

## SMART CHOICES

In recent years, levels of overweight and obesity in children and young people have increased dramatically – now around a quarter of our children are overweight or obese. This is a serious issue as overweight and obesity carry a greater risk of a number of immediate and long-term health and psychosocial problems. Excess weight gain in children is usually a result of excess energy intake (kilojoules or calories) through eating too much food or the wrong type of food, combined with doing too little physical activity or being too inactive for too much of the day. Food and drinks consumed by children also affect oral (dental) health and contribute to the high rates of tooth decay in Queensland children.

The development of a strategy to address the nutritional value of food and drinks supplied at school and school activities was identified as an action in the Queensland Health and Education Queensland joint Work Plan 2004 – 2007. *The Healthy Food and Drink Supply Strategy for Queensland Schools* is all about offering healthy food and drink choices to students in Queensland schools.

School food and drink supply includes situations where food is supplied in the school environment – tuckshops, vending machines, school excursions, school camps, fundraising, classroom rewards, school events such as celebrations and sports days, and food used in curriculum activities.

### THE ROLE OF SCHOOLS

Schools have an important role in promoting healthy eating and physical activity to students and providing an environment that supports a healthy lifestyle. A healthy diet can improve behaviours critical to educational success and performances at school. Effective school-based nutrition and health interventions can also help improve academic performances.

Tuckshops are an important part of the school environment; they can model healthy food and drink choices that are tasty, interesting and affordable, and provide the means to put into practice nutrition messages taught in the classroom.

### FOOD AND DRINK CRITERIA TABLE

<b>HOT FOOD ITEMS</b>			
<b>Nutrition Criteria - Assessed per 100g</b>			
<b>Food</b>	<b>Energy (kj)</b>	<b>Saturated Fat</b>	<b>Sodium (Salt)</b>
Pastries, pasta, pizza, oven-baked potato products	over 1000 Kj	over 5 g	over 400 mg
Crumbed & coated foods, frankfurts, sausages	over 1000 Kj	over 5 g	over 700 mg
<b>SNACK FOOD &amp; DRINKS</b>			
<b>Nutrition Criteria - Assessed per Serve</b>			
<b>Food or Drink</b>	<b>Energy (kj)</b>	<b>Saturated Fat</b>	<b>Sodium (Salt)</b>
Sugar sweetened drinks and ices	over 300 Kj		over 100 mg
Snack foods & biscuits	over 600 Kj	over 3 g	over 200 mg
Icecream & Dairy Desserts	over 600 Kj	over 3 g	
Cakes and Muffins	over 900 Kj	over 3 g	