

## RESOURCES

### GENERAL

#### **Australian Dietary Guidelines for Children and Adolescents**

<http://www.nhmrc.gov.au/publications/synopses/n1syn.htm>

Australian Government Department of Health and Ageing

Toll free: 1800 020 103 extension 8654

Email: [phd.publications@health.gov.au](mailto:phd.publications@health.gov.au)

#### **Australian Guide to Healthy Eating 1998**

<http://www.health.gov.au/pubhlth/strateg/food/guide/whatis.htm>

#### **Go for your life**

<http://www.goforyourlife.vic.gov.au/>

Tel: 1300 73 98 99

#### **Better Health Channel**

<http://www.betterhealth.vic.gov.au/>

#### **Department of Education and Training, Smart Eating Package**

<http://www.sofweb.vic.edu.au/scn/smarteating.htm>

Guidelines for School Canteens and Other School Food Services and Smart Eating booklets: Great Food! Great Health, "curriculum @ work" website

#### **Fresh for Kids**

<http://www.freshforkids.com.au/>

#### **Go for 2 & 5 website**

<http://www.gofor2and5.com.au/>

#### **Melbourne Markets**

<http://www.marketfresh.com.au/>

A great website with information on fruit and vegetables available in Victoria, including finding green grocers, fruits in season, choosing fruits, recipes. It also has a schools section with specific ideas on including fruit and vegetables in the canteen.

#### **Nutrition Australia**

<http://www.nutritionaustralia.org/>

Ph: (03) 9650 5165

Provides information, resources programs on nutrition and healthy eating for schools, teachers, health professionals and the general community. These include a healthy schools canteens advisory service.

## HEALTH PROMOTING SCHOOLS INFORMATION

### **Australian Health Promoting Schools Association**

<http://www.ahpsa.org.au/>

This site provides information on what a health promoting school is and links to other organisations. A copy of the National framework for Health promoting Schools can be downloaded. There is also information on membership, state branches and upcoming conferences.

### **Children's Health Development Foundation**

[www.chdf.org.au](http://www.chdf.org.au)

This site was developed by Centre for Health Promotion, Women's and Children's Hospital, Adelaide, South Australia and provides resources and tools to promote health and well being in schools communities, has information on creating healthy environments, working with communities, programs to address the issue of food insecurity and case studies on what other schools are doing.

### **Department of Education and Training**

<http://www.sofweb.vic.edu.au/hps/index.htm>

## POLICY DEVELOPMENT

### **Healthy School Policy – Action Plan Manual**

Nutrition Australia Victorian Division

Visit <http://www.nutritionaustralia.org/> and click “On the Bookshop” then “Healthy Eating School Resources” to preview and order.

## FUNDRAISING

### **Centre for Health Promotion**

[http://www.chdf.org.au/](http://www.chdf.org.au)

Downloadable fact sheets and information.

### **Fruitful Fundraising CD ROM**

Community Nutrition Unit, DHHS, TAS

Tel: (03) 6222 7222

### **Healthy Fundraising Ideas for Healthy Kids**

Nutrition Australia Victorian Division

Visit <http://www.nutritionaustralia.org/> and click “On the Bookshop” then “Healthy Eating School Resources” to preview and order.

### **NSW School Canteen Association**

<http://www.schoolcanteens.org.au/>

Provides downloadable fact sheets and information.

**Queensland Association of School Tuckshops**

<http://www.qast.org.au/>

Downloadable fact sheets and information

**VOLUNTEERING**

**Count Me In - 501 ideas on recruiting volunteers**

Judy Esmond, Newseason Publications 2005

<http://www.mtd4u.com/>

**Count Me In - 501 ideas on retaining, recognising and rewarding volunteers**

Judy Esmond, Newseason Publications 2005

<http://www.mtd4u.com/>

**FOOD SAFETY**

**Australian School Canteens Association (ASCA)**

[www.asca.com.au](http://www.asca.com.au)

Tel: 1800 219 566

**Department of Education and Training**

[http://www.eduweb.vic.gov.au/referenceguide/enviro/4\\_4.htm](http://www.eduweb.vic.gov.au/referenceguide/enviro/4_4.htm)

**Food Safety, Victoria**

[www.health.vic.gov.au/foodsafety](http://www.health.vic.gov.au/foodsafety)

Tel: 1300 364 352

**Food Standards Australia and New Zealand**

<http://www.foodstandards.gov.au/whatsinfood/>

Tel: (02) 6271 2222

Fax: (02) 6271 2278

**NSW School Canteen Association (NSWSCA)**

[www.schoolcanteens.org.au](http://www.schoolcanteens.org.au)

Local councils can also provide specific local advice about safe food handling.

**Victorian Home Economics and Textiles Teachers' Association (VHETTA)**

[www.vhetta.com.au](http://www.vhetta.com.au)

Tel: (03) 9888 2240

Freecall: 1800 803 762

## SPECIAL DIETS

**Australasian Society of Clinical Immunology and Allergy**

<http://www.allergy.org.au/>

**Coeliac Society of Victoria**

<http://www.vic.coeliac.org.au/>

**Diabetes Australia**

<http://www.diabetesaustralia.com.au>

**International Diabetes Institute**

<http://www.idi.org.au/>

## SCHOOL CANTEEN ASSOCIATIONS

**ACT School Canteens Association**

Tel: (02) 6282 2158

Email: actsca@optusnet.com.au

**Australian School Canteens Association**

<http://www.asca.com.au/>

**Federation of Canteens in Schools (FOCiS)**

Tel: (07) 41710182

Provides a Canteens' Registered Products Buyers' Guide and a Canteen magazine sent to schools.

**Fresh Tastes – NSW Canteen strategy**

[http://www.health.nsw.gov.au/pubs/2004/fresh\\_tastes.html](http://www.health.nsw.gov.au/pubs/2004/fresh_tastes.html)

**NSW School Canteen Association**

<http://www.schoolcanteens.org.au/>

**Queensland Association of School Tuckshops**

<http://www.qast.org.au/>

**Tasmanian School Canteen Association - 'Cool' Canteens for Kids Project**

<http://www.eatwelltas.com.au/coolcanteens.php>

**Victorian School Canteen Association**

<http://www.vsca.org.au/>

**Western Australian School Canteen Association**

<http://www.waschoolcanteens.org.au/>

## PROGRAMS

### **Menu for Change: Getting Healthy Foods Into Schools**

Stonyfield Farm

[www.stonyfield.com/MenuForChange/](http://www.stonyfield.com/MenuForChange/)

### **Tooty Fruity Vegie Program**

Northern Rivers Area Health Service, NSW

<http://www.ncahs.nsw.gov.au/tooty-fruity/>

Provides a downloadable canteen manual and survey templates.

## SERVICES

### **Natural Kitchen Strategies**

<http://www.naturalkitchenstrategies.com.au/>

### **Our Tuckshop**

<http://www.ourtuckshop.com.au/>

## BOOKS AND MANUALS

### **Fruit & Veg, Eat It - Linking Schools With Fruit And Vegetable Retailers Booklet**

VHETTA

[http://www.health.vic.gov.au/nutrition/child\\_nutrition/fv\\_retailers.htm](http://www.health.vic.gov.au/nutrition/child_nutrition/fv_retailers.htm)

### **Fruit & Veg, Eat It - Linking the canteen to the curriculum booklet**

VHETTA

[http://www.health.vic.gov.au/nutrition/child\\_nutrition/fv\\_canteens.htm](http://www.health.vic.gov.au/nutrition/child_nutrition/fv_canteens.htm)

### **Healthy School Food Service Manual**

Nutrition Australia

[http://www.nutritionaustralia.org/On\\_The\\_Book\\_Shelf/Default.asp](http://www.nutritionaustralia.org/On_The_Book_Shelf/Default.asp) - click "Healthy Eating Schools Resources"

### **Looking After Our Kids**

Order from <http://www.waschoolcanteens.org.au/pages/training/02-training.htm> or F.S.A.N.Z. on Tel: (02) 6271 2222

A National school canteen food safety project – manual and video.

### **Management \$ense, Food Sense Manual**

Order from <http://www.waschoolcanteens.org.au/pages/training/02-training.htm>

Includes ways to manage your canteen efficiently and profitably with information on how to develop your own accounts system for keeping track of stock and money in the canteen, selling healthy foods, and developing a canteen policy.

**Tasmanian School Canteen Handbook**

<http://www.discover.tased.edu.au/hpe/cmh/Default.htm>

**The School Canteen Manual: A Hands-On Approach For South Australian Schools**

<http://www.chdf.org.au/>

**Tooty Fruity Canteen Manual**

<http://www.ncahs.nsw.gov.au/tooty-fruity/>

On-line manual.

**Tuckshop Shortcuts**

Queensland Health

<http://www.health.qld.gov.au/ActiveAte/>

Book aimed at promoting a healthy school environment.

**Tuckshop Team Mate**

[http://www.nutritionaustralia.org/News\\_in\\_Nutrition/Media\\_Releases/Healthy\\_tuckshop\\_healthy\\_profits\\_aper.asp](http://www.nutritionaustralia.org/News_in_Nutrition/Media_Releases/Healthy_tuckshop_healthy_profits_aper.asp)

A guide to help tuckshops be both nutritious and profitable.

**RECIPES**

**Canteen Cuisine**

<http://www.waschoolcanteens.org.au/pages/training/02-training.htm>

A cookbook containing easy nutritious and delicious food ideas and recipes for school canteens.

**Cooking For Plenty**

National Heart Foundation

<http://www.heartfoundation.com.au/>

**Fresh Tastes Manual**

NSW Health

[http://www.health.nsw.gov.au/pubs/2004/fresh\\_tastes.html](http://www.health.nsw.gov.au/pubs/2004/fresh_tastes.html)

**Kids in the Kitchen Cookbook**

<http://www.chdf.org.au/>

**Tooty Fruity Canteen Manual**

Download from <http://www.ncahs.nsw.gov.au/tooty-fruity/>