

smart CHOICES

Healthy Food and Drink Supply Strategy
for Queensland Schools

Information for parents

What is Smart Choices?

Smart Choices is all about offering healthy food and drink choices to students in Queensland schools. Smart Choices provides guidelines for all situations where food is supplied in the school environment. This includes tuckshops, vending machines, fundraising, classroom rewards and school camps.

Smart Choices categorises foods and drinks into three groups based on how nutritious they are:

GREEN – these foods and drinks are excellent sources of important nutrients. They should be encouraged and promoted in the school as the best choice.

AMBER – these foods and drinks have some sugar, fat or salt added during processing. They should be selected carefully.

RED – these foods and drinks have very little nutritional value. They should be supplied by schools on no more than two occasions per term.



Why a healthy tuckshop or canteen?

The school tuckshop or canteen plays an important role in promoting good nutrition because it can:

- give students a taste for healthy foods
- support nutrition messages taught in class
- show students better choices for lunches and snacks.

How you can support your school in promoting Smart Choices and healthy eating:

- talk about the importance of healthy food and drink choices with your children
- model healthy eating
- send healthy food in lunch boxes
- volunteer to help in your school tuckshop if you can
- be a part of your school's parent organisation.

smartFood and drink SPECTRUM

'Have Plenty'



'Select carefully'



'Occasionally'



Why is healthy eating important for your child?

Healthy foods and drinks give children and young people all the nutrients they need to:

- grow and develop
- concentrate and learn well at school
- stay healthy throughout childhood and adulthood.

Children don't always know what food is best for them — they need to be guided.

Healthy eating means choosing a wide variety of foods every day from the five food groups:

- plenty of vegetables of different types and colours
- fruit
- grain (cereal) foods, mostly wholegrain, such as breads, cereals, rice, pasta and noodles
- lean meat and poultry, fish, eggs, nuts and seeds, legumes/beans
- milk, yoghurt, cheese, and their alternatives, mostly reduced fat.

Always start your child's day with a healthy breakfast. If you pack a lunchbox for your child, include at least one item from each of the five food groups listed above for healthy growth and development. And remember, water is the best thirst quencher!

For more information on Smart Choices and healthy eating, speak to your school or visit:
www.education.qld.gov.au/schools/healthy



Lunch and snack ideas

Lunch

Sushi
Rice paper rolls
Wraps, rolls or sandwiches
Pita bread pizzas
Noodle, rice or pasta salads
Frittata

Snacks

Dip and vege sticks
Corn on the cob
Air-popped popcorn
Fresh or frozen fruit
Cheese and crackers



Queensland
Government

A joint Australian, State and Territory Government Initiative.