

# Kelly Neville

**Accredited Practicing Dietitian  
Public Health Nutritionist  
Senior Project Officer**

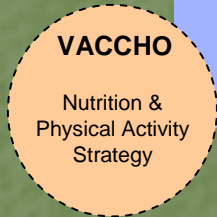
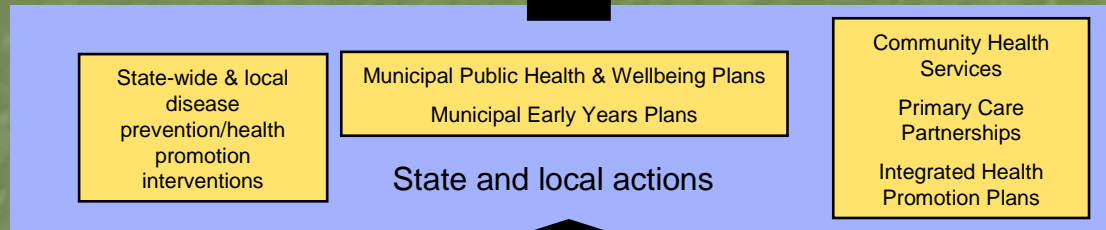


*I have a personal and professional passion for food - and enjoy working in the Prevention and Population Health Branch to facilitate an environment - built and cultural - supportive of healthy food and lifestyle choices.*

*I have a particular interest in the food system - and it's role/impact on climate change and sustainability issues*

# National and State Policy/Strategy

Healthy Victorian Population





### Statewide initiatives

Healthy Food Charter  
Victorian Prevention and Health Promotion Achievement Program (schools, early childhood services, workplaces, healthy services and local communities)  
Victorian Aboriginal Nutrition and Physical Activity Strategy  
Victorian Healthy Eating Social Marketing Strategy  
Victorian Healthy Food Basket  
Healthy Food Procurement for government and funded services

School Canteens and Other School Food Services policy  
Victorian Healthy Eating Advisory Service (schools, early childhood services and health services)

Healthy choices: food and drink guidelines for Victorian public hospitals

Whole of community

Workplaces

Schools and early childhood services

Health services

### Local initiatives in prevention areas (n=12)

Jamie's Ministry of Food Victoria  
Health Champions  
Healthy Living Programs and Strategies

- Fresh food recovery
- Healthy food connect

Victorian Healthy Eating Advisory Service  
Healthy Living Programs in workplaces

Health promotion officers support childhood services, schools and workplaces

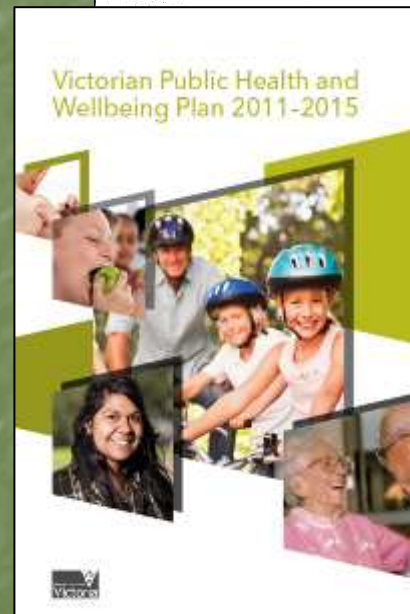
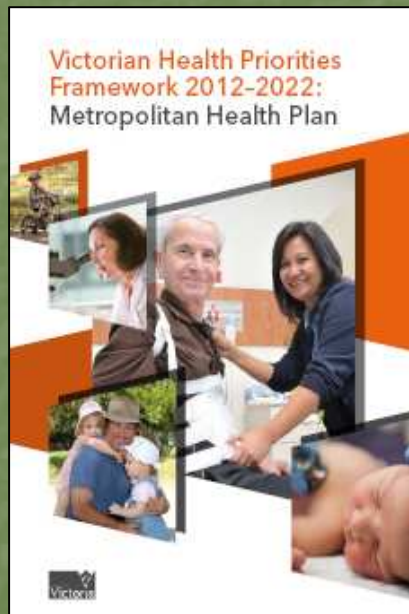
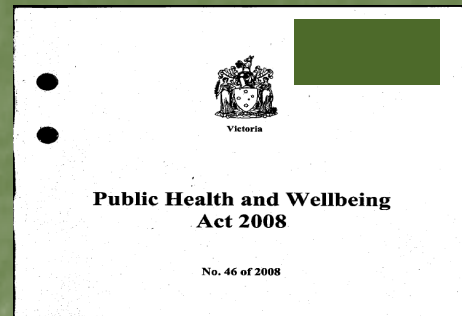
Healthy eating and food literacy in secondary schools

EVALUATION: Centre of Excellence in Intervention and Prevention Science

Creating a vibrant healthy eating culture in Victoria  
The Victorian Healthy Eating Enterprise



# Public Health Policy & Legislation



## NATIONAL PARTNERSHIP AGREEMENT ON PREVENTIVE HEALTH

Council of Australian Governments

An agreement between

- the Commonwealth of Australia and
- the States and Territories, being:
  - ◆ the State of New South Wales;
  - ◆ the State of Victoria;
  - ◆ the State of Queensland;
  - ◆ the State of Western Australia;
  - ◆ the State of South Australia;
  - ◆ the State of Tasmania;
  - ◆ the Australian Capital Territory; and
  - ◆ the Northern Territory of Australia.

The agreement reforms Australia's efforts in preventing the lifestyle risks that cause chronic disease.

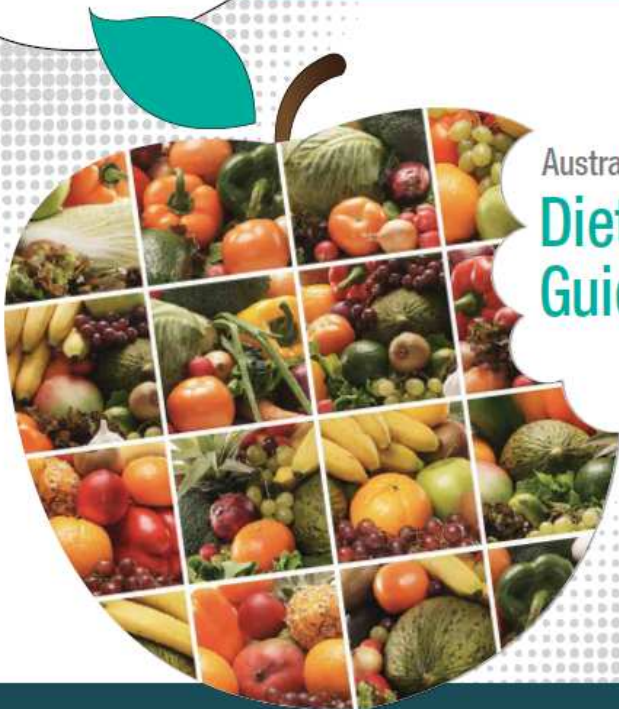






Australian Government  
National Health and Medical Research Council  
Department of Health and Ageing

EAT FOR HEALTH



Australian  
Dietary  
Guidelines

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)



Australian Government  
National Health and Medical Research Council  
Department of Health and Ageing

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
Drink plenty of water.

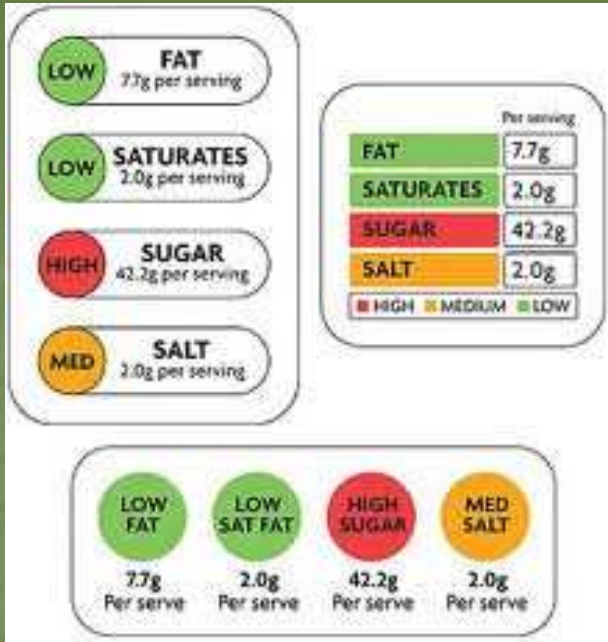






Table 1: Types of front-of-pack food labelling systems

	Per 100g serve																		
Traffic Light	 2.7g per 100g 1.0g per 100g 0.2g per 100g 0.0mg per 100g																		
Traffic Light + Overall Rating	 2.0g per 100g 1.0g per 100g 0.2g per 100g 0.0mg per 100g																		
Monochromatic NDI	<table border="1"> <thead> <tr> <th>Lowest</th> <th>Low</th> <th>High</th> <th>Very High</th> <th>Very High</th> <th>Very High</th> <th>Very High</th> <th>Very High</th> <th>Very High</th> </tr> </thead> <tbody> <tr> <td>0.0%</td> <td>0.1%</td> <td>0.2%</td> <td>0.3%</td> <td>0.4%</td> <td>0.5%</td> <td>0.6%</td> <td>0.7%</td> <td>0.8%</td> </tr> </tbody> </table>	Lowest	Low	High	Very High	Very High	Very High	Very High	Very High	Very High	0.0%	0.1%	0.2%	0.3%	0.4%	0.5%	0.6%	0.7%	0.8%
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Department of Health

Ministerial Briefing

Reference: www.health.vic.gov.au

TO:
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DATE:
SUBJECT:



Department of Health

Ministerial Briefing

Reference: www.health.vic.gov.au

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ISSUES

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CONSULTATION

Prepared by:

Endorsed by:

Approved by:

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MINISTER FOR HEALTH / /





# Heart Foundation and Unilever separately welcome "good fats" message





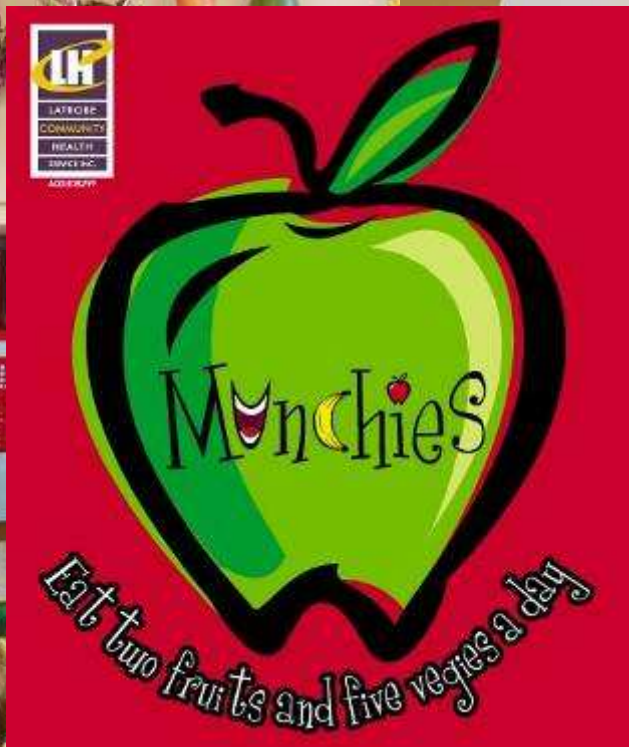


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HEALTH  
SERVICE INC.  
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Veggie Echidna







# healthy eating schools

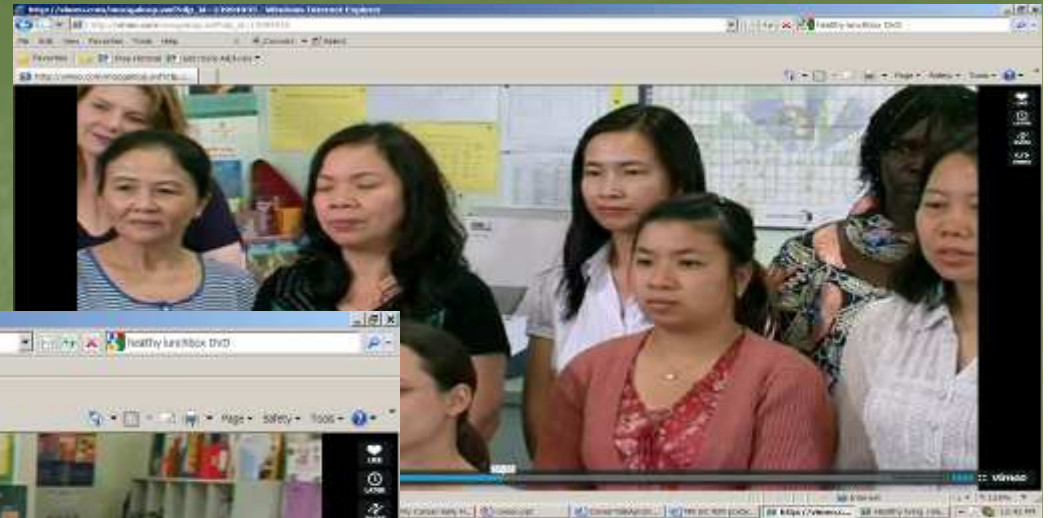


**Nutrition  
Australia**





# Packing a school lunchbox DVD production





# Healthy Canteen Kit

School canteens and other school food services policy



- For:
- ✓ School councils
  - ✓ Principals and school leaders
  - ✓ Teachers
  - ✓ Canteen staff
  - ✓ Students
  - ✓ School community

- For:
- School council
  - Principal and school leaders
  - Teachers
  - ✓ Canteen staff
  - Students
  - School community

## 'Go for your life' Healthy Canteen Kit

canteen  
manual



## 'Go for your life' Healthy Canteen Kit

kit



go  
for  
your  
life





**PLENTY PARKLANDS PRIMARY SCHOOL**

**CANTEEN MENU & PRICE LIST FOR 2009**

**PLEASE NOTE:** Canteen will only be open on **MONDAYS, WEDNESDAYS, THURSDAYS and FRIDAYS**, during morning recess, for lunch orders and lunch recess. Canteen will open first day of each term.

**Please write child's name, home group and lunch order on a paper bag, correct money would be appreciated. Add 30 cents if no bag is handed in with the lunch order.**

**LUNCH MENU**

**SANDWICHES (add .50 cents for Rolls)**

**GREEN FOODS (EVERYDAY FOODS) - check**

Filling	\$	Filling	\$
Cheese	2.00	Ham / chicken	2.60
Vegetable	1.90	Salad - lettuce, beetroot, carrot, tomato	3.50
Tomato	2.00	Cheese, cucumber, boiled eggs	.50
Cheese & vegetable	2.20		
Egg & lettuce	3.00		
Cheese and tomato	2.90		
Tuna & lettuce	3.00		
JAFFLES - baked bean / spaghetti	3.70		
JAFFLES - same fillings as sandwiches just add .30c to sandwich price.			
Pickles	.60		

*Handwritten notes: ADD \$1.50 for meat? 100g tin only costs \$1.00. ADD .60c for any meat listed. ADD .40c for extra (not including tuna/egg). ADD .60c for egg.*

**HOT FOODS**

Four n Twenty beef traveller pie	3.00
Four n Twenty chicken & veggie pie	3.00
Hot dog with sauce	3.00
Half hot dog with sauce	2.00
Pies / Parties (Parties)	3.00
Lite party pies (Parties)	.50
Party sausage rolls (Parties)	.90
Jumbo sausage rolls (Parties)	2.50
Corn cobs	.70
Chicken nuggets	.50

**AMBER FOODS (SELECT CAREFULLY) - check categories**

Lasagne traditional 49% fat free	3.70
Special fried rice - 49% fat free	2.60
Pizza - ham & pineapple / sausage	3.20
Chicken burgers - lettuce, cheese, mayo (served in a round roll)	4.50
Dim sims (steamed with soya sauce)	.80
Tomato sauce sachets	.30
PLEASE NOTE: Tomato sauce is an extra .30c for a sachet.	
Macaroni & cheese 47% fat free	3.50

**SNACKS - RED (OCCASIONAL)**

Chocolate chip cookies	1.50
Gingerbread boy/girl	1.00
Popcorn - butter / salt & vinegar	1.00
Rice sticks - cheese	1.00
Double delecters - chicken	1.00
Red Rock Deli chips - sea salt	1.00

**DRINKS & FROZEN - AMBER - check**

Natural spring water	1.00
Tropicado - beer / tropical	1.90
Big M - chocolate / strawberry	1.70
Up & Go - choc / vanilla ice	1.70
Berry juice pop-up 250ml	
mult - V / orange / apple	1.90
Queloh fruit tubes (70 rolls)	.50
Streets Paddle Pop - rainbow, banana, choc	1.20
Paddis Pop Thickshake 185 ml cup	2.00
Frozen yogurt - wild strawberry	1.70
Joy twist - lemonade	.80
Calippo melt - lemon, raspberry pine	.80

*Handwritten note: OK if 320ml size.*

*As of 2009 schools will have to eliminate certain categories of food.*



**Download and ordering, What to healthy canteen - Healthy Choices**

- Download the 'What to healthy canteen' poster (11 kb, pdf).
- Download the 'Oodles of Noogies!' poster (11 kb, pdf) to promote 'Noogies' (noogies are healthy snacks).
- Download the 'Have you seen a FINE CFC?' poster (20 kb, pdf) to promote 'FINE CFC' (FINE Canteen Food Choices).

**Go for your life Canteens Advisory Service**





Kids - 'Go for your life'



**Attn: Canteens/School Lunch Order Services  
Healthy Canteen Workshop in Shepparton**

Want to learn more about the new government healthy canteens policy and how to provide food that is practical, easy to prepare, fun, profitable AND healthy?

**Date:** Tuesday 14<sup>th</sup> October 2008  
**Time:** 4.00pm registration; 4.15pm – 6.30pm  
**Venue:** Morgan Conference Room, Goulburn Valley Community Health Service, 399 Wyndham Street, Shepparton (parking available onsite)

Primary schools in the Shepparton area are invited to attend the 2008 'Go for your life' Healthy Canteen Workshop. These workshops are free and open to anyone involved in food provision in primary schools – whether that be a canteen manager, volunteer, external caterer, milk bar owner, OSHC staff member, Parents and Friends Association, school council representative, teacher, or student. Schools who have previously attended our canteen workshop are encouraged to attend again, with 2008 workshops providing additional information. This workshop will largely focus on how to prepare 'Greener' healthier food choices, practical healthy food ideas, marketing tips and a short overview of the canteen policy.

**RSVP**

Please complete the registration form below and return to Nutrition Australia By Tuesday 7<sup>th</sup> October 2008

Facsimile: (03) 9650 4873 or mail to: Nutrition Australia, C/- Ross House, 247 Flinders Lane, Melbourne 3000  
 Phone: 1300 73 86 99 (press 3 for canteens)  
 Email: [klclarke@nutritionaustralia.org](mailto:klclarke@nutritionaustralia.org)

School name: \_\_\_\_\_  
 School address: \_\_\_\_\_ Postcode: \_\_\_\_\_  
 School telephone: \_\_\_\_\_ School facsimile: \_\_\_\_\_

Type of lunch service? e.g. on-site canteen, outsourced canteen, milk bar

Please list:

Up to two representatives from each school can attend. Each participating school must provide the names and email addresses of those attending the workshop.

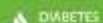
One  Two people will be attending the workshop

1 Name: \_\_\_\_\_ Position: \_\_\_\_\_  
 Email: \_\_\_\_\_

2 Name: \_\_\_\_\_ Position: \_\_\_\_\_  
 Email: \_\_\_\_\_

A survey on your school's canteen/food service will be emailed to one attendee to complete and bring to the workshop. Which email address should this survey be sent to:

Additional details regarding the workshop will be emailed one week prior to the workshop.







**Go for your life**  
[go4yourlife.vic.gov.au](http://go4yourlife.vic.gov.au)

**Method:**

- Cook potatoes.**  
 In the microwave:  
 Place the potato skins place whole potatoes in a dish with a small amount of water in the bottom and cover. Microwave on High power for approximately:  
 3-5 minutes one potatoes,  
 8 minutes for 2 potatoes,  
 10-12 minutes 4 potatoes,  
 15 minutes 6-8 potatoes (or until tender when pierced with a fork).  
 Or boil on stove top until tender when pierced with a fork.
- Brown potatoes.**  
 To make them extra tasty, place steamed potatoes in an oven tray with a drizzle of oil in the bottom and keep them over a low-moderate heat in the oven (for 15 minutes or so) this will slightly roast them and give them a crispy bottom.
- Top the potatoes.**  
 Place potatoes into containers (eg. foil square container or heatproof burger shell).  
 Cut cross slots in the potatoes and fold out slightly.  
 Top with cheese (grated or 1/2 slice (put this first so it melts), then other toppings. Finish with a dollop of sour cream.  
 Can hold the topped potatoes to keep them warm in pie-warmer or oven (except colaslaw one). And add sour cream just before serving.

**Tips:**  
 Buy pre-made colaslaw (dry and add your own dressing)

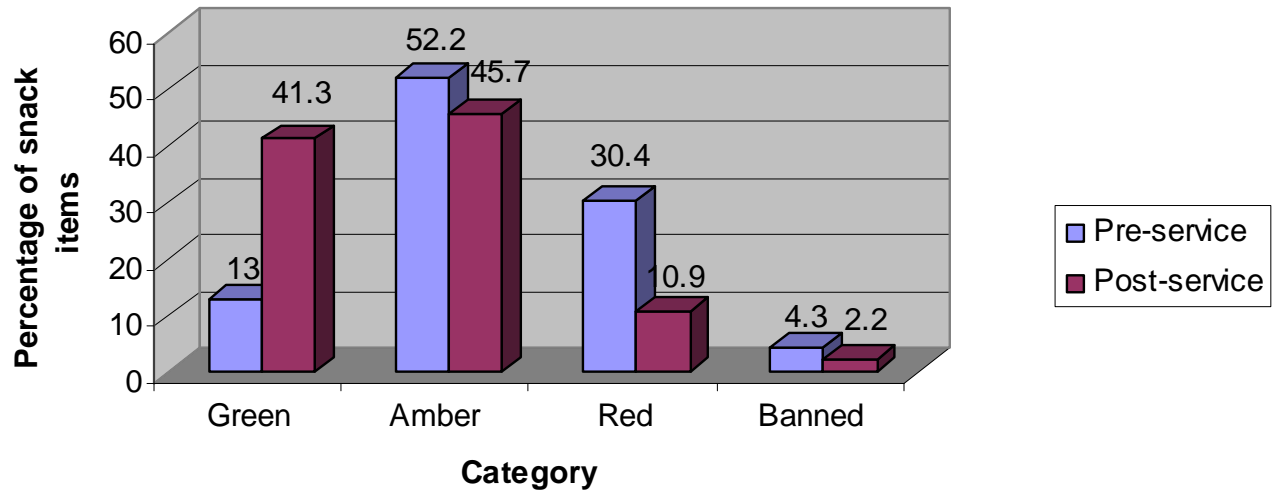
**Variations:**  
 Try different toppings, for example:  
 Creamed corn, diced ham and cheese  
 Solognese mixture  
 Mexican – salsa of diced tomato, canned corn, mexi-beans and cheese.

Updated May 2020

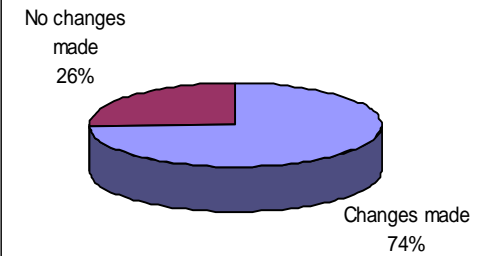
Go for your life Healthy Canteens Infoline: 1300 854 554

Resource development:  
 factsheets, stickers!, books,  
 Food styling!!

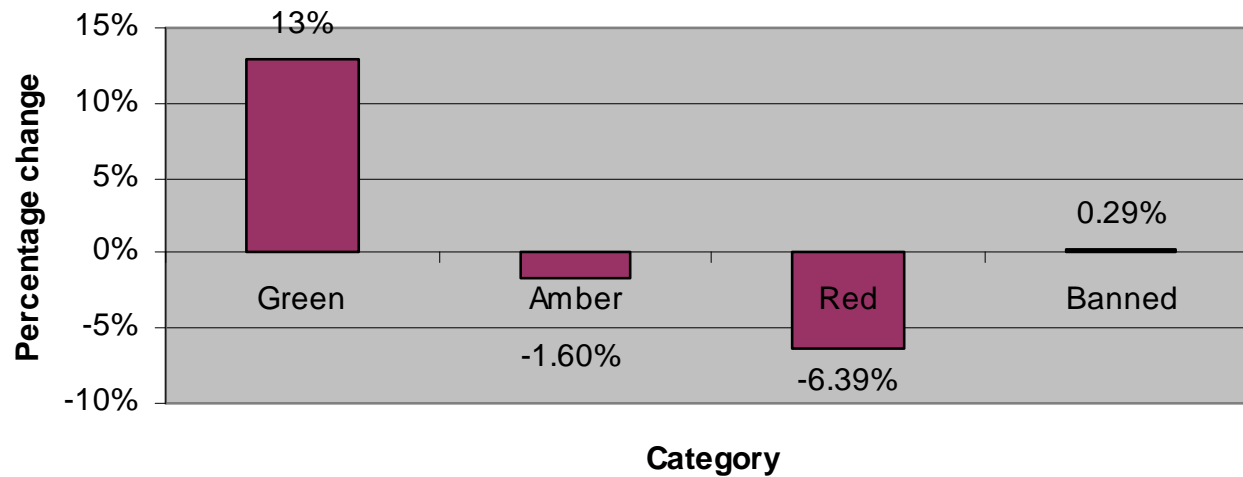
### Top selling snack items



### Percentage of schools that made changes in menu after assessing the Service



### Average menu changes in each category







Food for thought: Mia shows the variety of foods offered in school canteens.

# Sugar expelled

**CHOCOLATE** bars, fudge and lollipops are among sweets to be banned from sale in Victorian schools.

**STEPHEN DRILL**  
Education reporter

and the restrictions will not apply to special diets or other special occasions.

Fruit muffins, toastie bars, cheese, carrot sticks, nutbars, bananas and yoghurt have all received the tick of approval for sale in schools.

The *Sunday Herald Sun* can reveal exclusively the foods on the menu from next year and their healthy substitutes.

Chocolate, fudge, lollipops, and Turkey's delight will be banned in schools next year. But students will still be allowed to bring sweet treats to school in their lunchboxes.

Limited chocolate-driven fundraisers will also be allowed.

**'It is vital that we reinforce the healthy living message'**

**BROWNY PAKE**

Education Minister Brownwyn Pake said the ban was another way to convey the message to have a healthy diet.

"With obesity statistics showing almost a quarter of children aged five to 15 years are overweight or obese, it is vital that we reinforce the healthy living message," Ms Pake said.

Research from a child's daily life was conducted and ten would help them healthy. Ms Pake said that would not help parents help their children a food.

Parents also play a role to play and reinforcing a good message. The ban will be implemented in 2014. More than 80 grade 2 students were also given a day, 2014 is the State's 100th anniversary.

MONDAY, FEBRUARY 23, 2008 - THE AGE

## Help from state in push to change school food culture

By **CHIEF CHEE LIEW**  
LONDON REPORTER

THE STATE Government has decided to adapt the joint state approach to school canteens. Instead of most schools, they have now become a mandatory requirement for all schools.

More than 80 grade 2 students were also given a day, 2014 is the State's 100th anniversary.

Under the initiative, developed by manufacturers and distributors from the Victorian Association of Schools, the state will provide support for them, whether it be in the form of providing initial changes, or advice about the types of food they need to provide.

The Department of Health Services, which is funding the go for your life Healthy Canteens Advisory Service, said the issue of managing and how children required support services.

A statewide body representing school councils — which are responsible for canteens — said the advisory service was "long overdue", but the Victorian Council of School Organisations also warned that some schools would find it tough to move towards a healthier canteen.

### TIPS FOR A HEALTHY CANTEEN

- Form a nutrition committee.
- Ensure fresh fruit and vegetables are offered every day.
- Remove all soft drinks.
- Limit or remove unhealthy options such as sugary breads.
- Canteen staff and teachers should also choose healthy food.
- Promote only healthy foods in a positive way.
- Keep the price of healthy food real because the price of unhealthy options.



## Old favourites die hard as canteen moves to new tastes



It's been almost a year since soft drinks, chips and lollies disappeared from the canteen at Wintondown North Primary School.

And while many years have elapsed, pizza and cracker tuggies, some old favourites like pies and sausage sets remain.

Principal Neil Howell says instead of removing all unhealthy foods, the school has gradually introduced more common items.

"We didn't want to be very strict, but like things like pizza to be back in the canteen... but they are starting to understand the changes."

The school has felt a slight drop in canteen profits, with healthier products like soups and small soft packets failing to keep the children's canteen. Another issue is the cost of the new products.



■ 'Extra' foods contributed to **41% of daily energy intake** of Australian children

The average Victorian primary school child's lunch box contains **3.1 serves** of 'extra' foods everyday



Rangan, A., Hector, D., Randall, D., Gill, T., Webb, K., Monitoring consumption of 'extra' foods in the Australian diet: Comparing two sets of criteria for classifying foods as 'extras'. *Nutrition & Dietetics* 2007; 64: 261-267

