

# NATIONAL NUTRITION WEEK - SCHOOL CANTEEN ASSESSMENTS

## MACEDON RANGES CASE STUDY

### INTRODUCTION

During **National Nutrition Week** (13-19 Oct 2019) Cobaw Community Health and Macedon Ranges Health partnered to offer a free canteen assessments to all primary schools in the Macedon Ranges. The canteen assessments were conducted using the Healthy Eating Advisory Service's FoodChecker, to find out if the foods and drinks the school supplies are classified Everyday, Select Carefully, Occasionally, or as confectionery and high sugar content soft drinks according to the Victorian Government's School Canteens and Other School Food Services Policy. This initiative provided an opportunity to discuss engagement with the Achievement Program with the school.

### FREE CANTEEN ASSESSMENTS

Twenty one primary schools were contacted via email and phone. Offer was also promoted over social media.

- 4 schools had no canteen but requested further information on the Achievement Program. This resulted in 1 meeting with a school Principal to discuss the Achievement Program (school was particularly interested in the mental wellbeing area).
- 1 school (St. Ambrose Parish Primary School) was in the process of setting up a canteen and requested a call back regarding canteen assessment and the Achievement Program in early 2020. We sent the Principal information regarding setting up a school canteen in accordance with the Healthy Choices Guidelines.
- 2 schools requested a canteen assessment:
  - Tylden Primary School - a canteen menu assessment was completed for the school and a follow up meeting held between the Principal, Cobaw and Macedon Ranges Health, to make recommendations on how to increase healthy choices. The Principal was keen to enact some of the recommendations during the last half of term 4 of 2019, but noted limitations due to lunch orders coming from the local general store with limited options.
  - Our Lady Of The Rosary Primary School - a canteen assessment was completed and report forwarded to the Principal and Canteen Manager in Term 4 2019.

### WHAT NEXT

In early 2020, the Cobaw health promotion team intended to meet with those schools for whom canteen assessments were completed to review the changes and discuss engagement with Achievement Program. Due to some extended staff sick leave in February 2020, and the onset of the coronavirus pandemic in March 2020, follow up with the schools has been limited.

Schools have either been unresponsive, or have indicated that COVID-related activity has taken precedence. We have not pressed this as we understand the enormous burden that has been placed on schools, Principals and teachers this year. We will resume this work with the schools once they have returned to some level of normality.

Cobaw Community Health - 1300 026 229 or

[rhani.dean-talbett@cobaw.org.au](mailto:rhani.dean-talbett@cobaw.org.au)

For more information contact Jenny Cowen at Cobaw:  
email: [jenny.cowan@cobaw.org.au](mailto:jenny.cowan@cobaw.org.au)

