guide to help tuckshops be both nutritious and financially viable.

Looking after Our Kids
Order from www.waschoolcanteens.org.au or FSANZ.
Telephone: (02) 6271 2222
A national school canteen food safety project – manual and video.

Tuckshop Shortcuts
Published by Queensland Health and aimed at promoting a healthy school environment.

Count Me In – 501 Ideas on Retaining, Recognising and Rewarding Volunteers
Judy Esmond Newseason
www.mtd4u.com

Count Me In – 501 Ideas on Recruiting Volunteers
Judy Esmond Newseason
www.mtd4u.com

FOCis on Canteens
Telephone: (07) 4171 0182
A magazine sent to all schools.
Recipes

Canteen Cuisine
www.waschoolcanteens.org.au
A cookbook containing easy, nutritious and delicious food ideas and recipes for school canteens.

Cooking for Plenty
National Heart Foundation
www.heartfoundation.com.au

Kids in the Kitchen Cookbook
www.chdf.org.au

Tooty Fruity Canteen Manual

Fresh Tastes Manual
NSW Health
www.health.nsw.gov.au

Resources for school canteens on food safety

Looking after Our Kids – National School Canteen Food Safety Project
www.health.gov.au
Telephone: 1800 020 103
An easy-to-follow video and handbook resource, designed for schools to help them understand and comply with the Food Safety Standards. Developed by the Federation of Canteens in Schools (FOCiS) and funded by the Australian Government Department of Health and Ageing, the resource was distributed to all schools in Australia in 2002. For more copies, please contact the Australian Government Department of Health and Ageing.

Management Sense, Food Sense: The Essential Guide for Food Service in Your School
Covers all areas of managing school canteens, including information on food safety and hygiene. Order from: www.tased.edu.au/tasonline/tsca/msfsform.htm.

Food Safety Matters
Offers online information on how to keep food safe at home, school and work, as well as downloadable Food Safety Matters resources including a teacher’s manual, a set of 26 illustrated student guides, seven colour posters and the video ‘A Case for Contamination’.
Every secondary school in Australia and Australian members of the Home Economics Institute of Australia (HEIA) were sent a complimentary copy of Food Safety Matters in March 2003, courtesy of the Australian Government Department of Health and Ageing. If your school did not receive a copy, an application can be made by completing the request form on this website. Extra copies may be purchased by filling out the order form on this website.

Manual produced by Queensland Health provides practical ideas to assist schools in creating a healthy, successful and safe canteen.