

Tasmanian School Canteen Association

Newsletter No: 30



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

June 2007

TSCA Membership

Well it is that time again. The year has gone so quickly!! Your TSCA membership is due as of the **1 July 2007**. Remember that your school needs to be a TSCA financial member to receive the member's price to attend the TSCA Workshops and Food Expo on **Saturday 11 August & Sunday 12 August 2007**.

Also thanks to Fruit Growers Tasmania who have generously offer an "apple slinky" to all schools who become New Members of the TSCA (limited to the first 50 new schools).



Fruit Growers Tasmania Inc

- If your school is working towards Cool CAP Accreditation you need to be a financial member of the TSCA.
- Please send in your TSCA membership renewal or application form to the TSCA asap. The 2007-2008 TSCA membership form is included with the handouts in this newsletter.

You can't miss it is blue!!!



Cool CAP Update

It has been amazing the amount of interest schools have shown in Canteen Accreditation in the last year. We now have a total of **85 schools** participating in Cool CAP. As well there are **31 accredited canteens** which include **13 canteens** that are under review.

Congratulations on achieving Cool CAP accreditation!!!

To **Taroona High**, who are the first currently participating Government Secondary School to achieve SILVER accreditation (March 2007), closely followed by **Bridgewater High** (April 2007). Congratulations also to **Somerset Primary** who has achieved SILVER accreditation and **Rosetta High** and **Mowbray Primary** who have achieved BRONZE accreditation.

Mowbray Heights Primary BRONZE Award presentation

Mowbray Heights Primary is one of a growing number of schools who are committed to promoting healthy food choices through their canteen. Mowbray Heights Primary was presented with their BRONZE Cool CAP Award at a school assembly on May 2, 2007.

Mowbray Heights Primary canteen is embracing healthy food and using some fun and innovative methods to promote healthy food choices. The canteen manager Christine Simirenko has managed over the past two years to turn the canteen around. Christine's focus has been on increasing the variety and number of healthy food choices.

The canteen offers a full range of healthy meals and snacks supplemented by regular meal deals. Christine is a wiz at marketing the canteen with meal deals and specials as well as regularly contributing to the school newsletter. The canteen promotions are very popular and are well supported by the students and staff.



BRONZE Award for Rosetta High

Rosetta High was presented with their BRONZE Cool CAP Award at a school assembly on May 2 2007. Achieving accreditation is a huge achievement particularly for a High School. The canteen manager Christina Saddler has managed to turn the canteen around by increasing the variety and number of healthy food choices in the canteen. The canteen is also self supporting. Christina has initiated the changes with the assistance of her dedicated canteen staff, volunteer Helen and student helpers.

Christina and the canteen committee completed all the work for BRONZE accreditation by December 2005. Already to go!! With just the Environmental Health Officer needing to inspect the site but it became clear that the canteen needed renovating to meet Food Safety Standards. The EHO and Christina as well as the school community worked very hard over the past year to get the canteen re built to such a high standard.

The canteen is now complete and is a welcoming, modern and brightly coloured area with modern facilities for the schools students and staff to enjoy. The canteen is a credit to all involved in the process of renovation and Cool CAP Accreditation.

Continued on page 2



Cool CAP Update



Continued from page 1

A Friendly Reminder!!

A reminder to those school canteens that are **Under Review** please send in your update Cool CAP application asap so that we can assess your canteen for re' accreditation. If you need assistance with the Cool CAP process please call the TSCA office on 6223 8023

Before sending in your Cool CAP application please make sure that you have completed all the sections and have taken particular care to include evidence eg: examples of class work, posters; and photos in the areas of **Marketing Your Canteen** and the **Canteen and the Classroom**.

It is important that you have a final visit from your Cool CAP Project Officer, so when you are nearly there contact Glenys or Alison and they will arrange to visit to go through your application before it is sent off for assessment.

Well done to all those schools committed to working towards canteen accreditation, we are aware of your workloads and really appreciate the effort that schools put into complete the Cool CAP process. When you need assistance with the accreditation process please contact Robyn Davies TSCA Project Manager 6223 8023.

Cool CAP is jointly funded by the Department of Education and the Department of Health and Human Services

The Tasmanian School Canteen Association
invites you to its

Food Expo & Workshops 2007

For all those interested in healthy eating at school.

When: Saturday 11 August
& Sunday 12 August 2007

Where: Wrest Point Casino Sandy Bay Road Sandy Bay

Time: Sat 11 August 12.30-4.30 pm
Registration from 12.00pm. Workshops from 12.30pm
Food Expo Sun 12 Aug 9.30-1.00pm

Cost: Only \$30 for TSCA members to attend this important event (see registration form).

At the workshops on the Saturday there will be some great ideas to assist canteen staff and teachers.

There will be displays of innovative ideas from School canteens.

Displays and information from organisations and projects such as Fruit Growers Tas; Eat Well Tasmania.

Food Expo:
Sunday 12 August 9.30-1.00pm
Sampling & displays of healthier recommended & registered canteen products.

For more information contact Robyn Davies on 6223 8023

TSCA Website Upgrade



The TSCA Website has been updated. We have had a lot of positive feedback re' the website.

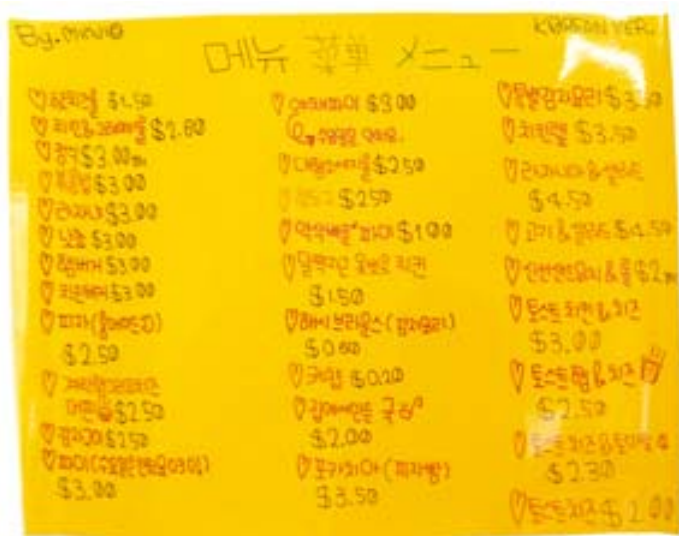
Have a look @

www.tascanteenassn.org.au



You will find loads of information on the Cool CAP or fact sheets on menu and snack ideas or resource information. Email us and let us know what you think of our new look website rdavies@tascanteenassn.org.au

Canteen and the Classroom ideas from Tarooma High School



The canteen menu written in Korean.

- A member of the SRC was invited to join the canteen committee. She decided to do some research around a healthy canteen and consulted with student leaders. She presented this policy adopted by the SRC to the canteen committee. Some of her ideas are below.

Foods recommended be available daily at Tarooma High canteen include:

- Grade 8 students studied the importance of eating a wide range of vegetables in the diet. The canteen followed up with a series of meal deals over three weeks, including stir fry noodles, veggie curry and a veggie burger. Students in the Home Economics classes made posters to advertise these meal deals to be displayed at the canteen. The Asian language teacher worked with the students to produce the menu in Korean and Japanese. These students were native speakers and are part of the schools International Student Program.
- The French classes in their celebration of Bastille Day drew posters and French flags to decorate the canteen. The students wrote out the Bastille Day meal deal in French to be displayed at the canteen. The canteen manager in consultation with teachers devised a meal deal for Bastille Day - Quiche and salad, and choc au late.
- During Diabetes Week all home economics classes studied diabetes. The canteen followed up with a meal deal promoting low GI foods.
- Sandwiches/rolls/pita and mountain bread with a variety of nutritious fillings (salad vegetables, lean meats, chicken, cheeses avocado, humus, chutney, peanut butter, vegemite); Toasted sandwiches/jaffles with a selection of the above fillings.
- Muffins, scones or fruit loaf
- Healthy breakfast cereal.
- Pita pizza with tomato, cheese and vegetable toppings.
- Pasta and noodles; Rice dishes, steamed/fried rice; Pilaf with meats or vegetables (catering for halal and kosher requirements); Felfel rolls.
- Baked beans, bean salad; Soy products; Omelettes, hard boiled eggs
- Vegetable sticks with yoghurt, humus, dips, cheese, peanut butter; Salad tubs (eg tabouli, coleslaw, greek salad)
- Baked potatoes with a variety of nutritious fillings (baked beans, corn kernels, sour cream), Corn on the cob; Celery sticks with cheese or peanut butter filling; Soups;
- A variety of fruits, including cantaloupe, watermelon, mandarins, apricots, figs and mangos.

TSCA Workshops and Food Expo

Well the TSCA Workshops and Food Expo are fast approaching. The TSCA and the Cool CAP team are very excited. We are gearing up for the Cool CAP conference and Food Expo!!

When?? Saturday 11 August and Sunday 12 August

Where?? at Wrest Point Casino.

It is will be held over the weekend. We have listened to canteen managers who said it is too difficult to get away from the canteen during the week and so much was missed when everything was on the same day. That is why we have changed the format so that you will be able to enjoy and participate in the workshops on Saturday afternoon and enjoy the Health Food Expo at your leisure on the Sunday morning.

The TSCA Workshops start on Saturday 11 August from 12.30 pm until 4.30 pm.

The Food Expo is on Sunday 12 August from 9.30 until 1 pm.

Get in early and book your tickets. If you book and pay before 30 June you will go in the draw for a great prize!!!

A school registration form is inserted with this newsletter – **It is yellow!!!**

Food Companies have been emailed and mailed out a registration form. The Early Bird price for companies can save you money. Also as sites are limited you are sure of getting a site if you book and pay early. For more details contact Robyn Davies TSCA Project Manager.

TSCA Registered Product List June 07

The updated Tasmanian Registered Product List June 2007 is an insert with this newsletter. Please replace the February 2007 list and use the June 2007 list in conjunction with the FOCiS May 2007 Registered Product list.

What's happening with **Wicked Vegies?**

In March this year, International Celebrity Chef Curtis Stone gave generously of his time to launch and support Wicked Vegies.

Highlights from the trip

- The Wicked Vegies Master Class with students and Home Economics Teacher Rita Cawley from Riverside High School, Launceston, Tasmania
- Wicked Vegies Book Signing at delicacy Launceston
- Wicked Vegies Cocktails with Curtis at delicacy Launceston
- Book Signing at Fuller's Bookstore Hobart.

Background to the visit

Riverside High School is a co-educational school and is situated on the outskirts of Launceston. Home Economics teacher Rita Cawley is the key driver of Wicked Vegies and heads a working party that implements Wicked Vegies in the school. Rita works with years 7-9 students promoting healthy eating and fresh produce.

The Riverside High Master Class with Year 9 students was a great success with Curtis quickly engaging the students and using the session to share cooking skills and promote cooking at home and enjoying local produce. After the formal session, Curtis interacted with students as they prepared their own BBQ Zucchini recipe from Curtis' cook book. Finally, everyone enjoyed their finished products as an informal lunch gathering.

Curtis' friendly style and sense of humour were a great hit with all. The principal commented that the students had found Curtis inspiring. The visit resulted in positive media with ABC radio Drive Time and a front page pointer and articles and photographs (pages 2 and 5) in The Saturday *Examiner* Launceston.



Curtis Stone, celebrity chef, promoting class food preparation and healthy eating to keen Riverside High students. Afternoon book signing 3.00-4.00pm delicacy.

delicacy is a gourmet delicatessen and catering business in the heart of Launceston. The manager, John Roddick, provided a perfect atmosphere and delicious fruity cocktails and platters of fresh Tasmanian produce for the book signing. Jean Dalglish, from The Cancer Council Tasmania, welcomed everyone and introduced Curtis. The afternoon book signing was a successful event with patrons having the opportunity to meet Curtis and hear first hand his passion for food and fresh local produce.

Cocktails with Curtis *delicacy*

The Farmers and Graziers Association (TFGA) hosted the event, later in the day, and *delicacy* once again, provided delicious refreshments. Denis Leonard, representing TGFA, welcomed everyone. The Cancer Council Tasmania CEO Lawson Ride, introduced Curtis and his work to the admiring crowd.

This event provided an opportunity to profile the success of Wicked Vegies and the partnerships forged with Eat Well Tasmania, Department of Health & Human Services (Community Nutrition Unit), Department of Education, Heart Foundation (Tasmania Division) and the Home Economics Institute of Australia (Tasmania).

Where to from here?

The visit was a mutually beneficial exchange. Curtis was an exemplary Wicked Vegies supporter and expressed an interest in returning to Tasmania and working with the project in the future. Given his very demanding workload this may prove a challenge, however, the aftermath has created an upsurge of interest from schools, growers and programs state-wide.

Glen Paley

Wicked Vegies Project Officer

Kay Gunn

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Thank you

The Cancer Council Tasmania wishes to thank Curtis for his time and support for Wicked Vegies and others: Riverside High School, Fullers Bookstores, TFGA (Vegetable Council), *delicacy*, AVIS, Peppers Seaport Hotel Launceston and Henry Jones Art House Hotel Hobart, Anthony Dalglish and Novaros Restaurant Launceston.

Family Food Patch Project



The Family Food PATCH project, supported by the Child Health Association, Department of Health and Human Services and Eat Well Tasmania started in 2001 and has been run in 20 communities throughout Tasmania.

Parents and community workers undergo a short training course in nutrition and physical activity for children and are then supported to work in the community to improve children's health by talking to other parents, working with schools, playgroups and other community groups or manning stalls at community events. Over 140 volunteers have already been trained throughout Tasmania and have found the training to be *'brilliant'*. *'The instructors were great and approachable and it was made easy and interesting'* said one parent who completed the training. For many educators the training has *'increased their skills and confidence'* and for some it has been a *'life impacting experience'*.

Many educators have been involved in assisting their school canteens attain accreditation or have been able to provide advice to canteen managers about healthy menu options.



Good Bye and Good luck to Dorothy McCartney

Many educators will have been trained as educators by Dorothy McCartney, dietitian with the Community Nutrition Unit. Dorothy was the creative mind behind the development of the Family Food PATCH Program and was responsible for developing the training manual and many of its resources. After 6 years associated with the project Dorothy has left the community nutrition unit and started a new job as Planning and Evaluation Consultant with the Department of Population Health.



Christine Minchin, State Coordinator Child Health Association presenting Karyn Wagner with her certificate at the completion of training in Chigwell.

What's happening in 2007?

We have completed a Family Food PATCH training program in Chigwell, Hobart.

Training is planned for Oatlands starting in May, Launceston in June/July and Ulverstone later in 2007.

Resources Available

On completing the training educators have access to a range of resources including:

- The Lunchbox Dilemma Display Kit
- Snacking Kit
- Physical Activity Display Kit

A range of other resources are also available to educators.

Child Health Association celebrates 90 years



With thanks to Christine Minchin, State Coordinator of the Child Health Association, for providing the details of the history of the association.



The Child Health Association (or Child Welfare Association as it was then known) held its first meeting in September 1917.

A group of women met in response to concerns about the high infant and government of the day to appoint the first child health nurse in Tasmania. The committee found rooms in Macquarie Street and the first child health clinic was held in February 1918. In the first 6 months the nurse saw 433 mothers and made 566 home visits!

Since then the Child Health Association has continued to advocate for better health services for families in the Tasmanian community as well as supported the work of child health nurses throughout Tasmania. During 2007 the Child Health Association, in association with Child Health Nurses, will be holding activities across the state to celebrate 90 years of their shared history.

For those working in the area of health promotion today it is timely to reflect on the importance and effectiveness of advocating for better health outcomes, particularly for those more vulnerable members of our society.

All Family Food Educators become members of the Child Health Association on completing their training. We are pleased to be involved with an association with such an amazing history and hope to continue the work of the women of 90 years ago and become local champions for good nutrition and physical activity for Tasmanian children and families.

For further information please contact:
Kim Jose, Project Office, Family Food PATCH, Phone: 6224 9198
Email: familyfoodpatch@iprimus.com.au



Registered Product List June 2007

Please replace your FOCiS February 2007 RPL with the latest updated version (an insert in this newsletter). We often hear from canteen managers that they can't source the Registered products. As you can see we have more Tassie distributors added to our list since February 2007.

Please note that all new companies and products are in Italics. Thanks again to Karen our amazing volunteer who has typed in the Tassie contacts again which is a huge job!! We will update the Tasmanian contact details each term on the latest FOCiS registered product list.

Local Council Food safe contact list

After consulting with canteen managers many didn't know what was available from their local council in the area of Food Safe training resources and advise.

Karen our hard working volunteer rang every council in the state to get this information as well as contact person details. We hope this assists you in the area of Food Safety.

Refer to insert for the full Food Safe and Your Local Council list.



Canteen staff at Roseneath Primary preparing fruit plates and healthy wraps – being Food Safe.

TSCA meetings upcoming dates

Please put in your diary

TSCA July 2007 Meeting

When – Monday 2 July 2007; From 3.15pm – 4:30pm. Followed by afternoon tea.

Where – the McDougall Building
1st Floor Meeting Room 2.

TSCA & Cool CAP Workshops and Food Expo

When – Saturday 11 and Sunday 12 August 2007

Where – Wrest Point Casino Hobart
(Refer to article and inserted registration form for more details)

TSCA September 2007 Meeting

When – Monday 3 September 2007; From 3.15pm – 4:30pm. Followed by afternoon tea.

Where – the McDougall Building
1st Floor Meeting Room 2.

TSCA November 2007 Meeting

When – Monday 5 November 2007; From 3.15pm – 4:30pm. Followed by afternoon tea.

Where – the McDougall Building
1st Floor Meeting Room 2.

TSCA Christmas Dinner All Welcome

When & Where – Date and venue to be confirmed in September newsletter.

TSCA contact details:

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