

Promoting Healthy Lifestyle Choices

SAMPLE menu

Some of the choices available to students

Hot Options

Pasta Dishes
Rice Dishes
Selection of toasted wraps
Soups

Chilled Options

Selection of small filled rolls
Selection of filled baps
Selection of filled wraps
Selection of salads

Beverages

Water
Juice
Milk
Selection of Teas and Coffees

Snacks

Fruit pots
Yoghurt
Seed and Nut mixes
Scones

WELCOME ALL PROSPECTIVE STUDENTS AND FAMILY MEMBERS.

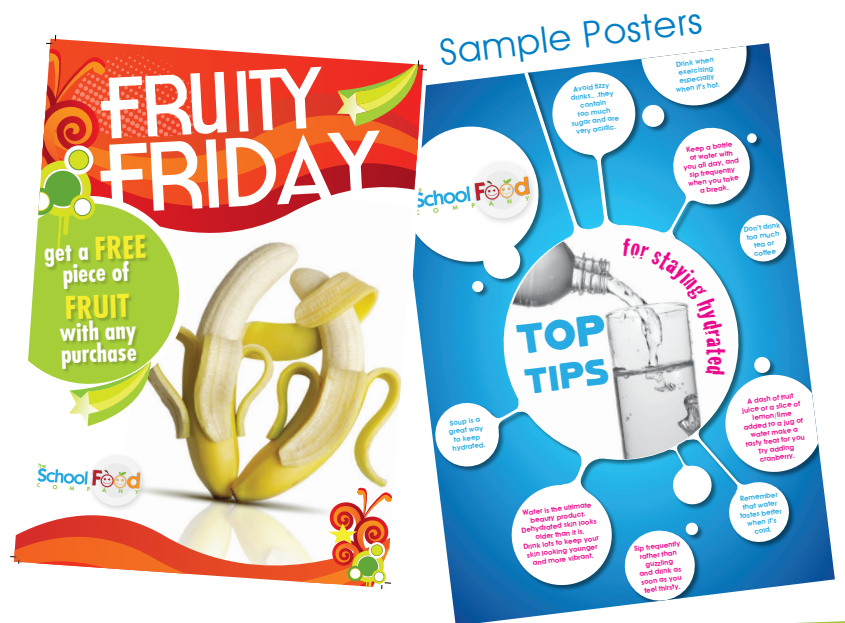
We would like to take this opportunity to give you a sense of how we are working with the staff and management to promote healthier food and lifestyle choices within the school.

The School Food Company in conjunction with the school are dedicated to providing a healthy, nutritious food service to students.

As of this year there is an on-site canteen offering a full fresh food service to students.

Furthermore a range of strategies are being put in place to help empower young people to choose healthy options, including;

- Prominent display of fresh seasonal fruit
- Pricing strategies to promote the healthiest choices
- Promotional materials to promote healthy choices



TOP TIPS FOR INCREASING FRUIT & VEG CONSUMPTION

- Keep a well-stocked fruit bowl and encourage the family to snack on fruit
- Don't force kids to eat fruit & veg – this is always a bad idea
- Do praise your children when they try a new fruit or vegetable
- Cut back on junk food – if you don't buy it, they won't eat it
- Be a role model – set a good example and eat plenty of fruit & veg yourself!

