

go  
for  
your  
life

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## › General websites

### ***Dietary Guidelines for Children and Adolescents in Australia***

[www.nhmrc.gov.au/publications/synopses/dietsyn.htm](http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm)

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

[www.health.gov.au/internet/wcms/publishing.nsf/content/health-pubhlth-strateg-food-guide-index.htm](http://www.health.gov.au/internet/wcms/publishing.nsf/content/health-pubhlth-strateg-food-guide-index.htm)

### **Nutrition Australia**

[www.nutritionaustralia.org](http://www.nutritionaustralia.org)

Telephone: (03) 9650 5165

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

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

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

### **Melbourne Markets**

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

Information on fruit and vegetables available in Victoria, including finding greengrocers, fruits in season, choosing fruits, recipes. It also has a schools section with specific ideas on including fruit and vegetables in the canteen.

### **Fresh for Kids**

[www.freshforkids.com.au/canteen.html](http://www.freshforkids.com.au/canteen.html)

## › Health Promoting Schools information

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

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

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)

Developed by the Centre for Health Promotion, Women's and Children's Hospital, Adelaide, South Australia, it provides resources and tools to promote health and wellbeing in school communities and 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.

## › Food safety

### **Food Standards Australia and New Zealand (FSANZ)**

[www.foodstandards.gov.au/whatsinfo/](http://www.foodstandards.gov.au/whatsinfo/)

Telephone: (02) 6271 2222

Facsimile: (02) 6271 2278

FSANZ is the regulatory body of the Food Standards Code. It provides information on the Food Safety legislation and standards, as well as information and resources to assist with the practical interpretation of these. They have a great range of downloadable information fact sheets, including the Fact Sheets for Charities and Community Organisations developed to assist these groups meet their legal obligations under the new standards.

### **Food Safety Victoria**

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

Telephone: 1300 364 352

### **Department of Human Services – Food Safety Unit**

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

Telephone: 1300 364 352

A range of resources, posters, fact sheets, template records and plans, and detailed information on safe food handling.

### **Department of Education & Training**

[www.eduweb.vic.gov.au/referenceguide/refguide.asp?page=4-4](http://www.eduweb.vic.gov.au/referenceguide/refguide.asp?page=4-4)

The *Victorian Government School Reference Guide* has a section on food safety: Section 4.4.6.11 'Food safety in schools and food-handling regulations'.

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

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

Telephone: (03) 9888 2240

Freecall: 1800 803 762

VHETTA offers food safety training for schools including for teachers, canteen managers, kitchen assistants, parents and students. This training is tailored to the specific issues around food safety within a school environment.

### **Australian School Canteen Association (ASCA)**

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

Telephone: 1800 219 556

Consultants are available to advise and assist schools with the preparation and implementation of their Food Safety Programs.

### **NSW School Canteen Association (NSWSCA)**

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

Information on food safety and hygiene as well as several downloadable fact sheets on various food safety and hygiene topics. Food safety posters (A4) are also available.

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

## › Special diets

### **Coeliac Society of Victoria**

[www.vic.coeliac.org.au](http://www.vic.coeliac.org.au)

Provides up-to-date information on coeliac disease and gluten-free diet, including food products available and recipes.

### **Australasian Society of Clinical Immunology and Allergy**

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

Information on food allergies, including the *Anaphylaxis Guidelines for Schools*.

## › School canteen associations and programs

### **Victorian School Canteen Association**

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

### **Australian School Canteen Association**

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

### **Kids – ‘Go for your life’ Healthy Canteens advisory service**

Infoline for Victorian Primary Schools:  
1300 854 554

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

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

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

Telephone: (07) 4171 0182

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

### **NSW School Canteen Association**

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

### **Fresh Tastes – NSW Canteen strategy**

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

### **Queensland Association of School Tuckshops**

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

### **Western Australian School Canteen Association**

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

### **Tasmanian School Canteen Association**

[www.eatwelltas.com.au/coolcanteens](http://www.eatwelltas.com.au/coolcanteens)

### **ACT School Canteen Association**

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

## › Healthy fundraising ideas

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

Nutrition Australia Victorian Division

Visit: [www.nutritionaustralia.org](http://www.nutritionaustralia.org) and click ‘On the Bookshop’ then ‘Healthy Eating School Resources’ to preview and order.

### **Fruitful Fundraising CD-ROM**

Community Nutrition Unit, DHHS

Telephone: (03) 6222 7222

### **NSW School Canteen Association**

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

Provides downloadable fact sheets and information.

### **Centre for Health Promotion**

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

Provides downloadable fact sheets and information.

### **Queensland Association of School Tuckshops**

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

Provides downloadable fact sheets and information.

## › Programs

### **Tooty Fruity Vegie Program, Northern Rivers Area Health Service, NSW**

[www.nrahs.nsw.gov.au/population/promotion/tooty\\_fruity/](http://www.nrahs.nsw.gov.au/population/promotion/tooty_fruity/)

Provides a downloadable canteen manual and survey templates.

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

Stoneyfield Farm

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

## › Services

### **Our Tuckshop**

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

### **Natural Kitchen Strategies**

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

## › Books and manuals

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

Order from [www.waschoolcanteens.org.au](http://www.waschoolcanteens.org.au) or [www.tased.edu.au/tasonline.tsca.msfsform.htm](http://www.tased.edu.au/tasonline.tsca.msfsform.htm).

Includes ways to manage your canteen efficiently 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.

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

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

### ***Healthy School Food Service* manual, Nutrition Australia**

[www.nutritionaustralia.org/On\\_The\\_Book\\_Shelf](http://www.nutritionaustralia.org/On_The_Book_Shelf)

Click 'Healthy Eating Schools Resources'.

### **Food Challenges, Sanitarium and VHETTA**

Provides recipes for canteens, school events and also related curriculum activities.

Order from Nutrition Australia: [www.nutritionaustralia.org/On\\_The\\_Book\\_Shelf](http://www.nutritionaustralia.org/On_The_Book_Shelf).

### ***Fruit & Veg, Eat It – Linking Schools With Fruit And Vegetable Retailers* booklet, VHETTA**

[www.health.vic.gov.au/nutrition/downloads/fv/retailers\\_booklet.pdf](http://www.health.vic.gov.au/nutrition/downloads/fv/retailers_booklet.pdf)

### ***Fruit and Veg, Eat It Teachers' Manual*, VHETTA**

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

Online manual with several sections to download.

### ***Fruit & Veg, Eat It – Linking the Canteen to the Curriculum* booklet, VHETTA**

[www.health.vic.gov.au/nutrition/downloads/fv/canteens.pdf](http://www.health.vic.gov.au/nutrition/downloads/fv/canteens.pdf)

### ***Tooty Fruity Canteen Manual***

[www.nrahs.nsw.gov.au/population/promotion/tooty\\_fruity/](http://www.nrahs.nsw.gov.au/population/promotion/tooty_fruity/)

Online manual.

### ***Tasmanian School Canteen Handbook***

[www.discover.tased.edu.au/hpe/cmh/Default.htm](http://www.discover.tased.edu.au/hpe/cmh/Default.htm)

### ***Tuckshop Team Mate***

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

A guide to help tuckshops be both nutritious and financially viable.

### ***Looking after Our Kids***

Order from [www.waschoolcanteens.org.au](http://www.waschoolcanteens.org.au) or FSANZ.

Telephone: (02) 6271 2222

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

### ***Tuckshop Shortcuts***

[www.health.qld.gov.au/ActiveAte/beyond/default.asp](http://www.health.qld.gov.au/ActiveAte/beyond/default.asp)

Published by Queensland Health and aimed at promoting a healthy school environment.

### ***Count Me In – 501 Ideas on Retaining, Recognising and Rewarding Volunteers***

Judy Esmond Newseason

[www.mtd4u.com](http://www.mtd4u.com)

### ***Count Me In – 501 Ideas on Recruiting Volunteers***

Judy Esmond Newseason

[www.mtd4u.com](http://www.mtd4u.com)

### ***FOCiS on Canteens***

Telephone: (07) 4171 0182

A magazine sent to all schools.

## › Recipes

### ***Canteen Cuisine***

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

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

### ***Cooking for Plenty***

National Heart Foundation

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

### ***Kids in the Kitchen Cookbook***

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

### ***Tooty Fruity Canteen Manual***

Download from: [www.nrahs.nsw.gov.au/population/promotion/tooty\\_fruity](http://www.nrahs.nsw.gov.au/population/promotion/tooty_fruity)

### ***Fresh Tastes Manual***

NSW Health

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

## › Resources for school canteens on food safety

### ***Looking after Our Kids – National School Canteen Food Safety Project***

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

Telephone: 1800 020 103

An easy-to-follow video and handbook resource, designed for schools to help them understand and comply with the Food Safety Standards. Developed by the Federation of Canteens in Schools (FOCiS) and funded by the Australian Government Department of Health and Ageing, the resource was distributed to all schools in Australia in 2002. For more copies, please contact the Australian Government Department of Health and Ageing.

### ***Management Sense, Food Sense: The Essential Guide for Food Service in Your School***

Covers all areas of managing school canteens, including information on food safety and hygiene. Order from: [www.tased.edu.au/tasonline/tsca/msfsform.htm](http://www.tased.edu.au/tasonline/tsca/msfsform.htm).

### ***Food Safety Matters***

[www.foodsafetymatters.gov.au/foodsafetymatters/default.asp](http://www.foodsafetymatters.gov.au/foodsafetymatters/default.asp)

Offers online information on how to keep food safe at home, school and work, as well as downloadable *Food Safety Matters* resources including a teacher's manual, a set of 26 illustrated student guides, seven colour posters and the video 'A Case for Con Tamination'.

Every secondary school in Australia and Australian members of the Home Economics Institute of Australia (HEIA) were sent a complimentary copy of *Food Safety Matters* in March 2003, courtesy of the Australian Government Department of Health and Ageing. If your school did not receive a copy, an application can be made by completing the request form on this website. Extra copies may be purchased by filling out the order form on this website.

Manual produced by Queensland Health provides practical ideas to assist schools in creating a healthy, successful and safe canteen.

Order from: [www.health.qld.gov.au/ActiveAte](http://www.health.qld.gov.au/ActiveAte).