



Send your entries

Send your story by mail, fax or email to:

Canteen Awards
Heart Foundation
155 Hutt Street
Adelaide, 5000

Fax: 08 8223 1416
Email: Tuesday Udell, tuesday.udell@heartfoundation.com.au

Closing date is Friday 31st August, 2007.

For enquiries please contact Tuesday Udell ph: 08 8224 2863

We'd love to hear about your Healthy Eating Activities!

Please email your stories and photographs to Amie-Jane at amiejane@adelaidemarkets.com.au
You never know they may even be showcased on the Go for 2 & 5[®] website - SA link www.gofor2and5.com.au

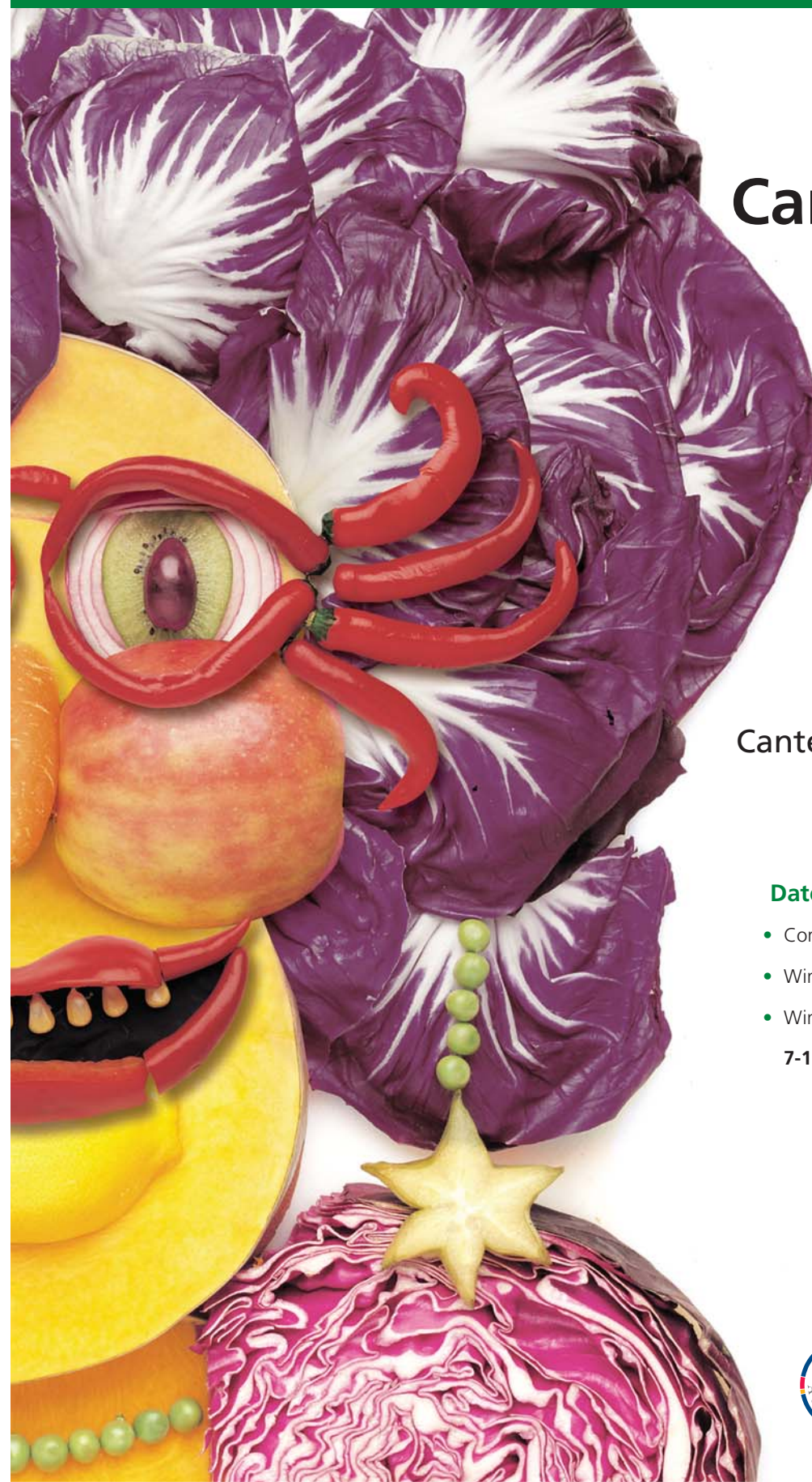
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Fruit & Veg Month

September 2007



Outstanding Canteen Awards

Serving up fruit & veg

Awarding Outstanding Healthy Canteens

Against all odds

Canteen Encouragement Awards

Dates to remember

- Competition closes **Friday 31st August, 2007**
- Winners announced **Thursday 6th September, 2007**
- Winning entries displayed at the Royal Adelaide Show **7-15 September** (Tasting SA Pavilion)

Go for 2 & 5[®]

FRUIT VEG

An Australian Government, State and Territory health initiative.



Government of South Australia
Department of Health



Go for 2&5
FRUIT VEG

School canteens can make a huge difference to the health of the community.

We encourage SA school canteens to lead the way in promoting healthy food, especially fruit & veg...Enter the competition and win great prizes for your school!

Introduction

For the good health of our children, it's recommended they aim to eat **two serves of fruit and five serves of vegetables every day**. Because children spend a lot of time at school, canteens play a vital role in ensuring they eat a healthy diet.

As part of Fruit & Veg month in September 2007, we are conducting the **Serving up fruit & veg: Outstanding canteen awards**. The awards are open to all primary school canteens throughout South Australia.

The Serving up fruit & veg: Outstanding Canteen Awards aim to celebrate canteens that are positively influencing the health of the school community through a commitment to providing and promoting foods that support good health. Of particular interest are canteens with innovative approaches to promoting fruit and veg and making it easier for children to 'go for 2 & 5*', that is eat 2 serves of fruit and 5 serves of veg everyday.

Struggling to promote healthy foods? We understand that canteens want to promote health foods but are faced with challenges such as limited facilities or lack of volunteers. If this sounds like your canteen, then the **Against all odds: Canteen encouragement awards** category is for you! This award aims to support and encourage canteens that are working towards positively influencing the health of the school community.

These awards are part of the many activities taking place during Fruit & Veg Month: September 2007. The school principal has also been sent a Fruit & Veg Month School Pack including a curriculum kit and a student arts competition. We encourage you to speak with teachers and discuss ways to link-in with their 'healthy eating' activities.

How to enter:

Please send up to two pages with a profile of your school canteen, the school community and how you promote healthy foods in your canteen. You may include photos. We suggest you use the following questions to guide your response:

- Where is your school located?
- Tell us about your students - for example how many, culture background, any other special features?
- Who manages the canteen and who works in the canteen?
- What changes have you made to the canteen menu? Why?
- How do you promote healthy food and drink choices?
- How do you use fruit and vegetables in your menu?
- Do you link-in with other healthy activities in the school? Give examples.
- What barriers have you had to overcome?
e.g. profit, resistance from parents or students.
- Do you involve parents, students and the community? How?
- How has the school community responded to changes in your canteen?
- Do you use a school garden? How?
- Do you have theme days or other special days? Give examples.
- How are you using **Eat Well SA Schools and Preschools: Healthy Eating Guidelines?** To learn more about this resource, log onto:
<http://www.decs.sa.gov.au/eatwellsa/pages/home/>

Prizes: Everyone's a winner!...

Olives SA have kindly donated a **2L cask of Olive Oil (RRP \$25)** to all school canteens. If you enter the Canteen Awards, you may also earn your canteen or the school the following:

- **Healthy Food Fast Cookbook**, donated by the Department of Health -SA
- **Apple slinky machine** (first 50 entrants only), donated by the Apple and Pear Growers Association SA.

All items are **available for collection until the end of September** from: The National Heart Foundation, cnr Carrington St and Hutt Street, Adelaide. Please bring identification and this entry form for collection of the goods.

Some of the best entrants will be selected to feature in the Centre for Health Promotion's website: <http://www.wch.sa.gov.au/chp.html>
You may want to explore the website for new and inspiring ideas!

The outstanding prize pool!

Entrants will be in the running for the following prizes:

- \$500 cheque to trial new, healthy canteen items - The Dental Hygienists Association of Australia
- 3 x Breville Juicers plus 2 boxes of oranges per juicer - SA Citrus Industry Development Board
- Vegie Patch, fully installed - Virginia Horticulture Centre SA
- Sunbeam Grill and Sunbeam Juicer - Keith Bowden Electrical
- Breville Healthsmart Grill - Chapleys Retail (Foodland franchise)
- \$100 gift basket of first aid materials - Smith and Nephew Pharmaceutical

To help YOU celebrate Fruit and Veg Month, you can order FREE Go for 2&5® resources (including promotional posters and tattoos)! Please refer to the Go for 2 Fruit and 5 Veg® order form enclosed. Alternatively, access the order form at : www.dh.sa.gov.au/pehs/branches/health-promotion/hp-order-forms.htm

Want to get involved in other Fruit and Veg Month activities happening across the state? Check out the Fruit and Veg Month link at www.adelaidemarkets.com.au

