



Healthy Eats

2 & 5 to help you thrive!

Program Overview

Are you a Healthy Eats school?

Delivered by Life Education Queensland, the Healthy Eats program is a whole of school nutrition education program focused on increasing vegetable and fruit consumption among primary school children.

Taking a place-based approach, and administered by Community Development Officers, Healthy Eats supports school communities to identify and implement a variety of initiatives, bespoke to the individual school needs, to empower students to make healthier food and drink choices.



What is a Healthy Eats school?

All Healthy Eats Schools must commit to the core interventions which are:

1. A Healthy Eats classroom session for each Year 5 Class, delivered by a Healthy Eats educator.
2. Undertaking a tuckshop menu audit twice per year as part of the QAST membership, paid for by Life Education Queensland.
3. All year 5 classes to take part in a four week intra-school Passport Competition to encourage vegetable and fruit consumption.
4. Distribute provided parent resources, including social media posts, school newsletter articles and classroom session information flyers.

80%
of schools reported
a significant
improvement in
fruit & veggie
consumption

100%
of schools said
Healthy Eats had
made a positive
difference

94%
of students will
reconsider the
types of food
they eat



Healthy Eats Program Initiatives

Healthy Eats Schools are supported to adopt a range of program initiatives to meet individual school goals.

HEALTHY EATS CLASSROOM MODULE

An engaging and practical nutrition workshop delivered to grade 5, that gets all students cooking, cleaning and trying new foods in a fun and positive food environment.



HEALTHY EATS SCHOOL TUCKSHOP

Going GREEN... Paid membership to the Queensland Association of School Tuckshops (QAST) which provides access to a range of essential services & support including menu audits, recipe ideas, attracting volunteers, staying profitable and loads more

HEALTHY EATS SCHOOL FRUIT AND VEG GARDEN

We've teamed up with Bunnings and Yates Gardening to get your school garden thriving.



HEALTHY EATS BRAIN BREAK

Strategies to help all year levels enjoy fruit and veg in the classroom.



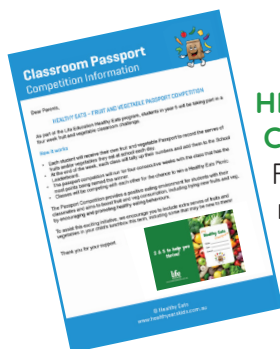


HEALTHY EATS BREAKFAST PROGRAM

Hunger can equate to 2 hours of lost learning time each day. That's one term a year! Could your school benefit from a GREEN Brekky program?

HEALTHY EATS NEWSLETTER ARTICLES

Short healthy eating tips of the week for your school community.

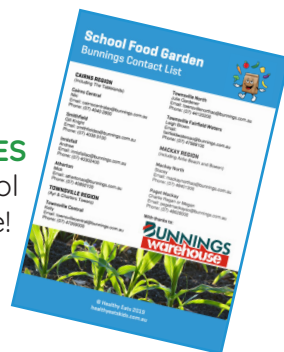


HEALTHY EATS COMPETITIONS AND CHALLENGES

Fruit and veg classroom passport challenge, parent recipe competitions.

HEALTHY EATS OTHER RESOURCES

Teacher Lesson Plans, Supermarket Tours, School Food Policy Templates and loads more!



Sign up now at the Life Education Hub
for free teacher and student resources
www.lifeeducationhub.com.au



Become an Accredited Healthy Eats School

Healthy Eats Schools who choose to become accredited through a 10-step criteria are eligible to receive financial incentives and other rewards.

To find out more please contact your Community Development Officer.

Healthy Eats Accreditation Criteria

1. The school has a healthy food and drink policy
2. A Healthy Eats student leadership team is established who run activities in the school to promote vegetable and fruit consumption
3. All classroom teachers have attended a Healthy Eats in-service professional development session
4. The school tuckshop is Smart Choices compliant and the school provides food and drink consistent with Smart Choices at school organised events
5. The school has a well-maintained vegetable garden
6. All classes provide a daily Brain Break (vegetable and fruit break) for students
7. All classes display an Australian Guide to Healthy Eating and Frankie Fresh poster
8. A Healthy Eats session is delivered annually by Life Education to all year 5 classes
9. All year 5 classes participate in the Healthy Eats Passport Competition
10. The school provides healthy eating information to families through a variety of mediums including newsletters, social media, information sessions etc



All schools participating in the Healthy Eats Program commit to fulfilling the following core criteria. Each core criteria completed unlocks a Healthy Eats reward as detailed below.

Core Criteria	Reward
QAST menu audits	QAST annual membership paid for by Life Education Queensland
Classroom module delivered to Year 5 classes	Healthy Eats detective cards and recipe cards
Intra-school passport competition (Year 5 must participate, other year levels are optional)	Healthy Class Picnic Pack - up to the value of \$50 (provided by the school Tuckshop) for the winning Year 5 class.
Parent engagement (nutritional content communicated to parents/carers via newsletters, school social media, email etc.)	Parent Competition Prize Pack

Schools can receive additional rewards by choosing one of the two pathways:

Pathway 1 - Non-Accreditation

Schools who choose not to undertake accreditation, but who implement the core criteria above plus 1 or more of the accreditation criteria, will receive the half-way reward.

Pathway 2 – Healthy Eats Accreditation

Schools who achieve all 10 accreditation criteria will be eligible to receive all Healthy Eats program rewards, which include:

- Up to \$1000, one off grant to be used to support healthy eating within your school (supporting documentation required to access).
- Official accreditation badge provided for use on all promotional material online and print.
- Recognition as an official accredited school on the Life Education Queensland website.
- School spotlight on the Life Education Healthy Eats website, social media channels and official press release provided to local media (this does not guarantee a story).
- Profile of the school Healthy Eats Student Leadership team on the Life Education Queensland website and social media channels. Additionally, Healthy Eats Student Leadership team members will receive badges for their contribution and commitment.
- Official school accreditation presentation by Healthy Harold.

Accreditation must be obtained within the nominated school year and is valid for 1 year from attainment date.



We acknowledge the support of



Healthy Eats was the 2019 Winner
for Outstanding Collaboration in
Social Impact Measurement.

This program has received funding
from Northern Queensland Primary
Health Network (NQPHN)



© Life Education Queensland
www.healthyeatskids.com.au
www.lifeeducationhub.com.au