



Tasmanian School Canteen Association,

ISSUE 42

TERM 2, 2011

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June workshops P1

During the last week of June, the TSCA ran three 2 hour workshops around the State. These were held at West Launceston Primary, Sacred Heart Primary, Ulverstone and Moonah Primary, Hobart.

Lindisfarne P2

Primary School goes Gold!

Thank you to these three schools for providing such wonderful facilities and hospitality. Altogether, 54 canteen managers and one Assistant Principal attended the workshops. There were numerous messages delivered at the workshops. In particular;

Why food safety documents are important P2

- Nutritional aspects of the newly released National Healthy School Canteen guidelines
- The importance of reading nutritional information on product labels, and

Some take-home messages from the workshops were:

Great recipe ideas - including the requested apple crumble recipe p3

Children eat approximately one third of their daily energy intake while at school. A healthy school canteen menu provides students with a range of everyday foods that are needed for good health.

The school canteen can play a role in educating students about food and healthy eating and can assist with the development of life long healthy eating habits.

Seasonal Fruit and vegetables for August, September and October P4

Nutrition is known to affect children's performance at school and poor diets have been linked to lower academic performance and behavioural issues.

Newly Accredited and Reaccredited Schools p4



TSCA Launceston workshop June 2011. Keri Titley (St Patrick's College) Lisa Heaver (St Helen's DHS) Carleen Edwards (Invermay P) and Tanya Wood (Deloraine P).

June workshops - enlightening for all

Over the last two decades, overweight and obesity in children has increased steadily from around 10% in 1985 to 25% in 2009. Children who are above their ideal weight have an increased risk of being overweight or obese adults, which in turn increases their risk of a number of chronic conditions such as type 2 diabetes and heart disease.

Specific dietary habits have been shown to be predictive of weight gain, including poor intake of fruit and vegetables and high intakes of sweetened drinks. Both of these dietary trends have been shown in Australian children.

On average children are eating only 50% of the recommended intake of fruit and 30% of their recommended intake of vegetables everyday. In addition, children and adolescents have significantly higher energy intakes from sweetened beverages compared with other age groups.

Of concern is that sweet drinks are replacing milk in the diet of children, resulting in low calcium intakes. In fact, 70% of children in the 12-13 year age group have been shown to have calcium intakes below the recommended level.

Therefore the Cool Canteen Accreditation Program has a focus on encouraging;

GREEN menu items such as breads and cereals, fruit and vegetables which are naturally low in energy, fat and sugar and high in nutrients.

The 'greening up' of menu items by adding fruit or vegetables.

The inclusion of a reduced fat plain or flavoured milk drink (with a suggested serve size of 375mL or less) on the menu.

The TSCA will be providing more workshops in the future and have taken on board the suggested topics received from the canteen managers. The TSCA is planning to hold two workshops per year with an emphasis on sharing recipes, ideas and best practice in a range of topics. We are planning workshops in October, 2011. See page 4 for dates. The TSCA is also planning to hold an Expo during term 1, 2012.

LINDISFARNE Primary GOES GOLD!

SCHOOL FEATURE

Congratulations

Lindisfarne
Primary School

This year has been a big one for Lindisfarne Primary School's canteen. Following much hard work from the canteen and school staff, the school was recently awarded their **GOLD Cool Canteen Accreditation certificate!** This is a particularly outstanding achievement as the canteen is operated by the Parkside Foundation, an organisation which provides a range of services for people with intellectual disabilities. These include prevocational and life skills training, leisure and recreational services.

Over the 2 days that the canteen operates, it generally employs 4 of Parkside's disabled clients, who are assisted by 3 Parkside staff, including Canteen Manager, Janine Wedge, Catherine Walker-Hill (both pictured) and Vanessa Sullivan. The process is coordinated by teacher Kel Innis. The canteen also encourages students to be volunteers in the canteen.

The clients and student volunteers learn a huge range of skills, and gain valuable experience in areas such as customer service, money handling, administrative procedures, food preparation, cleaning, health and hygiene procedures. The partnership with Parkside clients provides a valued service to the ongoing operation of the canteen, appreciated by students, parents and staff alike.

The involvement of the Parkside clients also provides an opportunity to break down some barriers and foster an appreciation amongst young students of the important role that people with disabilities play in the school community.

TSCA staff visited the school to present their **GOLD** certificate at their school assembly. Some Grade 6 students led the assembly and TSCA staff were impressed with the students eloquent presentation and their knowledge of the Cool Canteen Accreditation Program.

Well done to everyone involved in the school's canteen, and the Cool Canteen Accreditation Program, and congratulations on your ongoing commitment to having healthy food in your canteen!



L to R :Kel Innis, Laura Martyn, Catherine Walker-Hill, Emily Fewkes, Kristine Hoffman, Janine Wedge



Fruit Juice – how much is enough?

Fruit juices do contain many of the healthy nutrients of fresh fruit, but they also contain as much energy (kilojoules or calories) as other sweet drinks and the amount of fibre is reduced in drink form.

The National Healthy School Canteen guidelines, recommend that 100% fruit juice is sold in no more than 250ml serve sizes to student's in primary and secondary school.

This amount of juice is equivalent to eating two serves of fresh fruit. These guidelines are based on *The Australian Guide to Healthy Eating* (Department of Health and Ageing 1998) which recommends that primary school-aged children have one serve of fruit a day, increasing to three serves a day for older students.

FOOD SAFETY

Why do TSCA require documentation for Cool CAP that isn't required by my EHO?

As Canteen Managers, our work needs to follow the Food Standards Code under the provisions of the Food Safety Act 2003. This legislation sets out the legal minimum standards for food businesses.

For TSCA accreditation, we require a higher standard than the legal minimum due to the fact that we are providing foods and drinks for children. The documentation required is important for due diligence purposes, should the unthinkable happen, such as a food poisoning outbreak. This documentation would provide evidence that you are doing the right thing in your kitchen, determining that you had taken all reasonable measures to comply with food safety legislation and preventing food safety risks to your consumers.

Templates to help with documentation, are available on our website: www.tascanteenassn.org.au

Soups and Noodles

Soups and noodle dishes are popular meals to be served at the school canteen, particularly so in winter. Soups and noodle dishes mean lots of vegetables. They are also a great winter warmer, are cheap to make - particularly when seasonal vegetables are used, easy to prepare and store well. However, they do pose a risk of scalding, so when serving up make sure that the cup is not too full and that the soup is not too hot for children's mouths.

TSCA's Cool CAP is funded by the Departments of Health and Human Services and Education.





Basic Muffin recipe

2 cups S.R flour
 1 cup plain flour
 ½ cup wheat germ
 ½ cup brown sugar
 ½ tsp bi -carb soda
 1 ½ cup low fat milk
 1/3 cup polyunsaturated oil
 1 egg
 1 ½ tsp mixed spice
 1 cup fruit – frozen raspberries/ frozen blueberries/
 cooked apple

Method:

Grease 12 hole muffin tin (1/3 cup/80ml capacity) or use patty cases placed in muffin tray. Spray patty case liners with oil spray.

Combine all ingredients in a large bowl. Stir with large metal spoon until just combined. Spoon the berries through last.

Spoon mixture into prepared cases. Bake in a moderately hot oven for about 20 minutes.

* adapted from Women's Weekly *Quick-Mix Cakes: and deliciously easy muffins*. Sydney: ACP Publishing Pty Ltd, 1995.

Apple and Oat Muffins

Ingredients:

1 ½ cups quick cooking oats
 1 ½ cups fresh 100% apple juice
 2 tsp vanilla extract
 1 cups whole meal flour
 ½ cup sugar
 2 tsp baking powder
 2 apples, grated with the skin
 1 tsp cinnamon
 4 egg whites beaten to soft peaks
 Apple wedges to garnish
 (optional)

Method:

Preheat oven 170 degrees C .
 Soak oats, apple juice, sugar, and vanilla for 30 minutes .
 Mix in flours, grated apple and cinnamon. Fold in egg whites.
 Spoon into muffin tins.
 Top with sliced apple wedge if desired and bake for 20-25 minutes until muffins are cooked through and golden.
 Serve warm or cool.



Apple Crumble

Equipment: oblong dish

Serves 18

1 bag of granny smith apples – washed, sectioned. Leave peel on.
 ½ cup water
 300g wholemeal flour
 ¼ cup brown sugar
 2 teaspoon ginger
 ½ teaspoon bi carbonate of soda
 40 grams polyunsaturated marg
 1/3 cup oats - optional

Place prepared apples in dishes.

Pour water over apples.

In a large bowl, place the flour, bi-carb and marg. Rub the marg in until the mixture looks like breadcrumbs.

Add sugar and ginger. Add oats if using. Mix together and place on the top of the apples.

Cook in a moderate oven, for approximately 40 minutes or until the crumble is golden and the apples are bubbling around the edges.

Note: the apples can be cooked for a while in a large pot before placing in the dish to reduce the time needed in the oven. Serve with 1 to 2 tablespoons of fresh low fat custard in a 150 ml container.

Quick Recess Low Cost Snack Ideas 20c options – green/amber status

Below are some quick, low cost snack ideas provided by Canteen Managers:

Popcorn – pop corn in popcorn maker as per instructions. Bag up one cup popcorn in brown paper bag.

Potato wheels-ingredients-potato (Desiree or similar- no need to peel), low fat cheese, chopped tomato, herbs.) Slice potatoes 5mm thick. Place on baking tray and brush with olive oil. Sprinkle with topping. Cover and bake for 15 minutes at 200 ° c. Uncover and bake for 10 minutes until crisp and brown. **Note:** Rather than throwing away leftover filling from the wraps/rolls, use it as the topping!!

Pikelets – to make 25 – 2 cups self raising flour, 1 tbs wheatgerm, 2 tbs sugar, 2 eggs, 1 ¼ cup skim milk, 1 tbs melted polyunsaturated marg. Sift flour into bowl and add sugar. Combine eggs and milk and add to flour. Mix to a smooth batter. Beat in melted marg. Heat pan and grease lightly. Drop dessertspoons of mixture on to pan and cook until bubbles rise to the surface. Turn with spatula and cook other side. Place cooked pikelets on to a clean tea-towel placed on a cooling rack. Cover with fresh tea towel (for a short while) to keep pikelets soft.

Fruit sections – frozen or non frozen pieces – pineapple, orange, watermelon, mandarin. Choose fruits in season for cost effectiveness.

Low fat/low salt wholegrain rice crackers – need to be TSCA approved.

Vegetable sticks – celery, carrot, beans, etc.

Cheese cube on a toothpick



Seasonal Fruit and Vegetables for Aug/Sept/Oct

Give these delicious 'in-season' vegies and fruits a go!



VEGIES

Tasmanian: Asian Greens, Alfalfa Sprouts, Broccoli, Cabbage, Cauliflower, Herbs, Leeks, Lettuces, Mushrooms, Onions, Silverbeet, Spinach, Swede

Other Australian: Artichoke, Asparagus, Beans, Beetroot, Capsicum, Celery, Cucumber, Eggplant, Peas, Pumpkin, Snow Peas, Sweet Corn, Sweet Potato, Tomato, Zucchini

Get your hands dirty this August and get planting!

Now is the time to plant snow pea seeds and seed potatoes. Try planting snow pea seeds in small pots, old egg cartons or tomato punnets until they sprout, when you can transfer them to the garden or a larger pot. Talk to local garden centres, farmers market stalls, or vegetable outlets about which potatoes would be best suit your needs and for help on planting and growing.

FRUIT

Tasmanian: Apples, Pears

Other Australian: Avocados, Banana, Grapefruit, Lemon, Lime, Mandarin, Melons, Orange, Passionfruit, Pawpaw, Pineapple, Tamarillo, Tangelo, Strawberries

This information has been compiled with the assistance of the Eat Well Tasmania program.

For potatoes :
Kennebec, Pink Eye, Dutch Cream, Bintji and King Edward are all delicious and popular varieties.



Canteen workshops coming to you in October 2011

TSCA will be offering free 2 hour workshops to all School Canteen Managers and interested school staff state wide in October, 2011. These workshops will examine the draft Tasmanian Healthy School Canteen guidelines/handbook plus there will be plenty of opportunity to get your questions answered and to share recipes.

Invites will be sent to all schools and Canteen Managers in September 2011.

However, mark the date in your diary now. Venues and times to be confirmed. Look out for your invite in September with all the details. Use the invite to RSVP.

<p><u>Workshop in South</u> Date: 11th October, 2011</p>	<p><u>Workshop in North</u> Date: 12th October, 2011</p>	<p><u>Workshop in North West</u> Date: 13th October, 2011</p>
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New accreditations in Term 1 & 2

- Lindisfarne Primary- GOLD
- Mowbray Heights Primary, Mowbray - BRONZE
- Sheffield District School— BRONZE
- St Brigid's Primary School, Wynyard - GOLD
- Hillcrest Primary School, Devonport—GOLD

Reaccreditations in Term 1 & 2

- Albuera St Primary- GOLD
- Blackmans Bay Primary- GOLD
- Mt Nelson Primary - GOLD
- Mt Stuart Primary - SILVER
- Margate Primary - GOLD
- Rosetta Primary - GOLD
- Norwood Primary School: - SILVER
- Scottsdale Primary School from Bronze to SILVER
- Winnaleah District School from Bronze to SILVER
- St Patrick's College, Launceston— SILVER
- Beaconsfield Primary—SILVER
- Deloraine Primary—SILVER
- Boat Harbour Primary—SILVER

There are many schools that have put in a lot of hard work to have their menus assessed. If you need support to complete the other sections of the accreditation process let us know so that you can gain full accreditation and be acknowledged in the Term 3 newsletter.

Compliments? Complaints? If you would like to comment on a TSCA matter, please let us know. It helps us to improve our support to you if we hear about the successes and the gripes! execofficer@tascanteenassn.org.au