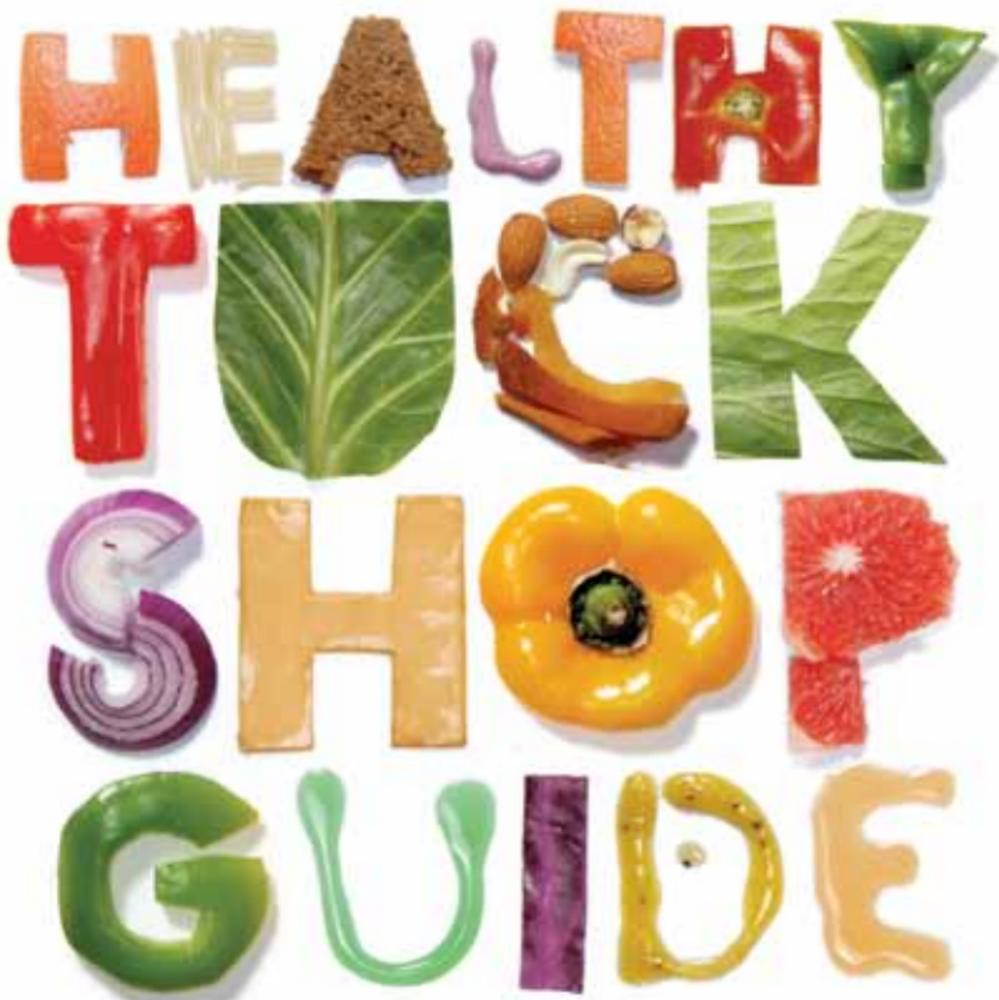


**WOOLWORTHS**

# EDUCATIONAL PROGRAMME



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# INTRODUCTION

**DEAR PRINCIPAL, EDUCATORS, PARENTS,  
SCHOOL TUCK SHOP STAFF AND OTHER  
STAKEHOLDERS IN THE SCHOOL COMMUNITY,**

In presenting this Healthy Tuck Shop Guide, the Woolworths Making The Difference team is delighted to take our participation in South African schools' nutrition and promotion of healthy lifestyles to a new level.

We hope that this user-friendly guide will assist your school in providing children with important opportunities to make healthier eating choices every day. The school environment provides a vital context not only for children to learn about healthy eating and healthy lifestyles, but also for them to put knowledge into practice.

South African school children face nutritional challenges that range from malnutrition to obesity. Schools can help to make the difference by ensuring that food provided on the school grounds meets the standards of good nutrition for children. This is especially important in communities where parents struggle to provide good food for their children.

The need to ensure that school tuck shops and vendors provide nutritious food for children is a world-wide concern. In more and more countries, states and communities, what food can or can't be sold to children is even becoming part of legislation.

Many South African schools are well-aware of the need for healthier eating at school and we can all expect the demand for healthy tuck shops to keep growing.

We use the term 'tuck shop' here to describe the different school systems of food provision. Whether your school provides cooked lunches, traditional tuck shop foods, just snacks or is reliant on vendors, this guide is designed to help you to ensure your school is a healthy food provider.

As with any transformation, it may help to phase in changes over time. What is crucial is that you communicate effectively with your school community so there is clear understanding and widespread support.

The Woolworths Making The Difference Healthy Tuck Shop Guide is brought to you by Woolworths and the Sports Science Institute of South Africa (SSISA) in association with dietitians Shelly Meltzer & Associates. It is based on the latest expertise on healthy eating. This guide complements the nine educator modules we have produced for schools on healthy eating, physical exercise and sustainability. As part of its Good business journey, Woolworths is committed to sharing its expertise with South African schools in order to enhance the educational experience of our children.

Best Regards

Penny Luthi

*Brand Manager: Woolworths Making  
The Difference Educational Programme*

# THANKS

The development of this guide has taken place over a number of years involving teams of nutrition experts who have conducted research at South African schools, explored the international scenario and applied their dietary expertise.

**THIS GUIDE INCLUDES THE WORK OF:**

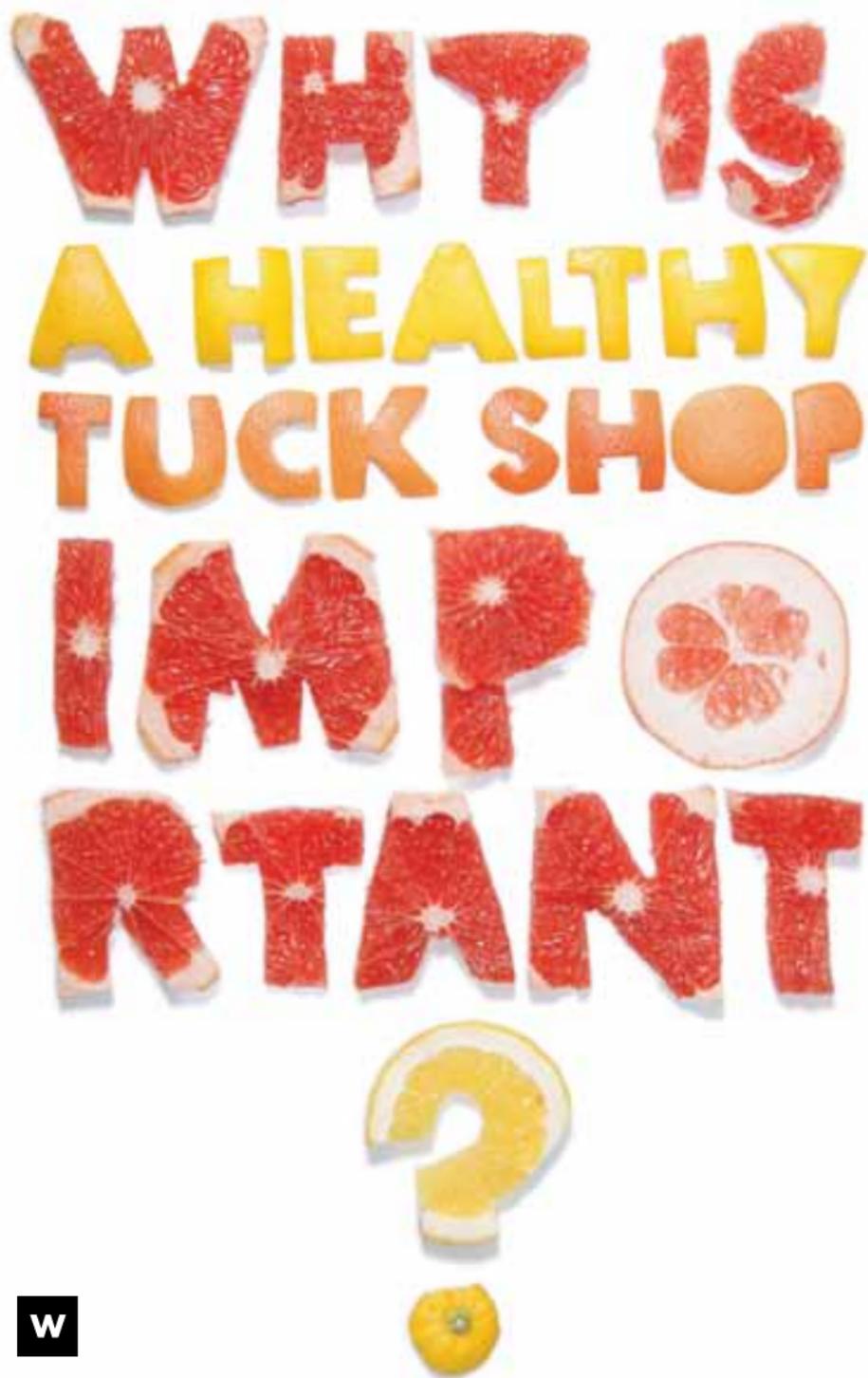
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WHY IS  
A HEALTHY  
TUCK SHOP  
IMPORTANT  
?



# ONE

## WHY IS A HEALTHY TUCK SHOP IMPORTANT?

How to motivate your school community to support a healthy tuck shop – Often the introduction of change, even if it is change for the greater good, creates resistance in some people. It is important to motivate the transformation to a healthy tuck shop well amongst all your stakeholders. The school community needs to understand why the change needs to happen, have any concerns addressed and be inspired by a vision of something better.

### HERE ARE 7 KEY ARGUMENTS TO MOTIVATE WHY A HEALTHY TUCK SHOP IS IMPORTANT:

#### **1 GETTING IN LINE WITH THE CURRICULUM**

Children learn in school about good nutrition and how to make healthy eating choices. The school environment needs to properly support this education by ensuring that food provided on the school grounds is in line with the accepted guidelines for children's nutrition. It doesn't make sense to teach children in the classroom that they must eat whole-wheat bread, and then serve them hamburgers on white buns at break time.

## **2 SO, LET'S WALK OUR TALK**

We must make it possible for children to eat healthier foods every day by making these choices most available. Research shows that having lots of opportunities as a child to make healthy food choices has a big impact on whether healthy eating becomes a life-long habit.

## **3 EVERY SCHOOL CAN BE A HEALTHY SCHOOL**

No matter what its resources, any school can have a committed focus on health promotion that makes the difference. The key is to be well-informed and to make healthier choices. For example, many delicious, healthy fruits can be cheaper than sweets – especially if you are growing the fruits yourselves! People often worry that healthy means more expensive – however, there are many ways to provide affordable good food.

## **4 POOR NUTRITION COSTS A FORTUNE**

It is well known that poor nutrition, whether that is under-nutrition, poor food choices, or over-eating, has a major impact on modern societies. So-called 'lifestyle diseases' that result from poor nutrition and inactivity, cost governments, communities, families and individuals a fortune in health care, never mind the terrible emotional costs of the pain and stress of ill-health. The hidden costs of unhealthy foods can be found in the soaring expenses of ill-health.

## **5 MEETING GLOBAL STANDARDS**

The impact of poor nutrition on children's health all over the world has reached such proportions that decreasing their exposure to unhealthy foods and drinks is fast becoming an issue of child protection. For instance, there are many schools where the sales of certain food products are simply banned outright, and many others have transformed their food provision because of pressure from within the school community.

There is no doubt that the ongoing facilitation of good nutrition and healthy lifestyles enhances a school's reputation for delivering an excellent service to its community.

## **6 GOOD FOOD IS GOOD HEALTH**

Eating good food is an essential part of maintaining health and avoiding disease. Children are most vulnerable to poor nutrition, both because they cannot control their sources of food and because their bodies are still growing. Good food is a basic requirement for the growing of healthy bodies, and it is essential if children are going to learn well. As the seminal places of learning in our societies, schools play a critical role in ensuring that children have healthy bodies and minds.

## **7 THE SCHOOL TUCK SHOP – A COMMUNITY HEALTH HUB**

The transformation of the tuck shop into a healthy-eating hub provides wonderful opportunities for schools to promote improved health and well-being in their communities. Many important healthy lifestyle messages can be spread from the healthy tuck shop, helping families to take better responsibility for their health and increasing their enjoyment of life. In addition, other projects such as a schools food garden and a physical activity programme can be linked to the healthy tuck shop.

You can use these 7 key arguments in a powerpoint presentation or as a leaflet to communicate to parents, educators, learners, the School Governing Body, food suppliers including vendors, the provincial education department etc.

GET  
TING  
STARTED

# TWO

## GETTING STARTED

Here are some broad guidelines to assist you whether your goal is to transform your existing food provision infrastructure (tuck shop, lunches, snacks or vendors) or if you are planning to introduce food provision through a brand new healthy tuck shop strategy.

### **1 MAP YOUR RESOURCES**

It is a useful exercise to make an inventory of available resources and identify new resources you may need. An awareness of the 'big picture' will help you to plan and manage the details of the process more effectively.

People – As with any project, people are your most important resource. You will need people to lead and those who have the skills to take on a variety of work roles such as – overseeing infrastructure/processes/systems/ staff; budgeting/ buying/ pricing/ simple book-keeping/ reporting; menu planning/ cooking/ food preparation; merchandising/ serving/ selling/ stock-taking; cleaning/ maintenance. Of course, people are multi-skilled, and one person may be able to take on a number of roles. Ask people about their skills and preferences so that you can make sure that they are well-matched to the roles that they take on.

**Infrastructure** – includes the physical space (tuck shop, kitchen, vendor stalls) and its attributes such as access to water and electricity. It also includes other resources such as fridges, stoves, microwaves, urns, catering furniture, storage facilities, kitchen utensils, crockery etc.

Systems and Processes – establishing clear processes and systems helps to organise work roles and work flows. Whether you make use of volunteers or paid staff or a combination, people need to be clear about their roles and responsibilities as well as how they are expected to perform their work.

**Budget** – Assess the financial resources currently available to you, set financial goals and explore fundraising opportunities to address shortfalls.

## **2 MATCH YOUR RESOURCES TO YOUR PLAN**

It might be exciting to plan a “Rolls Royce” of a tuck shop, but if you only have the budget for a Toyota, the project may be a disappointment or a failure. (Remember that a “Toyota” can work very well!) Once you have a good idea of your resources, formulate a realistic plan that does not strain and stress your available resources. Look instead for ways to start simply – you can always phase in improvements and expansions as the tuck shop becomes more and more successful. Working within the limits of your existing resources allows for a smoother, more trouble-free implementation and enables the people involved to enjoy measures of success as the process unfolds. This helps to keep them motivated over the longer term.

### **3 FORMULATE A HEALTHY TUCK SHOP POLICY**

Formulating an official school policy is a great way of clarifying goals, setting the standards and informing stakeholders about the Healthy Tuck Shop. Importantly, it serves to entrench the school's food provision within the context of the school's rules and regulations. The next chapter gives you more detail on how to do this.

A HEALTHY  
TUCKER  
SHOP  
SCHOOL  
POLICY

# THREE

## A HEALTHY TUCK SHOP SCHOOL POLICY

### WHY?

It is a good idea to introduce a healthy tuck shop by formulating a school policy to set the standard and provide the means for monitoring, evaluation and reporting. The aim of the healthy tuck shop school policy is to clearly inform those involved about how things are to be done at your tuck shop.

### WHO?

The formulation of a policy should be a participative process. You need to involve the key players to ensure that the policy is relevant, understood and supported. Key players may include educators, parents, tuck shop staff, the School Governing Body, student representatives, dieticians, health care providers, food suppliers, food sponsors, formal or informal vendors. Consultation may take some time, but it will be well worth the effort because discussion and debate will result in stakeholders taking ownership of the best possible policy for your school.

### HOW?

When it comes to writing policy, the best rule is to keep it simple. Write clearly and be specific. Like all policies, you will need to review it from time to time to ensure that it is relevant and up to date.

Keep it simple.

## **WHAT?**

Different schools approach food provision in different ways. Therefore, healthy eating policies will differ from school to school. However, there are some basic nutritional guidelines that are relevant to all and you might want to include them in your policy. For more in depth nutritional information, please refer to Chapter 5 – The Dietician’s Nutrition Information for healthier tuck shops.

## **SOME IDEAS**

- The school tuck shop is a Healthy Tuck Shop that promotes a healthy, balanced diet by providing a variety of foods that will help meet children’s nutritional requirements.
- All stakeholders involved in the provision of food to school children are educated about the dietary guidelines for children.
- Stakeholders involved in the buying of foods for the tuck shop are also educated about reading food labels.
- As far as possible, processed foods and drinks that do not have nutritional information on the labels are not sold.
- Foods and drinks with added sugar, colourants, preservatives and sweetened with non-nutritive sweeteners are avoided as much as possible.
- Foods high in saturated fats and trans fats are avoided as much as possible.
- Foods high in salt (sodium) are avoided as much as possible.
- Foods and drinks that contain additives such as food colourants, flavourants, sweeteners and preservatives are avoided as much as possible. This will include many types of chips, some cold drinks, some cold meats, sausages and cheeses.

- The healthy tuck shop promotes the regular consumption of fruit and vegetables, and makes these foods available as snacks or as part of meals as much as possible.
- The healthy tuck shop promotes the consumption of plain, clean water and makes it readily available.
- On an ongoing basis, the healthy tuck shop seeks healthier alternatives to popular foods that are of poorer nutritional quality such as pies, sausage rolls and white bread rolls filled with chips.
- Sponsored food and promotions meet the requirements of the school's Healthy Tuck Shop policy.
- Rewards and performance incentives are non-food based.
- Healthier choices are offered at lower prices.
- Recycling is promoted and incentivised.

HEALTHY  
TUCK  
SHOP  
COMMUNIC  
NICATION  
STRATEGY

# FOUR

## A HEALTHY TUCK SHOP COMMUNICATION STRATEGY

Once you have consulted key players and formulated a Healthy Tuck shop policy, you need to communicate your plans to the broader school community. This is an important key to ensuring that people understand and support change or a new initiative. Here are some broad guidelines:

Fit kids  
are cool  
kids.

### **TARGET AUDIENCES**

More often than not different audiences need to be exposed to different key messages in different ways. Always consider the concerns of the particular audience you are addressing. For example – children are more easily reached by messages that emphasise fun and acceptance by their peers, while their parents may be more concerned about health, costs and convenience; educators may be inspired by the opportunities for children to practice what they are teaching in the classroom, while food vendors may have little knowledge about healthy eating and feel threatened about losing business.

## **KEY MESSAGES**

**Learners** – Fit Kids are Cool Kids! Healthy eating and physical activity help you to feel good, to have lots of energy and to build a strong body and mind. Our school's Healthy Tuck Shop means that you can make delicious, good food choices.

**Parents** – The school's Healthy Tuck Shop will make affordable, nutritious food available so that your children can learn to make healthy food choices a good habit that can last a lifetime.

**Educators** – The school's Healthy Tuck Shop will help learners to make the healthy food choices we teach them about in the classroom. The project also has the potential to play a role in promoting healthy eating and healthy lifestyles in our school community.

**Tuck Shop staff** – You are playing a vital role in promoting healthy eating amongst learners and our school community. Providing children with good food options helps them to make healthier choices a lifelong habit.

**Vendors** – The school will help you to transform your product offering so that children can buy nutritious food from the vendors.

## **DELIVERING THE MESSAGES**

- Most of these messages can reach the target audiences through the school's usual channels
  - meetings, assemblies, parent notices, notice boards, newsletters etc.
- You can use the Dietician's information in the guide to provide more in depth information to parents, educators, tuck shop staff and vendors.
- It may be necessary to arrange a special training intervention for tuck shop staff, buyers and vendors so that they understand what needs to change, why and how.
- You may consider involving learners in the communication campaign by getting them to design posters or create projects to promote healthy eating and healthy lifestyle themes.

## **FEEDBACK**

Make sure the communication channel is open for feedback from your target audiences. This enables you to gauge reactions, be aware of misunderstandings and to identify areas of concern that must be addressed.

DIETICIAN'S  
NUTRITION  
INFORMATION  
FOR HEALTHIER  
TUCK  
SHOPS

# FIVE

## THE DIETICIAN'S NUTRITION INFORMATION FOR HEALTHY TUCK SHOPS

### **FOOD FOR HEALTH AND PERFORMANCE**

Healthy Tuck Shops aim to provide children with foods that promote health and performance. Foods that promote performance are those that help sustain energy levels, increase concentration and positively impact on behaviour.

The key to healthy food provision is a balance of different types of food. Growing bodies need sensible ratios of carbohydrates, proteins and fats; plenty fruit and vegetables, a high intake of fibre; and controlled amounts of added salt.

It is important to relate good nutritional value to the energy provided by a specific food option. Two different foods can provide similar energy in the form of calories – but one option may include nutrients such as protein, vitamins, minerals and fibre; while the other contains lots of added sugar, fat and preservatives.

**TO UNDERSTAND NUTRITIONAL VALUE,  
CONSIDER THESE TWO LUNCH OPTIONS:**

- A** Deep-fried potato chips with salt – as a meal, this option provides high carbohydrate, high fat and salt. It is not nutritionally complete as a meal as it is lacking in protein and fibre as well as important vitamins and minerals. The high carbohydrate and fat content can contribute excessive energy without nutrients. If this option is eaten regularly as a meal, it will compromise the child's overall diet and may contribute to weight gain.
- B** A whole-wheat roll with fresh avocado, skinless chicken breast, lettuce and tomato – as a meal, this option provides a good balance of carbohydrates, protein and fat as well as a reasonable serving of raw fruit and vegetables. The whole-wheat roll, lettuce and tomato contribute fibre. If meals like this, containing a variety of nutrients, are eaten regularly, they will positively contribute to the child's overall diet, promoting health and performance.

As this example illustrates using a variety of different foods helps to achieve nutritional balance. Some school tuck shops offer a wide menu, and not all the options provide variety and balance. In this case, you may consider offering less options but ensuring that each menu item is nutritionally balanced.

## **REDUCE AND AVOID**

**Added Sugar** – As a carbohydrate, sugar does provide energy but it is of little nutritional value as it contains no other nutrients. Many convenience food and drinks are high in added sugar. Consuming too many foods and drinks high in added sugar (especially sweet sticky foods and beverages with acids) can crowd out other nutrients, decrease appetite at meal times and promote dental caries. In addition, over consumption of sugar may trigger behavioural problems in susceptible children, and result in weight gain in children who are less active.

A little  
(fat)  
goes  
a long  
way

**Added Salt** – Salt, sometimes listed as ingredient as sodium, is often added to food products as a preservative and flavourant. Like sugar, we easily develop a taste for added salt, which can become a life-long habit. Consuming too much salt in childhood can lead to ill-health conditions in adulthood such as high blood pressure. It is advisable to reduce or avoid products with added salt so as to help school children adjust their palate while they are still young.

**Additives** – Additives such as artificial colourants and flavourants, sweeteners and preservatives are routinely included in many processed food products. These additives offer little nutritional benefits, and some may adversely affect behaviour.

## **UNDERSTANDING FATS**

Fats have many important functions in building and maintaining healthy bodies. So they should not be cut out of children's eating regimes. However, it is important to regulate the total amount of fats – because when it comes to fat, as the saying goes 'a little goes a long way'. It is particularly important for schools that have a high or increasing rate of obesity amongst children to promote a fat controlled diet alongside physical activity. Making a long term habit of controlling the amount of fat one eats helps to prevent weight gain and avoid lifestyle diseases such as heart disease later in life.

It is also important to understand that there are different kinds of fats found in different foods. Trans fats that result from the process of the hydrogenation of vegetable oils from a liquid to more solid state should be avoided. Saturated fats should only be consumed in small quantities. Poly-unsaturated and, particularly mono-unsaturated fats are beneficial in moderation and can be substituted for all other sources of unhealthy fats in low amounts.

**Reduce and avoid foods high in fat** – many processed foods, sweets and snacks are high in fat and undermine a fat controlled diet. Deep-fried and fried foods such as samoosas, doughnuts and vetkoek are high in fat. Foods that require butter in the preparation or cooking process, such as toasted sandwiches are high in fat. Many baked goods such as pies, sausage rolls, cakes and biscuits are high in fat. Full cream dairy products such as full cream cheeses, ready-made milkshakes and full cream yoghurt and yoghurt drinks are high in fat and should be substituted with lower fat options where possible or only consumed in small portions.

**Reduce and avoid saturated fats** – these are found in brick margarine, butter, fatty meat, chicken skin, cheese, processed meats such as polony and other sandwich meats, coconut and palm kernel oils which are often used in biscuits and energy bars.

**Avoid trans fats** – these are found in certain margarines, pastries, pies, some baked goods, and foods cooked in oil that has been repeatedly reheated. The easiest way to avoid trans fats is to avoid products that state that they contain ‘partially hydrogenated fat’ as an ingredient or enquire from the manufacturer if hydrogenated fat is an ingredient.

Include poly-unsaturated fats in controlled amounts – these are found in fatty fish, fish oils, plant oils such as sunflower and corn oil, some soft tub margarines and seeds.

**Include mono-unsaturated fats in controlled amounts** – mono-unsaturated fats are more preferable than the poly-unsaturated fats. They are found olive and canola oils, nuts and seeds, olives and avocado pears.

## **UNDERSTANDING FIBRE**

**Food fibre plays a number of important roles in the body, which include:**

- prevention and treatment of constipation
- prevention of ‘lifestyle diseases’ such as certain cancers, diabetes and heart disease
- increased feeling of fullness

For children to meet their daily fibre requirements they need to consume fibre-rich meals and snacks. The examples listed below represent different types of fibre and it is important to combine these foods to meet children’s fibre needs.

**Some foods high in dietary fibre** – Fresh and dried legumes such as beans, peas, chickpeas and lentils; whole-wheat and other whole-grain breads such as rye; whole-wheat pasta and noodles; cereals such as bran and muesli; brown rice; fresh fruits such as berries, plums, apples and pears that are eaten with their skins; dried fruits such as figs, apricots, dates, raisins and prunes; vegetables such as broccoli, carrots, brussel sprouts, corn, brinjals, sweet potatoes and potatoes; leafy vegetables such as spinach and cabbage; nuts; oats, buckwheat and bran.

### **UNDERSTANDING FOOD LABELS**

It is very important to read and understand food labels. The school needs to ensure that tuck shop buyers or vendors are educated about the importance of food labels. You may consider holding a workshop on this issue. Collect a range of packaging from foods such as yoghurts, flavoured milks, sweets, cold-drinks, crisps, energy bars, cakes, dried fruit etc. Get the participants to read labels and practically demonstrate how to identify products that meet the requirements of your Healthy Tuck Shop policy.

### **ALWAYS CHECK THE INGREDIENTS**

Ingredients are listed in descending order of mass on food labels. Thus, the ingredient contributing to the product the most is listed first. Some times ingredients you may want to reduce or avoid are included in what seems like a beneficial product.

**For example:**

- Bran muffins may have high added sugar content and you'll be aware of this if sugar is listed second in the ingredients list.
- Tinned beans in tomato sauce may have added salt
- Yoghurt drinks may contain added sugar and preservatives, and in some cases, be high in fat
- Energy bars or oat cookies may include trans fats and this may be worded on the label as 'partially hydrogenated fats'.

**UNDERSTAND THE NUTRITIONAL INFORMATION PER SERVING**

You also need to assess the nutritional information per 100g and per actual serving – sometimes you can be misled when the quoted nutritional value of the product per 100g is not aligned to the serving you will provide.

**ASSESS THE MARKETING MESSAGES**

Don't be misled by the promotion of added vitamins and minerals – such products may still be high in fat or sugar, and they may contain other additives you want to reduce and avoid.

- Always note and adhere to the 'sell by' and 'use by' dates
- Avoid food products that are not properly labelled

Use this information to educate your school community. The expertise contained in this chapter helps everyone to understand more about healthy eating. Tuck shop staff, buyers and vendors need to know this information, but it may also be of interest to teachers and parents. You can use it to create a powerpoint presentation, or include it in school newsletters and notices.

IDEAS  
FOR DELICIOUS  
HEALTHY  
TUCK  
SHOP  
LUNCHESES

# SIX

## **IDEAS FOR DELICIOUS, HEALTHY TUCK SHOP LUNCHES**

Depending on the school's infrastructure tuck shop lunches may range from a menu of choices every day to a one-pot offering on some days. In order to make it easy to ensure that each lunch offering is a nutritionally-balanced meal, it may be a good idea to offer fewer choices per day, and rather vary the choices from day to day.

## **HERE IS AN EXAMPLE OF A WEEKLY PLAN OF NUTRITIOUS BALANCED TUCK SHOP LUNCHES:**

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### **MONDAY HEALTHIER HOTDOGS**

For healthier hot dogs, choose sausages carefully. Look for those that are lower in fat, salt and additives. Fresh chicken sausage is a great alternative to beef, boerewors or viennas. Boil, bake or dry fry the sausages. Serve on whole-wheat bread rolls with salads such as lettuce, tomato and cucumber

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### **TUESDAY FISH BURGERS**

Make fish patties using tinned fish such as salmon, pilchards and sardines because of their high omega-3 fatty acid content. Add boiled lentils or chickpeas to stretch the protein content. Use flavours such as chopped dhania and ground cumin. Use whole-wheat bread for crumbs. Oven bake the patties. Serve on whole-wheat rolls with lots of lettuce and tomatoes. Use low fat mayonnaise or hummus, tzatziki, tomato sauce.

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### **WEDNESDAY MACARONI CHEESE**

For a lower fat macaroni cheese use low fat or fat free milk, and a small amount of a stronger tasting cheese such as mature cheddar. Add cooked vegetables such as diced carrots, grated marrows or peas

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### **THURSDAY HEALTHIER PIZZA SLICES**

Use a base such as whole-wheat pitta breads. Use small amounts of strong tasting cheese such as mature cheddar. Add lots of seasonal vegetables to the toppings. It is not necessary to include meat, but if you do, use lean meat such as skinless chicken. This can be steamed instead of fried, and shredded after cooking to make it go further.

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### **FRIDAY THE MIGHTY VEGGIE BURGER**

Make the patties using cooked butternut and kidney beans or chickpeas or lentils. Add flavours such as chopped parsley and dhania, ground cumin or cinnamon, finely chopped garlic and onions. Use whole-wheat bread for crumbs. Oven-bake the patties. Serve on whole-wheat rolls with lots of lettuce, gherkins and sliced tomatoes. Use low fat mayonnaise, hummus, tzatziki or tomato sauce.

## **10 PRACTICAL TIPS FOR HEALTHY TUCK SHOP LUNCHES**

- 1** Devise a weekly plan that includes at least 1 vegetarian meal, 1 fish meal, and no more than 2 red meat meals.
- 2** Use lean meat trimmed of fat and skinless chicken. Avoid polonies and other processed sandwich meat options.
- 3** Always use brown, whole-wheat and seed breads or rolls rather than white.
- 4** Include lots of fresh vegetables, salads and fruits in every meal. Even if your school's lunches always comprise of smp and beans, serve this with fresh, seasonal vegetables whenever possible.
- 5** Use as little oil as possible when cooking meat, chicken, fish or vegetables.
- 6** Add legumes such as lentils, dried beans and chickpeas to soups and meat dishes to enhance protein and increase fibre content.
- 7** Where ever possible oven-bake rather than fry, and steam rather than boil.
- 8** Include just one fat-based spread per meal or sandwich – and choose spreads with higher unsaturated fat content such as peanut butter, avocado pear, hummus, olive spread or low fat mayonnaise. A peanut butter sandwich does not require margarine or butter.

- 9** If you buy products such as ready-made burger patties or chicken nuggets, choose those are low in saturated fat, low in salt and contain little to no additives. Avoid brands that contain hydrogenated or partially hydrogenated vegetable fat. Bake rather than fry.
- 10** Limit the use of ready-made sauces, marinades and condiments. Both salt and additives are issues here and these products should be chosen with care to select lower salt options and products without preservatives and potentially unhealthy additives. This is difficult and hence it is better to make one's own. Avoid seasoned rice, noodle mixes and creamy pasta, soup and sauce products.

IDEAS  
FOR TASTY  
NUTRITIOUS  
TIPPLES  
SNACKS

# SEVEN

## IDEAS FOR TASTY, NUTRITIOUS TUCK SHOP SNACKS

Snacks play an important role in sustaining active, growing bodies through the busy school day. Unfortunately, many of the convenience foods that children commonly consume as snacks, such as sweets, chocolates and crisps, are of poor nutritional quality. Such foods should be regarded as occasional treats only, and should not be part of a child's every day eating regime. Healthy Tuck Shops can play a vital role in supplying tasty, nutritious snacks that are low fat, low salt, high in fibre and free of potentially harmful additives.

One of the best ways to ensure that the tuck shop's snack offering is healthy is for staff to prepare snacks from fresh ingredients rather than sell ready-made options.

If you include products such as pretzels, cereal and snack bars, be sure to read the labels and buy only those that are low salt and free of unwanted additives.

Remember snacks are not supposed to replace meals. It is important to keep snack serving sizes small, especially in schools where there are rising levels of obesity.

## **10 PRACTICAL TIPS FOR HEALTHY TUCK SHOP SNACKS**

- 1** Make seasonal fresh fruits available every day. You can sell whole fruits such as bananas, oranges, apples, pears, plums, peaches etc. or fruit wedges such as pineapple, mangoes, watermelon, sweet melons. You can also make colourful fruit kebabs or sell servings of fruit salad.
- 2** Blend ripened, leftover fruits with 100% fruit juice and freeze as ice lollies.
- 3** Make bulk air or machine popped popcorn and package into small bags.
- 4** Make bulk trail mix – a blend of unsalted nuts, seeds and dried fruits, and package into small bags.
- 5** Make your own dried fruit mix – where possible purchase dried fruit that is free of preservatives such as raisins, prunes and sulphur-dioxide free mango.
- 6** Cheese and biscuit snack – use whole-grain crackers and reduced fat cheese, serve with a few cherry tomatoes or carrot and cucumber sticks.
- 7** Toasted pita triangles and dip – use whole-wheat pita breads cut into wedges and oven-baked. Serve with dips such as hummus, mashed avocado pear or low fat cottage cheese.
- 8** Corn on the cob.
- 9** Bran and fruit/vegetable muffins – use recipes that are low in oil and substitute whole-wheat flour for cake flour. Apples, bananas, carrots and butternut make great ingredients in muffins. Make muffins about the size of a door-knob.

- 10** **Homemade Roasted Chickpeas** – Chickpeas provide carbohydrate, protein, fibre, vitamins and minerals. Soak dried chickpeas overnight, drain and pat dry. Spread on a baking tray and roast for about 45 minute until crisp. A low salt flavouring such as low salt soya sauce or rub that contains no added preservatives or artificial flavourings can be sprinkled over the chickpeas before baking. Package into small bags.

IDEAS  
FOR DELICIOUS AND  
NOURISHING  
DRINKS

# EIGHT

## **IDEAS FOR DELICIOUS AND NOURISHING DRINKS**

Plain, clean water tops the charts as the natural, healthy-giving thirst-quencher that children should be encouraged to drink throughout the day. The healthy tuck shop can help to promote this by offering servings of plain water which can be chilled in the Summer months. Children can bring their own sports or water bottles for filling or use cups that can be re-used and set up a bring-back system that engages children in the important activity of reducing waste. Proper sanitising of the cups is important. Avoid bottled waters as this greatly increases unnecessary waste.

## **6 PRACTICAL TIPS FOR HEALTHY TUCK SHOP DRINKS**

- 1** Provide 100% pure, pressed or blended fruit and vegetable juices that contain no added sugar, or other sweeteners, preservatives, herbs, caffeine, guarana, artificial colourants. Make sure the servings are around 125ml, and ideally diluted with water to a volume of around 250ml.
- 2** Plain milk – ideally low fat, fat free or skim options, preferably free of rBST-hormone.
- 3** Low fat soy milk – choose brands that are calcium-enriched.
- 4** Make your own homemade iced tea using Rooibos tea and 100% fruit juice.
- 5** Make your own smoothies using ripened leftover fruit, low fat, rBST-free milk and plain low fat yoghurt.
- 6** Low fat yoghurt drinks, milkshakes or lassis– choose brands that are low in sugar.

FOOD  
SAFETY AND  
HYGIENE  
GUIDE  
LINES

# NINE

## FOOD SAFETY AND HYGIENE GUIDELINES

- 1** Wash your hands with soap and water before and after handling food. You may also need to repeat the process during food preparation, especially after going to the toilet and after working with raw meat.
- 2** Wear an apron.
- 3** Tie back or cover hair.
- 4** Do not wear jewellery.
- 5** Keep the kitchen, all equipment and work stations clean.
- 6** Keep the kitchen, all equipment and work stations free of insects and other animals.
- 7** Keep raw and cooked food separate; use different work surfaces, containers and utensils.
- 8** Keep meat, especially raw meat, separate from other food; use different work surfaces, containers and utensils.
- 9** Do not work with food when you are sick.
- 10** Ensure that equipment, utensils and food are not exposed to potentially harmful chemicals in the form of pesticides or cleaning agents that contain toxins.
- 11** Store foods correctly to protect product integrity and avoid contamination.
- 12** Adhere to the "sell-by" and "use-by" dates on food labels.

HEALTHY  
SCHOOLS

BLOG

GER

PICTURE

# TEN

## HEALTHY SCHOOLS – THE BIGGER PICTURE

The Healthy Tuck Shop can serve as a dynamic hub of health promotion in your school community. However, it is one of a number of important “lifestyle” aspects that can contribute positively to the well-being of people. It is important to set your tuck shop in the context where children, educators and parents are encouraged and supported to care well for themselves and for the school environment in a holistic way. Here are some ideas for complementary projects that will greatly enhance the impact of your healthy tuck shop:

### **CREATE A HEALTH TRACK**

Even a school that lacks sports fields and equipment can easily establish a health track for learners and educators to get physically active. Eating well is one important aspect of being healthy; being physically active every day is another.

Resource: The Woolworths Making the Difference Programme Module 5 – Getting Kids Physically Active. Download for free from:  
[www.makingthedifference\primary\teachers](http://www.makingthedifference\primary\teachers)

## **START A PERMACULTURE FOOD GARDEN**

Growing your own good food in harmony with Nature reaps more than just the benefit of an abundance of healthy food. You will enhance your school's assets by creating a living, learning outdoor laboratory and learn how to reduce, re-use and recycle waste.

Resource: The Woolworths Making the Difference Programme Module 8 – Permaculture. Download for free from:

[www.makingthedifference\primary\teachers](http://www.makingthedifference\primary\teachers)

## **BECOME A SUSTAINABLE SCHOOL**

Learn more about how to create a sustainable school environment and implement sustainability principles. Reducing your ecological footprint not only helps to save life on Earth but it reduces your actual running costs.

Resource: The Woolworths Making the Difference Programme Module 10 – Creating a Sustainable South Africa. Download for free from:

[www.makingthedifference\primary\teachers](http://www.makingthedifference\primary\teachers)