

Tasmanian School Canteen Association

Newsletter No: 33



Please circulate to: Canteen Manager/Committee, Principal / Home Economics Department, Health & Wellbeing Team, School Assn / School Council / Administrator

June 2008

Cool CAP Staffing

Maria Scanlon the Cool CAP Project Officer for the North/North West commenced work on 25 February. Maria has been very busy working with Nth/NW schools to complete their accreditation.

Alison Ward (Project Dietician Nth) has gone on maternity leave for a year. Congratulations to the Ward family on the safe arrival of Dougal. We are please to welcome Tracey Tasker who is the new Project Dietician in the North/North West. Tracey brings a fresh view of the program and her skills and experience in health

and nutrition have already proven invaluable. Maria and Tracey are both highly motivated and "passionate" about the Cool CAP program and will be an asset to the Cool CAP team. For more information and assistance with the Cool CAP Program contact Maria Scanlon North/North West and Alison Le Bis in the South (contact details are at the end of the newsletter)

Both Tracey and Maria are new to Cool CAP but with the "redevelopment" of Cool CAP the whole team is on a "steep" learning curve and feel "new".

New to Cool CAP Maria Scanlon

I commenced work as Cool CAP Project Officer for the North/North West in February this year and I have to say I am enjoying the job immensely.

I feel very fortunate to be able to work in a field that I am passionate about. My interest in food and the practical aspects of nutrition, led me, as a mature age student, to undertake a Bachelor of Applied Science in Home Economics. Prior to joining the Cool CAP team, I spent 6 years with the Heart Foundation, based in Launceston during which time I worked predominantly in the area of health promotion and practical nutrition education. The practical nutrition education aspect of my job focused on talking to the community about the selection, use, preparation and cooking of healthy foods.

It goes without saying that my interests lean towards 'foodie' pursuits, such as cooking, food history & culture and recipe development. Since moving to Tasmania from Melbourne 10 years ago, I have also become quite an avid gardener and like to spend as much time as I can outside pottering about in my kitchen garden and mini orchard.

I have already met many enthusiastic Canteen Managers, teachers, parents, volunteers and school staff who are all working hard towards attaining accreditation in the program. I look forward to strengthening these partnerships as



well as forging new ones with other school communities in the North and North West of the state, through which we can work together to promote healthy eating.

Maria Scanlon Cool CAP Project Officer Nth/NW

TSCA Website

Have a look @

www.tascanteenassn.org.au

Due to the Cool CAP Program redevelopment the TSCA website has just been updated. You can download and print or save the complete Cool CAP Kit.

TSCA Meetings upcoming dates

(Please put in your diary)

TSCA Board Meeting - All welcome

When – Thursday 4 September 2008 – From 3.15pm – 4:30pm

Where – The McDougall Building 1st Floor Meeting Room 2

TSCA Board Meeting

When – Thursday 6 November 2008 – From 3.15pm – 4:30pm

Where – The McDougall Building 1st Floor Meeting Room 2

Cool CAP Update



At the end of Term 1 2008 there are a total of 123 schools participating in Cool CAP up by five since the February 2008 newsletter. Of those 123 (57%) schools; 41 canteens are accredited and 82 participating (working towards accreditation) in Cool CAP. The five new Cool CAP participating schools in Term 1, 2008 include: Geeveston District School; Geilston Bay High; Invermay Primary; Springfield Gardens Primary and Corpus Christi Primary.

Four schools were "accredited" to the Cool CAP "Family" in Term 1. Congratulations to Scottsdale Primary (BRONZE); West Launceston Primary (BRONZE) Lilydale District (BRONZE) and St Patrick's College who received SILVER Accreditation.

Canteen staff "Get Together" and Workshop

On Monday morning the 12 May a small group of Canteen Managers in the Huon/Channel district got together at Margate Primary School to swap recipe ideas, look at the new food section of the kit and exchange ideas, share frustrations and ask questions.

As part of their networking the group decided they would like to visit each others canteens. A tour of the canteens is being arranged during Term 2.

A list of names, numbers and email addresses was put together and will be circulated to the

Canteen Managers to enable future networking within the group.

The Cool CAP team is hoping to facilitate more of these group meetings through out the state during Term 2 & 3. If you would be interested in attending a workshop please contact the TSCA office or your regional Cool CAP Project Officer.

Alison Le Bis Cool CAP Project Officer South

Canteen Staff Training Needs

The TSCA would like to know more about your training needs and interests. This will help us to plan workshops that better meet your needs. In order to do this we have enclosed a questionnaire that we would like you to answer.

It won't take long to fill out (we know how busy you all are). All responses will remain confidential and no school or person will be identified.

Please post back to the TSCA (details on questionnaire).

If you return your questionnaire by the 1 August you will go in the draw to WIN one of 10 apple peeler/corers (donated by Fruit Growers TAS).



**Fruit
Growers
Tasmania Inc**

St Patrick's College gains SILVER!!!



Keri Sidney receiving St Pat's SILVER Cool CAP Award from Maria Scanlon

Congratulations to St Patrick's College in Launceston for achieving SILVER in Cool CAP. The canteen offers healthy meals, snacks and drinks. Keri Sidney, the canteen manager, promotes the canteen through tasty and gourmet style meals, such as, sushi, honey soy chicken and rice, pasta dishes such as spanish rice and spaghetti bolognese, all of which are made on the premises.

Keri has managed to turn the canteen around by increasing the variety and number of healthy food choices in the canteen. She has initiated the changes with the assistance of her dedicated canteen staff and volunteers which includes parents and senior students. Keri said, "Without the help of these people it would be really difficult to serve everyone. We have 1500 people on campus, and the majority enjoy the healthier food options".

Maria Scanlon Cool CAP Project Officer Nth/NW

West Launceston gains BRONZE!!

Congratulations to West Launceston Primary School for achieving BRONZE in Cool CAP. The canteen manager, Debbie Braune, together with the canteen committee and canteen volunteers, have worked hard to offer healthy meals, snacks and drinks. Debbie offers fruit, vegetables, breads, lean meats and dairy foods everyday. Also the canteen does not offer soft drinks or high sugar cordials and mineral water.

The school community is embracing healthy food and using some fun and innovative methods to promote healthy food choices. A great marketing activity undertaken was to link the canteen in with the school sports day, by creating survival packs for the students.

Maria Scanlon Cool CAP Project Officer Nth/NW



Debbie Braune the Canteen Manager at West Launceston Primary receiving their Bronze Cool CAP Award

The Cool CAP Program review.

The Cool CAP Project team have been very busy in the past two months finalising the update of the Cool CAP program. It is more than a review with the whole program being "redeveloped" to make it more user friendly. The "updated" Cool CAP kit is now being used in participating schools.

Positive Changes to the Cool CAP program

To attain accreditation schools will need to attain a high standard in all the sections of the program, which include; Canteen Guidelines and Procedures; Food Safety; The Canteen and the Classroom and Marketing Your Canteen.

Section 3 – Foods Sold in the Canteen is the only section which has the three levels of BRONZE, SILVER and GOLD.

Section 1 – Canteen Guidelines and Procedures has been written up in template form. Schools only need to delete the information that is not relevant to them. This template will produce a GOLD standard policy. It

covers all areas of the Canteen. This format should make this section of the kit much easier to obtain and create the same standard in schools Tasmania wide.

Section 2 – Food Safety and the Canteen explains that all school canteens have to meet the same high standards to be accredited for all levels. There is no FoodSafe Plus needed for GOLD. We hope this will make the process less complex and the level of GOLD is seen as attainable. This is very exciting as in the past there were three levels BRONZE, SILVER and GOLD. Many schools did not aim for GOLD as FoodSafe Plus was viewed as too difficult and time consuming. We look forward to working with more schools towards GOLD!!

Section 3 – Foods Sold in the Canteen still has the three levels of accreditation – BRONZE, SILVER and GOLD. To move from one level to the next eg: BRONZE to SILVER the canteen menu will need to change by:

- Increasing the availability of GREEN foods and drinks (everyday foods) on the canteen menu;
- Limiting the number of AMBER foods and drinks (select carefully foods) on the canteen menu and where practical adding fruit and vegetables to these foods; and,
- Reducing the number of RED foods

and drinks (occasional foods) on the canteen menu and removing these foods by GOLD level accreditation.

The Cool CAP team will assess your canteen menu at the beginning of the Cool CAP process to allow canteens time to implement any changes early in the process.

Section 4 – The Canteen and the Classroom This section has been updated to assist teachers to link the canteen and the classroom activities with the Health and Wellbeing curriculum. The classroom activity ideas are divided into Standards (eg. Kinder – Year 1; Year 1 – Year 4 etc). Each classroom activity is linked to one or more areas of the curriculum (literacy; thinking; numeracy and information communication technologies). The classroom teachers need to complete and present, with the schools Cool CAP application, three different classroom activities (one a term) with evidence (surveys; artwork; photos)

Section 5 – Marketing the Canteen has many ideas which will assist the Canteen Manager to promote the canteen. The Canteen Manager needs to complete and present, with the schools Cool CAP application, three different marketing activities (one a term) with evidence (newsletters; artwork; photos)



Cool CAP Product List

The Cool CAP team have put together a Cool CAP Product List. The list contains products that are either GREEN (Everyday foods) or AMBER (select carefully foods) that are available from Tasmanian distributors. The products have been accessed using the FOCiS criteria.

The Cool CAP product list will reduce confusion and make the sourcing of approved products easier.

For a copy of the new Cool CAP Product List, please contact your Cool CAP Project Officer or the TSCA Office, we can then post or email you a copy.

The Cool CAP Product List is also on the TSCA website www.tascanteenassn.org.au.



WIN Prizes!!
If you pay your TSCA Membership early



If you pay your TSCA membership for 2008-2009 by September 30 2008 you will go in the draw for one of the following great prizes.

- A Furi clean cut hygienic board system (RRP of \$89.95) Donated by Medhurst Equipment Services
- One of 3 apple peeler/corers (RRP \$80) Donated by Fruit Growers TAS
- Or a vegetable knife set (RRP \$13.95)

Please pay your TSCA membership fee ASAP (it is only \$40 pa) as the TSCA has limited funds and the membership fee assists with producing the TSCA newsletters which is sent out three times a year. The Cool CAP Project Officers will also be following up with non members during school visits.

Any new participating schools who become TSCA members from April 2008 to June 30 2008 will be receipted for the 2008-2009 financial year.

Your TSCA membership is due as of the 1 July 2008

The 2008-2009 TSCA membership form is included as an insert in this newsletter. **You can't miss it is blue!!**

Go Grains 4+ serves a day

Healthy Eating Recommendations



Australian Dietary Guidelines for children, adolescents and adults specifically recommend that we 'eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain'.

Most active children and adults need 4+ serves of grain-based foods each day. The plus '+' means more than four serves are in most cases recommended. Four serves are regarded as the 'minimum' daily number for good health and wellbeing.

Grains in a healthy diet

Grains such as wheat, oats, rye, barley, millet, rice and corn are used to make a wide range of foods including, bread, crispbreads, crackers, ready-to-eat breakfast cereals, muesli, porridge, rice, pasta, noodles and couscous. These foods contribute many nutrients to our diet including energy-giving carbohydrates, dietary fibre and protein. They are generally low in fat and provide good sources of B-group vitamins, vitamin E and many minerals.

Wholegrain varieties are especially nutritious as they contain all the goodness of the grain including the bran, germ and endosperm. The bran and germ contain many beneficial components including fibre, vitamins, minerals and protective substances such as antioxidants and phytonutrients. A diet high in wholegrain foods can protect against heart disease, diabetes and some cancers and can also assist long term weight control.

It is for this reason that wholegrain foods are top notch within the nutritional ranking of grain-based foods. Examples of wholegrain foods include mixed-grain and wholemeal breads, wholegrain breakfast cereals, rolled oats, brown rice and wholemeal pasta.

Very Veggie Pasta

Ingredients:

- 1½ tablespoons oil
- 1 onion
- ½ leek
- 1 stalk celery
- 2 zucchini
- 2 red capsicum
- ¼ small butternut pumpkin or 1 med sweet potato
- 1 litre canned tomatoes or bottled tomato puree

- Roughly chop all vegetables
- Heat oil in large saucepan over medium low heat
- Add leek, onion, celery, zucchini & capsicum
- Cook with lid on for 10 minutes, stirring occasionally
- Add pumpkin or sweet potato and cook 5 minutes
- Add tomatoes and simmer over low heat for 25-30 min, stirring occasionally
- Remove from heat and blend with a stab blender until smooth
- A processor or blender can also be used, but ensure mixture is cooled before pulsing
- Adjust texture with water or a little tomato puree if too thick
- Can add chopped chicken or tuna and add cheese
- Freezes Well.

"Can't make enough of it, it just walks out the door. The students don't even know it is full of vegies. I just market it as Pasta" – Amanda Burbury Geilston Bay High



From the 'Patch'

Hi, I am Michelle Fletcher the new Family Food Patch Project Officer for the next 12 months. I come from a teaching background so I am very familiar with the wonderful world of school canteens.

School canteens are becoming more aware of the items that they are selling to kids and the opportunities they have to pass on the 'healthier option' message. Children's canteen choices make a world of difference to the rest of their day.

What about thinking of innovative ways to get students to 'test' new foods? (Sesame Street had a game show the other day called 'Meal or no Meal' where contestants had to choose whether foods on a plate were meals or not – chocolate biscuits, lollies, or peanut butter sandwiches, an apple and milk.). Find out what nutrition programs your teachers are running and see if there are ways the canteen can work in partnership. All the little changes go towards healthier little bodies 'Till next time...keep up the good work. Cheers, Michelle Fletcher.

Family Food Patch is a peer education program run by the Child Health Association of Tas. in partnership with Eat Well Tas and the Community Nutrition Unit. Family Food Patch Educators – 'Parents helping parents to have healthy, active Kids!' For more info contact us at: familyfoodpatch@iprimus.com.au

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