

HEALTHY CHANGES TO OUR CANTEEN

The NSW Healthy School Canteen Strategy is a joint initiative between the NSW Ministry of Health and the NSW Department of Education. The Strategy is all about giving students across NSW a taste for healthy foods and to make healthy choices easily available. Our school canteen is working towards achieving the strategy.

WHAT'S CHANGED?

- The new strategy places food and drinks into EVERYDAY and OCCASIONAL categories. This replaces the traffic light system of green, amber and red food and drinks.
- The new strategy requires the canteen to sell at least 75% EVERYDAY and no more than 25% OCCASIONAL food and drinks.

WHAT YOU MAY NOTICE

- Promotion of healthy food and drink options
 - Menu changes
 - Portion size review
- Sugary drinks not to be sold
 - No Red days

Continue to support our canteen as we work towards making the changes.

More information:

www.healthyschoolcanteens.nsw.gov.au



Health
Illawarra Shoalhaven
Local Health District