

Tasmanian School Canteen Association

Newsletter No: 36



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

June 2009

TSCA Mail out trial

The TSCA has decided to continue the trial this term, of sending the TSCA Newsletter to the Secretary of all School Associations. As it increases our costs markedly, we need your feedback to decide whether to continue sending the newsletter out to the School Associations.

NEW Norfolk Primary wins GOLD!!!

New Norfolk Primary achieved a Cool CAP SILVER Award only eighteen months ago. With a lot of hard work from Vanessa Triffitt the Canteen Manager and Anna Viney the Ass. Principal they achieved the GOLD Award. We presented New Norfolk Primary with their GOLD Award at a school assembly at the end of Term 1.

Well done to the whole school community for supporting the canteen on their journey to GOLD.



Vanessa Triffitt the Canteen Manager at New Norfolk Primary proudly hold their GOLD Cool CAP Award

Clarence High is awarded BRONZE!!!

As we all know it can be difficult to encourage secondary school students to eat healthy foods. Clarence High school has taken a huge step in that direction by achieving BRONZE accreditation with Cool CAP.

A small but dedicated committee including Cassie Thurstan (CM); Nina Brown (Parent Assoc rep) and Marcelle Watts (the principal) worked hard to achieve BRONZE. We hope this is the first step towards an even healthier canteen. Well done Clarence High.



Cassie Thurstan CM of Clarence High with their BRONZE Cool CAP Award



Cool CAP Update

As of mid June 2009 there were a total of 110 schools participating in Cool CAP. Of those 47 canteens are either accredited or under review (in the process of changing over to the "redeveloped" Cool CAP).

There are also 63 schools participating (working towards accreditation). All schools are now working with the "redeveloped" CAP program.

A new school have been "accredited" since the February newsletter and join the Cool CAP "Family". Congratulations to Albuera Street Primary who achieved GOLD!! What an amazing achievement. Also another amazing achievement; two of our under review schools have achieved GOLD, congratulations to Mount Nelson Primary (SILVER to GOLD) and New Norfolk Primary (SILVER to GOLD).

We look forward to presenting Albuera Street Primary and Mount Nelson Primary with their GOLD Cool CAP Award and \$200 cheque during Term 2.

If you would like information on Cool CAP please call the TSCA office or rdavies@tascanteenassn.org.au

Robyn Davies TSCA Project Manager

TSCA Website

Go to www.tascanteenassn.org.au

The current Cool CAP Product and Distributors List (June 2009) and TSCA Newsletters including this issue can downloaded from the TSCA website.

All the sections of the Cool CAP are in PDF format except for Section 1 - The Canteen Guidelines and Procedures. It is a word doc, so that you can make changes to the policy document to "tailor it" to your own school's canteen needs.



Olivia McQuestin – Senior Advisor Food Safety
Department of Health & Human Services

Proper hand washing will reduce the chance of transmitting disease-causing microorganisms, such as bacteria, viruses, and other agents, to people who eat the food you handle.

- Wash your hands with soap and warm water and don't forget the backs of your hands, wrists, between your fingers and under your fingernails. Immediately after washing, thoroughly dry your hands. Touching surfaces with moist hands encourages germs to spread to the surface of your hands.
- Wash and dry your hands:

Before

- Commencing work activities
- Handling any food, and

After

- Handling raw food
- Handling garbage or cleaning
- Using the toilet
- Blowing your nose, coughing or sneezing
- Touching your ears, nose, mouth or other body parts
- Every break

When wearing disposable gloves, change them as regularly as you would wash your hands. Wash and dry your hands before putting on gloves.



Mt Nelson students made soups, the tastiest soups were then added to the canteen menu.

The Canteen & the Classroom

Many schools have difficulty with this section of the Cool CAP.

This section is to be completed by teachers not the canteen manager.

Mount Nelson teaching staff created some innovative classroom activities that link to the canteen.

We would like to thank Mount Nelson Primary for sharing their canteen and the classroom activities.



Update on Food Combos

Food "Combo" is the term we are using to describe meal deals from Term 2, 2009. We have recognised that canteens use food and drink combinations in different ways. Some canteen managers like to offer meal "combos" to introduce a new food or drink. Others like to offer meal combos at a special price to increase sales.

The aim of this review was to allow increased flexibility within the program to offer a variety of food and drink combinations in your canteen service but at the same time promote healthier choices. Your meal combinations need to be based on **GREEN** foods and drinks.

It is also good to use seasonal produce as this can give you more value with what you offer; for example when pumpkins are cheap use them to make a soup and roll special. Meal and drink "combos" are also great to use as part of theme days or weeks. Giving your "combo" a fun name may also help sales particularly with Primary school aged children, for example a hot cheese roll and a milk shake could be called a "bone shaker".

Meal and drink combos can reduce the workload of canteen staff offering the food combination deal and only a limited selection of your regular menu items. This can help simplify the ordering process.

NO RED FOODS ARE TO BE INCLUDED IN MEAL "COMBO'S" FOR ACCREDITATION

This updated section of the kit is available to all schools as of the beginning of Term 2. If you are unsure of whether a Meal "Combo" you are using meets the criteria, please contact your regional Cool CAP Project Officer.

Maria Scanlon (Nth/NW)
mscanlo1@bigpond.net.au

Alison LeBis (South)
alebis@tascanteenassn.org.au

Alison Ward Project Dietitian (Nth/NW)

What Works in My Canteen!!

A chance to share your recipes; food ideas and marketing activities – please contact us via email or phone with your ideas to share.

Move Well Eat Well

Many primary schools working towards a Move Well Eat Well Award are linking up with the Tasmanian School Canteen Association to make sure they limit the "occasional" foods sold in the school canteen. A great step towards a healthier school environment.

Did you know, many Move Well Eat Well primary schools are also on the lookout for other times where "occasional" foods (meaning junk foods, snack foods, and party foods) creep into school events? This can sometimes be part of fundraising or other events like camps and sports days.

Parents, volunteers, canteen managers and other supporters of the schools community can play a

great role in helping schools find healthier options to replace these "occasional" foods. To help, an "Occasional" Food Spotter Tool is available from the Move Well Eat Well website to help schools track down times and places where healthy foods replace unhealthy ones.

We can also direct schools to a Fruitful Fundraising guide to assist schools to raise important funds without adding junk food to kids' daily intake.

Move Well Eat Well schools find the messages fun and positive, and the resources very handy.

For more information visit www.education.tas.gov.au/movewelleatwell or email movewelleatwell@dhs.tas.gov.au



Pizza was invented around 1600 in the south of Italy.

21st Century – The new era of pizza - A cone shaped pizza that offers the versatility to "eat on the move" an original fresh and tasty Italian pizza. Pizza can now be enjoyed anywhere and anytime, while walking or sitting; or at school for lunch or recess; no need for plates or cutlery. A healthy meal or snack for children and adults (two size cones available).

Kornet Pizza is all about the originality of pizza in a cone, the convenience of quality eating "on the go" and the authenticity of true Italian pizza while using significant less fat (in comparison with traditional pizzas).

The Kornet pizza cones and fillings were assessed by the Project Dietitian. The Cool CAP approved Kornet "hot option" fillings include Chicken supreme; vegetarian; turkey as well as a salad filling.

The Kornet pizza cones were trialled at Rosetta Primary during Term 1; where the Canteen Manager made her own hot and cold fillings. The pizza cones were a huge success with both students and teaching staff.

The pizza cones can be use with cold or hot fillings (need a purpose built oven tray which is available from Kornet pizzas). For cold fillings try different salad combinations or fruit salad topped with yoghurt or invent your own healthy filling.

Kornet pizza cones won the Eat Well Tasmania Kids award at the Taste of Tasmania 2009 for the best healthy option.

Kornet pizza cones and their "hot option fillings" are only available to Southern schools at this stage, to order contact: Mara Argys: 0404 275 634 or email: mara@kornetpizza.com.au.

Kornet pizzas product and contact details are also on the Cool CAP Product and Suppliers lists (June 2009) which are inserts in the newsletter or can be downloaded from www.tascanteenassn.org.au

GREEN; AMBER; RED Alert Workshops

During Term 1 workshops were held in the South; North and North West of the state. The aim of the workshops was to look at GREEN; AMBER and RED foods and how these food were placed on canteen menus.

Two workshops were held in the South during the term. Canteen Managers had the opportunity to participate in activities, assess their canteen menus and to network with other canteen staff.

The Cool CAP team asked the canteen managers questions in relation to the barriers and enablers to running a successful canteen. This information will be collated and used by the Cool CAP team to design future workshops.

The participants enjoyed the opportunity to meet up with other canteen staff as they don't often get the opportunity to share ideas and network.

Alison Le Bis Cool CAP Project Officer (Sth)

During Term 1 workshops were held in both the North and North West (Hillcrest Primary). The workshops were very well attended. We would like to thank the school principals for supporting the attendance of canteen managers at the workshops.

Canteen staff enjoyed the opportunity to network and share ideas with their colleagues.

The information gathered from the focus questions will assist in the development of future workshops.

Maria Scanlon Cool CAP Project Officer (Nth/NW)

Regional Workshops

A regional workshop will be run in the South in Term 2, on how to "GREEN UP" the canteen menu and Cool CAP approved products. All regional school canteen staff and principals will be notified in writing when the date and venue is confirmed.

Regional workshops will also be conducted in Term 3 or early Term 1 2010 in the North and North West of the state.

TSCA Meetings upcoming dates

TSCA Board Meeting

When – Wednesday 1 July 2009 - from 3.30pm – 4:30pm
Where – The McDougall Building 1st floor Meeting Room 2

TSCA Board Meeting

When – Wednesday 2 September 2009 - from 3.30pm – 4:30pm
Where – The McDougall Building 1st floor Meeting Room 2



Win \$2000 for your canteen!!!

National Healthy Bones Week has been a joint national initiative between Dairy Australia and Osteoporosis Australia for the past 14 years. Healthy Bones Week highlights the important role that calcium rich foods such as dairy play in the development and maintenance of healthy bones and the prevention of osteoporosis.

Your school can be part of promoting dairy and healthy bones by becoming involved in Healthy Bones Week and your canteen can also win great prizes.

Schools need to get the students thinking about why their canteen is the "best bone building canteen". The winning canteen receives \$2000!

There are still a number of Bones and Joint kits available. They are CD based education kits that have a range of educational activities (for young primary student through to lower secondary students) regarding healthy bones.

For a Bones and Joint kit or a promotional poster contact Tracey Parry Community Educator on 1800 242 141.



Cool CAP



Product List

The Cool CAP Product List, contains products that are either **GREEN** (Everyday foods) or **AMBER** (select carefully foods) that are available from Tasmanian distributors. The products have been assessed by the Cool CAP Dietitians using the FOCiS criteria.

The Cool CAP Product list also includes the contact details of Tasmanian food distributors. The Cool CAP Product List replaces the FOCiS Registered Product List and hopefully reduces confusion and makes the sourcing of approved products easier in Tasmania.

If you come across a product that you feel could be added to the list please contact the TSCA office and the Project Dietitians will assess it; as the Cool CAP Product list is only as good as the feedback and product information we receive from Canteen staff. A copy of the updated Cool CAP Product List (June 2009) is an insert in this newsletter.

TSCA Membership 2009-10 is due!!

Yes it is that time of year again!!! Time to renew your TSCA Membership 2009 – 2010 which is due as of the 1 July 2009. The cost is only \$40 for per school and \$60 for corporate members.

The 2009-2010 TSCA Membership form is included as an insert in this newsletter.

NB: Remember you need to be a financial TSCA Member to participate or are accredited with the Cool CAP.

Contact TSCA:

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