

Supplement Workshop:

Healthy Communities

Part 3:
Handouts

Parental Guidance

Recommended

Scrumptious School Lunches!

Handout HC1

It's a challenge finding the balance between a school lunch that kids will enjoy and one that is good for them. Try these tasty lunchbox ideas!

Involve Your Kids

- Children are more likely to eat their lunch when they are allowed to choose from a variety of healthy lunch choices. Help them to make their own lunch!
- Check that your children can open their lunchbox and all packets and containers that go in it.

Safe Lunches

- School lunches are made long before children eat them. Lunches also sit in warm school bags for half of the day. Lunches are likely to get warm - ideal for bacteria to grow and cause food poisoning.
- To keep food cool freeze a bottle of water or milk and place it into the lunchbox.
- To keep food fresh, wrap foods in plastic wrap or snap-lock plastic bags.

Delicious-Looking Lunches

- No one likes squashed food. To keep foods looking tasty, store them in a lunchbox. Store smaller items (like fresh or dried fruit) in small tupperware containers.

Tasty, Healthy Lunches

Choose a variety of foods from the five food groups - vegetables, fruits, breads and cereals, dairy products and meats/alternatives.

Vegetables

Keep vegies cold so they stay crisp and tasty

- Pack salads in a separate container.
- Small containers of vegetable sticks are a good snack - try carrots, capsicum, celery or cucumber - add cheese cubes for variety.
- Lettuce and grated carrot won't make sandwiches soggy if placed in the middle of the sandwich and other fillings (like cheese and ham) are placed next to the bread.
- Make mini-pizzas using English muffins or pita bread - top them with tomato paste, capsicum, corn and cheese and place under the grill!
- Celery sticks can be filled with peanut butter or cream cheese.

Fruits

Keep fruit cold and store it in a container so it stays crisp and tasty

- Wash fresh fruit and pack it into a small container to avoid squashing it. Use grapes, plums, strawberries, apricots and cut-up oranges, apples, and pears - drizzle lemon juice over apples to stop them turning brown.
- Add a small banana to the lunchbox.
- Mix dried fruit and place it into snap-lock plastic bags.
- Use canned fruit in portion packs, or place it in a small container.
- Use fruit when cooking muffins and cakes and add these to the lunchbox.

Breads and Cereals

- Use wholegrain, wholemeal, multigrain, high fibre white, rye, fruit, or pumpkin breads - cut sandwiches into rectangles, triangles or fingers
- Cut off crusts, roll up and wrap in plastic for circular sandwiches
- Use round, long, or knot rolls, pita pockets, Lebanese or Turkish bread
- Make a pizza by topping a pita pocket or roll
- Homemade pikelets or pancakes
- Fruit buns
- Scones
- Homemade, low-fat, fruit-filled muffins and cakes
- Crispbread
- Rice cakes and crackers
- Use spreads such as; chutney, relish, avocado, hummus, tabouli, mustard, low-fat mayonnaise, peanut butter and cranberry sauce.

Dairy and Alternatives

Keep cold to prevent food poisoning

- Add a small carton of frozen milk to the lunchbox
- Add a frozen pot of yoghurt
- Cheddar cheese - sliced or grated cheese can be added to sandwiches, or cut into sticks and cubes and added to chopped salad vegetables in a small container
- Cottage, ricotta, light cream cheese and other soft cheeses can be added to sandwiches, or used as a dip with chopped vegetables

Meat and Alternatives

Keep cold to prevent food poisoning

- Add lean chicken, turkey, beef, lamb, ham, tuna or salmon to sandwiches and salads
- Egg - boiled, wrapped and eaten alone, or chopped and added to a salad or sandwich
- Baked beans - mixed with lettuce or cheese and placed in a small container with a spoon

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Fantastic Fundraising Ideas!

Handout HC2

Fundraising is essential for many schools, sporting groups and community groups. Unfortunately money is often raised by selling chocolates, running lamington and pie drives, holding sausage sizzles, cake stalls, doughnut days etc.

If schools and sporting groups teach children about eating healthy foods and keeping active, but raise money by giving them unhealthy foods, what message does this send to our children? Parents, schools and sports/community groups need to provide children with consistent messages about eating and physical activity, to encourage the development of healthy habits which will last a lifetime.

Try these fun and healthy fundraising ideas!

Food

- **Apple slinky fundraiser** - Ask a canteen volunteer or student helper to stand at the front of the canteen and peel/core curly apples. To get your apple slinky machine contact the WA Fruit Growers Association on ph: (08) 9455 2075, email wafga@inet.net.au or Hillmark ph: 1800 671 109, email www.hillmark.com.au.
- **Baked spuds** - a tasty, low cost, nutritious snack. Why not grow the spuds at school? Children can plant them, dig them up, wash them and cook them or give them to the school canteen to cook. Cooked spuds can be topped with reduced-fat cheddar cheese and a variety of fillings such as:
 - * Ham, pineapple and corn
 - * Salad such as tomato, capsicum, lettuce and cucumber
 - * Baked beans
 - * Tuna, corn and reduced-fat mayo.
- **Make musical instruments out of vegetables** for a fee, by contacting 'Flute and Veg' on ph: (08) 9335 5159, or visit people.smartchat.net.au/~flutenveg/corporate.html Children can watch musicians play a tune, or make their own instruments, play them and eat them afterwards.
- **Hire fruit and vegie costumes** from the Cancer Council WA. Use them to promote healthy eating fundraisers featuring fruit and veg. There are 6 costumes and they are available for 3 day hire. Ph: (08) 9212 4333 to organise a booking.
- **Have a "cook-off"** between two school classes, where everyone makes a gold coin donation and has a cooking competition to cook the tastiest lunch or snack (healthy recipes of course!)

- **Tasty, healthy cake stalls, fetes, mother's & father's day morning teas**, etc. Give children tasty healthy recipes to make at home or at school.
- **Sausage sizzles with reduced-fat sausages & salad**. Children won't even know they're healthier!
- **Burger BBQs using lean mince and lots of salad**. Why not get children to put together their own burgers?
- **Perfecto Pizza**. Children can make healthy pizzas in class or the canteen can make them. Sell them by the slice.
- **Make bushman's damper over a campfire**. Serve with bushtucker or healthy dips and vegie sticks, for a small donation.
- **Hot cross bun drives** at Easter time. Hot cross buns are low in fat, contain dried fruit and taste great!

Physical Activity

- **Sponsor children for:**
 - Lapathons, walkathons or bikeathons.
 - The amount of time they are active, for example a danceathon or aerobics challenge. Hold individual competitions or form teams. Involve kids, parents and teachers.
 - Skipathon (skipping individually, or in teams using large skipping ropes).
 - Hacky sac competitions, egg and spoon races or hula hoop competitions.
- **Fun sports:** play fun volleyball, racquet ball, tennis, or beach-cricket, with a gold coin donation to play.
- **Raffles:** to win physical activity-friendly prizes such as frisbees, skipping ropes, hacky sacs, hula hoops, cricket sets, boogie boards, tennis lessons, surfing lessons, etc. The list is endless!
- **Quiz nights:** featuring questions about food, physical activity and health. Give prizes incorporating physical activity/healthy eating such as vouchers for tandem-cycling around the river, horse riding, Adventure World tickets, healthy food hampers, etc.

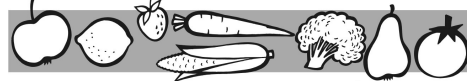
Other

- **Fundraising sunscreen from the Cancer Council**. Protect your children's skin from the harsh Australian sun. Contact the Cancer Council Western Australia shop on (08) 9388 2574.
- **Fundraising glow sticks, flashing necklaces, badges and accessories**. Contact Illumin8 on 1300 65 64 60, web: www.ilumn8.com.au
- **Decorate water bottles, plates or jars**. Children can buy them, or make a gold coin donation, decorate them as they wish and fill them with water or healthy snacks.

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Tasty, Healthy Food in the Community

Handout HC3

What do your children eat when they are not at home and not at school?

Food choices in the wider community can have a big impact on children's food intake.

The *community* includes:

- Childcare centres and playgroups
- Sports facilities (recreation centres, swimming pools, sports clubs, etc)
- Arts and/or drama centres
- Supermarkets, local shops, shopping malls, movie theatres, etc.

Healthy communities make healthier choices easier choices.

Are there healthy food choices in your community?

If you are worried about food sold in your community it is likely other parents are too. Why not speak to other people to see if they want to make changes? It is likely someone will!

Ask your PGR Educator how to get started.

What can I do?



Enjoy Food Variety

In multicultural Australia, we are lucky to enjoy food from all over the world. Children enjoy trying new types of foods. When we learn about these foods, we can also learn about different societies.

What can I do?

- ◊ Hold a cultural day, when the food and traditions of certain cultures are celebrated (World Food Day, Italian Day or Malaysian Day).

Activities could include:

- Preparing and eating foods
- Wearing national dress
- Listening to traditional music
- Learning about geography

.....the list is endless!

For recipe ideas try www.worldrecipes.info You can also find multicultural cookbooks for kids at bookstores or at your local library.

Childcare

What sorts of meals and snacks are served at your childcare centre? Licensed childcare centres must follow certain standards when planning their menus. Different standards exist for long day care, family day care and occasional care.

What can I do?

- ◊ Make sure that your childcare centre is accredited with The National Childcare Accreditation Council.

To find out more visit www.ncac.gov.au or www.community.wa.gov.au/DFC/Resources/ChildCare/



www.collingwood.vic.edu.au/kitchenpgrm.php?t1=teaching&link=7

Food Advertising to Children - 'Pester Power'

Do your children ask again and again for the foods they see advertised on TV? Most of these foods are expensive and full of sugar, fat and salt. Children who watch more TV request these foods more often, eat more of these foods and are more likely to be overweight or obese.

What can I do?

- ◇ Encourage your children to actively play outdoors and indoors.
- ◇ Limit the amount of TV your children watch (2 hour per day - total screen time)

For more ideas visit Young Media Australia at www.youngmedia.org.au/

People Power with Parents Jury

The Parents Jury is a web-based network of parents who wish to improve food and physical activity options for children in Australia. For more information visit www.parentsjury.org.au/

Food Sold at Sporting Venues

On weekends and during school hours, your child may visit your local recreation centre, sports ground or swimming pool. Does the canteen provide healthy food choices?

What can I do?

- ◇ Get involved in your children's local sporting teams. Join with others to encourage the canteen to provide cheaper, healthier choices.

Community Food Gardens

Community food gardens are a social outlet that promote cooperation, learning and physical activity. The healthy food grown can be eaten, used as a teaching tool and/or donated to somewhere it will be appreciated.

What can I do?

- ◇ Meet with local groups or schools to create a food garden.

Collingwood College in Victoria started their vegetable garden in 2001. Visit

Another useful website is:

www.communitygarden.org.au/



Can you think of other changes to improve food choices for children in your community? If you can, write them here. _____

What can you do today, to improve children's food choices in the community?

You can contact other people through community groups, the local newspaper, local childcare centres and schools, to see if they have similar ideas. Why not form a community action group to help make improvements? Ask your PGR Educator for help getting started.

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Keeping Children Active

Handout HC4

Can you answer these questions:

- ◇ *How active are your children when they are away from home?*
- ◇ *How do they travel to and from school?*
- ◇ *How much time is allocated to physical activity at school (often this varies depending on the school/teacher)?*
- ◇ *How much time do your children spend watching TV and playing computer games?*

Children are less active now than ever before. One in four children are overweight or obese and this figure is rapidly rising. Active children are happier, concentrate better and are more physically fit.

If you want to improve activity options for your children, it is likely other parents do too. Why not speak to other people to see if they want to make changes? It is likely someone will! **Ask your PGR educator how to get started.**

What can I do?

Outdoor Facilities

Do you feel parks in your area could be safer or more interesting? Or are there no parks in your area? Are there enough footpaths and are the existing footpaths well-maintained?

What can I do?

Contact your local council to find out what is planned in your area, visit www.dpi.wa.gov.au or phone them. If nothing is planned, contact others and conduct an audit of roads, footpaths and parks in your area. Give the council and your local community newspaper a copy of your results.

Fundraising

Fundraising is often essential for community groups. Why not combine fundraising with fun, healthy physical activity?

What can I do?

- ◇ Suggest activities like a walkathon, fun-run, skipping competition, orienteering bush walk or busy bee.
- ◇ Provide healthy tasty food at these events.



Physical Education at School

Public schools in WA must dedicate 2 hours per week to physical activity for students in Years 1-10. Ideally more is required.

What is your child's school doing to encourage physical activity?

What can I do?

Suggest your child's class or school participate in:

- ◇ Jump Rope for Heart
www.heartfoundation.com.au
- ◇ Walk Week, Walk There Today
www.dpi.wa.gov.au/walking/1546.asp
- ◇ Cycle to school day
www.dpi.wa.gov.au/cycling/14754.asp

Active After-school Communities

Provides free, structured physical activity programs, 3-5pm for 8 week blocks per term. For children at selected schools and out of school hours care services. For more information visit: www.ausport.gov.au/aasc

Children who walk or ride to school: are more alert, feel better, concentrate better and learn good physical activity habits.

What can I do?

- If you drive your children to school, try walking or riding with them instead. It's a great chance for everyone to get some exercise, and to get to know the neighbourhood.
- **The Walking School Bus** is a volunteer-supervised walking group for primary school students:
 - Ph: 9216 8000
 - www.travelsmart.gov.au/schools/schools2.html
- **Children's Crossing Guards.** To assess whether your school needs a crossing guard, the P&C can contact the WA Police Service Traffic Warden State Management Unit for an application form.
 - Ph: 9222 1922
 - www.police.wa.gov.au/TRAFFIC/SchoolCrossings/tabid/1004/Default.aspx
- **Bikeweek and Cycle to School Day** are run by Department for Planning and Infrastructure (DPI) and Bikewest. Bikewest also provide maps showing cycle routes in your local area.
 - Ph: 9216 8556
 - www.dpi.wa.gov.au/cycling
- **Walk Week, Walk There Today** is an annual event encouraging children and parents to walk to school.
 - www.dpi.wa.gov.au/walking/1546.asp
- **Roadwise Safe Routes to Schools** is run by local government to improve safety around schools. Contact your local council
 - www.dpi.wa.gov.au or
 - www.roadwise.asn.au/resources



Can you think of other changes to improve children's physical activity options at school and in the community? If you can, write them here.

What can you do today, to improve children's physical activity options?

You can contact other people through the school P&C or newsletter, or community groups and the local paper, to see if they have similar ideas. Why not form a school or community action group to help make improvements today? Ask your PGR educator for help getting started.

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Finding Others

Handout HC5

If you worry about what your children eat and how active they are away from home, other parents, school staff and people in your community probably do too!

Why not form a group to improve children's healthy food and physical activity options in your community? You can form a new group or work with an existing group like the P&C/P&F. Being part of a group is a fun way to meet other people and you will feel great knowing you are improving the health of your own and many other children.

What can you do?

- **Talk with other parents.**
- **Talk with P&C/P&F members. Go to a meeting yourself or with a friend.**
- **Talk with members of community groups - playgroups, sports groups, Rotary, Australian Breastfeeding Association, etc. Grab a friend and go to a meeting.**
- **Speak with your child's teacher.**
- **Speak with the school principal.**
- **Put a notice in the school newsletter, inviting other parents to come to a meeting or to form a parent group.**
- **Put a notice in the local community newspaper.**

(Sample newsletter/newspaper article)

Would you like to meet other parents for coffee and a chat?
Do you worry that your children are not active enough and eat too much junk food?
Why not come along to a Healthy Kids Coffee Evening! We are looking for more parents to join our new group which aims to improve food and physical activity options for our children! We look at food served at the canteen and make sure it is in line with the traffic light policy, food sold at sports venues, how to get children away from the TV, how to make walking/cycling to school a safe and popular option, etc. Come along to our first coffee & (healthy) cake evening!
Date: _____ Time: _____ Location: _____
Contact: Mary Smith on 9999 9999 to let us know you're coming - see you there!

Can you think of other ways to find people in your community who will want to improve children's food and physical activity options? If so, write them here.

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Your Roadmap to Success: a Vision, a Mission, Objectives & Strategies

Handout HC6

Why bother?

Choosing a Vision, a Mission, Objectives and Strategies gives your group a destination and a map showing you the route to get there. They give you something to aim for and keep you on track. They enable you to see how much you have achieved.

Vision

Your group's dream or ideal. A group's vision is concise and shared by all.
E.g. 'Healthy Children.'

Mission

A broad statement of what your group needs to do, and why. 'Encourage healthy food choices in the kiosk at the local recreation centre, to increase children's consumption of healthy foods.'

Objective

A specific statement of what your group plans to do to achieve their mission. An objective must be **SMART**

- **S**pecific
- **M**easurable
- **A**chievable
- **R**elevant (to the mission) and
- **T**imed (including a date for completion).

Often several objectives relate to the same mission. E.g. 'At least half (50%) of the foods and drinks for sale at the recreation centre kiosk will be healthy choices by the end of second term, 2009.'

Strategies

A strategy details what your group will *actually do* to achieve your objective. For example:

- Increase knowledge of healthy eating and physical activity by holding PGR parent workshops and putting 'healthy food ideas' articles in the school newsletter.
- Increase the kiosk owner's awareness of parents' wishes for healthier food choices by approaching the owner or organising a petition signed by parents and community members to give to the kiosk (and perhaps the local council).
- Increase the kiosk owner's awareness of how choices can be improved by organising a health professional to discuss healthy food and drink choices suitable for sale at the kiosk. Discuss strategies to reduce the price of healthy items and renaming menu items to make them more appealing to children. Encourage items sold in the kiosk to meet the traffic light guidelines as per school canteens.

Creating a Vision, a Mission, Objectives & Strategies

Vision

Mission

Objectives

Strategies

Write other objectives, strategies and/or ideas here

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