

'Fresh Tastes' @ Hastings Intermediate School



***Promoting children's
health through a whole
school food
programme.***

How it all began



In 2008 HIS identified a need to engage our students in more in depth learning about food and nutrition.

Being a decile 2 school many of our students were not receiving positive food messages at home or through the media and the food culture at the school was reinforcing this. As a Food Technology teacher I personally was disillusioned with the example we were setting to our students.

A school wide project to change our attitude and improve our eating culture was proposed and the 'Fresh Tastes Food Programme' began in Sept 2008.



FRESH
TASTES



Canteen

Sold minimal
heat tick
products

Fruit in Schools

Began late 2008

Hastings Intermediate School prior to 2008

Regional Health Promoting Schools

No designated staff rep
until late 2008

Food Technology

sustainability
kitchen garden
testing and exploring
ideas about food



Fresh Tastes Cafe

Heart Start Award
HBDHB Kahungunu Hikoi
Whenua funding
student volunteers
FBCS menu
Themed food weeks
Consulting nutritionist



Food Technology

nutrition
sustainability
kitchen garden
testing and exploring ideas
Orchard project –
community links

Hastings Intermediate School 2010

School Food Programme

Fruit in Schools
Kids Can
Fuelled for Schools
Regional Health Promoting Schools
Regular promotional activities (poster comp etc)



Hospitality Academy

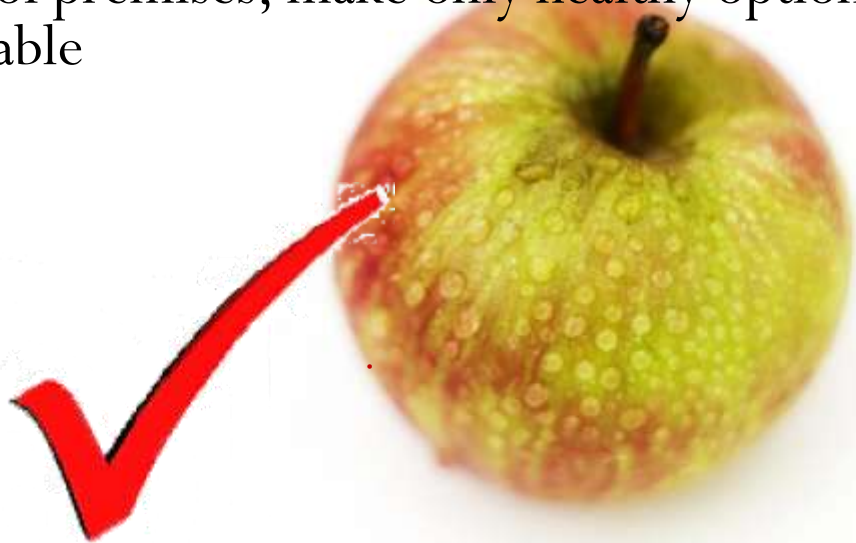
Nutrition
food safety
personal hygiene
home economics
Strategic partnership
HSI



The Hastings Intermediate Health Promoting Schools Programme is comprised of several separate initiatives that work together to achieve common goals.

In 2008 when our journey
began
legislation required that
*Students' food related experiences in
school, including teaching and
learning experiences, had to*

- Promote healthy food and nutrition for all students;
- Where food and beverages are sold on school premises, make only healthy options available



Our HPS Vision

A three year Action Plan

AT HIS we are committed to giving our students **consistent** messages about all aspects of health and wellbeing. We believe that by introducing a school wide approach to healthy eating we have a greater chance to positively influence the future of all our students.

- Through effective **leadership** we can create an environment which supports a healthy lifestyle.
- As a **learning community** we commit to setting the best possible example and genuinely try to model behaviour and habits which will help our students make better decisions.
- Our **environment** should allow for students and staff to engage with practical and theoretical learning about healthy choices.

•**Sustainability**

Phase 1

- You will need someone with the drive and passion who wants to lead the project. Liaise with the Principal and plant the seed early.
- Get a focus team of keen people together, **include the students.**



- Survey everyone; students, parents and H.I.S staff members about current situation and ask for suggestions for changes. Get everyone the opportunity to have some ownership.
- Present a proposal to BOT and all staff.

Develop a shared vision of what you want to achieve and get the BOT and staff supportive and committed.

PHASE 2

Decide what is the key issue you want to address. Choose one area to target first, for us this was the canteen.

- Examine the current menu to ensure it complies with the Food and Beverage Classification System.
- Propose changes and get feedback. Ask the students and their whanau what they want. HIS staff including the Public Health Nurse were invited to sample the 'alternate' menu at a staff meeting.
- Talk with local suppliers and visit other schools and find out what they are doing.
- Get publicity for what you are doing.
- \$\$\$ proposal to Principal and BOT.



Gather and share information regularly with staff and community via newsletters and staff meetings.

Phase 3 –

Raise Awareness and promote the idea with some quick wins;

- ‘Fresh Tastes at H.I.S’ Visual ID competition.
- ‘Food Fear Factor’. House challenge, teachers vs students
- Whole school shared lunch.
- Newsletter information sheets.
- Radio station promo – poster competition.
- Build the momentum by incorporating these new ideas into classroom learning (where possible).



Food Fear Factor



fueled School Challenge

JOSHUA and AMANDA

FROM ZM ARE COMING

TO JUDGE THE WINNER OF THE POSTER COMPETITION—

BE THERE FOR SOME COOL PRIZES & OUR AWESOME \$2 LUNCH

FRIDAY 3RD JULY

LAST DAY OF SCHOOL!

FUEL YOUR SCHOOL!

95.9 & 99.7

Trinidad's Hit Music

FUEL YOUR SCHOOL

FUEL YOUR SCHOOL

Phase 4 – up and running Term 1, 2009

- **‘Fresh tastes rewards’ system using a loyalty card to encourage pupils to choose healthier options at interval and lunch times.**
- **Cafe vouchers as class room rewards**
- **Open night tour through the cafe with menu info packs included in prospectus**
- **Official opening cafe for stakeholders**
- **‘Fuelled for School’ challenge. HIS won the nationwide award for innovation.**
- **School website – information network**
- **Graffiti wall**
- **Hospitality Academy volunteers**



Old canteen site

- Approx 15 sq metres
- Pie warmer
- Cold drinks display fridge
- Chest freezer
- Domestic sink
- Microwave
- Cashbox
- 2 picnic tables
- No designated service lines



Fresh Tastes cafe

- Approx 50 sq metres
- Lino flooring
- Service area with cash register and eftpos
- Single prep sink (plumbing already in place)
- Domestic oven
- Domestic dishwasher
- 2 microwaves
- Food prep bench area
- Bench top chiller
- Cold drinks display fridge
- Storage for non perishables (pantry)
- Refridgerator for perishables
- Deep freeze
- Smoothie maker
- Juicers
- Toasted Sandwich press
- Stereo
- Rubbish and recycling bins
- Café style seating indoor and picnic benches outdoors
- Dual access points with designated service line
- Security roller door



Fresh Tastes Cafe

From the beginning of Term 3, 2009 Hastings Intermediate School has enjoyed a new approach to school food service at interval and lunchtimes.

This new approach to lifelong healthy eating habits is part of our school wide 'Fresh Tastes' Programme which incorporates our Hospitality Academy and 'Fuelled for Schools' Challenge team.

The 'Fresh Tastes' cafe is now open and to celebrate our new venture we are officially opening the building on Wednesday 21 October between 8.30 - 8.30pm.

Hastings Intermediate School Trustees cordially invite you to attend.

Please RSVP by 16 October to
Hastings Intermediate School
Hastings Street, Hastings
Ph 8784213, Fax 8768948

Email-office@hastingsintermediate.school.nz

We look forward to seeing you there.



Reflections

Reflections

- Involve the students as much as you can
- Get connected – find like minded people in the community who will support your ideas
- Staff support – new staff induction is necessary to make sure everyone is on the same page
- Promote and publicise
- Personnel – it is people, it is people, it is people. You need the right people in the right job.
- Link what you are doing to classroom learning – get the students to have ownership of the ideas.



How do we know its working ?



1. **Student voice**
2. **Community voice**

Previously our canteen served 250 kids from a pie warmer. We now serve 1100 kids daily and from 2011 will be serving over 1200. This includes our students and providing lunches for two Hastings Primary Schools.

Gross turnover in 2008 was \$30,000 P.A. now almost \$100k and for 2011 predicted to be \$125,000. Our aim was to be self funding and sustainable by the start of 2012. It is projected we will make a small profit in 2010 and between \$10-\$20,000 in 2011.

Next steps

- All food related fundraising activities will reflect our HPS philosophy
- Recently signed a commitment with the Heart Foundation to attain the Bronze, Silver and Gold Heart Foundation Awards.
- Maintain ongoing links with the HBDHB, including Stephanie Moore (nutritionist) .
- Local horticulturist as strategic partner if we lose FIS.
- Improved classroom resources relating to healthy lifestyles.
- Link classroom activities and use of cafe as a teaching space.
- Get more parental support...



Better nutrition for NZ kids more than tuck shops

Friday, 30 July 2010, 12:54 pm

Press Release: University of Otago

Improving New Zealand school children's diets requires a much wider focus than just targeting unhealthy foods available at schools, University of Otago research suggests.

In a study published in the UK journal *Public Health Nutrition*, Department of Human Nutrition researchers compared the foods choices and nutrition of New Zealand children on schooldays and non-schooldays.

Among their findings were that on non-schooldays, which account for about half of the year, children's average daily cholesterol intake is higher, their dietary fibre lower, and they are twice as likely to eat hot chips.

The research, which is based on interviews with 2572 children aged between 5 and 14, also shows that similar proportions of children ate pies or sausage rolls on schooldays and non-schooldays.

Co-author Associate Professor Winsome Parnell says the study's findings highlight that it is naive to think removing unhealthier offerings from school tuck shops will provide a quick fix to children's diets.

"We shouldn't forget that only around one-third of a child's daily energy intake is consumed during school time and for the majority of children this is primarily from food provided by parents, for snacks and lunches rather than what's being bought at the tuck shop," Associate Professor Parnell says.

The study reinforces the fact that the family environment and what is provided from home is the mainstay of nutrition for New Zealand children, the researchers write.

Where improvement is needed to children's diets, attention must be given to the foods provided by parents, regardless of where they are consumed, they conclude.

Associate Professor Parnell added that the findings suggest that parents should take more responsibility for their children's food choices.

"For instance, children enjoy hot food during the day and need better access to options that are healthier than pies or chips.

"Not only should home refrigerators store suitable foods for heating up, but convenience stores, food outlets and canteens should offer a wider range of affordable and nutritious hot foods. For example, rice and pasta-based dishes could be more widely available as an alternative to pastry-based hot foods," she says.

The study's lead author is former Department of Nutrition Research Fellow Dr Jennifer Rockell, who is now at the University of Colorado, Denver. The research was based on analysing interview data from the Ministry of Health-funded 2002 Children's Nutrition Survey.

[29th July media](#)

Hospitality Academy

