



# Healthy Eats

2 & 5 to help you thrive!



## School Workbook

# Healthy Eats School Checklist

School name: \_\_\_\_\_

Date: \_\_\_\_\_

Completed by: \_\_\_\_\_

Position: \_\_\_\_\_

Does our school food environment include...?	No	Yes
A school healthy food & drink policy?	<input type="checkbox"/> NO  <i>Could our school community benefit from a healthy food &amp; drink policy?</i>  <i>See the Healthy Eats School Food and Drink Policy Template.</i>	<p>We have a healthy food &amp; drink policy!</p> <input type="checkbox"/> YES <p>Are our teachers aware and supportive on a daily basis?</p> <input type="checkbox"/> YES <p>Are our parents aware and supportive?</p> <input type="checkbox"/> YES
Classroom Brain Breaks (fruit and vegetable break)?	<input type="checkbox"/> NO  <i>Classroom Brain Breaks are an evidenced based strategy to boost fruit and vegetable consumption in a positive environment amongst peers.</i>	<input type="checkbox"/> YES we do! <p>Are our teachers aware and supportive on a daily basis?</p> <input type="checkbox"/> YES <p>Are our parents aware and supportive?</p> <input type="checkbox"/> YES
School Breakfast Program?	<input type="checkbox"/> NO  <i>Could our school community benefit from a breakfast program?</i>  <i>School Breakfast Programs are an evidenced based strategy to boost fruit and vegetable consumption in a positive environment amongst peers.</i>	<input type="checkbox"/> YES we do have a breakfast program! <input type="checkbox"/> YES all breakfast food and drink options are green or amber.
School Fruit and Veg Garden?	<input type="checkbox"/> NO  <i>Could our school community benefit from a vegetable garden?</i>  <i>See the Healthy Eats website for FREE School Garden assistance from our community partners, as well as available garden grants.</i>	<input type="checkbox"/> YES we do have a school fruit and veg garden! <input type="checkbox"/> YES we incorporate it into the school syllabus.  <p>Does it supply produce for our Tuckshop or class Brain Break or back-up supplies for students without fruit or veg?</p> <input type="checkbox"/> YES



Does our school food environment include...?	No	Yes
<p>A Healthy Eats Tuckshop? ie. our Tuckshop is Smart Choices compliant.</p>	<p><input type="checkbox"/> NO</p> <p><i>But we would love some assistance in becoming a Healthy Eats Tuckshop!</i></p> <p><i>Healthy Tuckshops offering GREEN food &amp; drink choices are an evidenced based strategy to boost fruit and vegetable consumption in a positive school environment amongst peers.</i></p>	<p>Have we completed the Healthy Eats Tuckshop self-audit?</p> <p><input type="checkbox"/> YES</p> <p>Have we set 6 monthly goals for our tuckshop?</p> <p><input type="checkbox"/> YES</p> <p>Our Healthy Eats Tuckshop score was:</p> <p><input type="checkbox"/> 80% or higher</p> <p>Do we recognise the great work the staff or volunteers do in the tuckshop?</p> <p><input type="checkbox"/> YES</p>
<p>Family engagement strategies to encourage healthy eating behaviours?</p>	<p><input type="checkbox"/> NO we don't currently use any family engagement strategies to encourage healthy eating behaviours.</p> <p><i>Family engagement strategies are an evidenced based way to boost fruit and vegetable consumption in primary school communities.</i></p>	<p><input type="checkbox"/> YES we do promote healthy food choices and drinking water to our families!</p> <p>Which ones do we use and how often? (circle)</p> <ul style="list-style-type: none"> <li>• Healthy eating Newsletter Tips Weekly/ Fortnightly/ Monthly</li> <li>• Healthy Eats Social Media Posts? Weekly/ Fortnightly/ Monthly</li> <li>• Healthy Eats parent handouts</li> <li>• Healthy Eats Parent Advisory Team?</li> <li>• Healthy eating information as part of School Orientation</li> <li>• Other</li> </ul>
<p>A Healthy Eats Classroom Environment that supports our students to make healthy food choices?</p> <p>A Healthy Eats Classroom Environment that supports our students to make healthy food choices? [Healthy Eats Classroom self-audit scores above 80%]</p>	<p><input type="checkbox"/> NO</p> <p><i>Could our classrooms benefit from Healthy Eats resources?</i></p> <p><i>Sign up to The Hub for information on:</i></p> <ul style="list-style-type: none"> <li>• classroom posters</li> <li>• classroom brain break</li> <li>• fruit and veg passport challenge</li> <li>• curriculum aligned lesson plans</li> <li>• teacher role modelling and food behaviours</li> </ul>	<p>Healthy Eats Classroom self-audits completed for all classes?</p> <p><input type="checkbox"/> YES</p> <p>Have classes set 6 monthly Healthy Eats goals?</p> <p><input type="checkbox"/> YES</p> <p>Our Healthy Eats classroom scores were all above 80%?</p> <p><input type="checkbox"/> YES</p>
<p>Healthy Eats Teacher Role Modelling?</p>	<p><input type="checkbox"/> NO</p> <p><i>Role modelling is an evidenced based strategy to boost fruit and vegetable consumption in children.</i></p> <p><i>Could our school healthy food &amp; drink policy encourage teachers to lead by example with the foods they consume in front of their students in class and whilst on yard duty?</i></p>	<p>All our teachers role model healthy food behaviors by consuming only GREEN foods in the classroom and on yard duty?</p> <p><input type="checkbox"/> YES</p>

Does our school food environment include...?	No	Yes
Classroom teachers who have attended professional development training on nutrition?	<input type="checkbox"/> NO <i>Could our classroom teachers benefit from attending a Healthy Eats in-service professional development session?</i>	<input type="checkbox"/> YES all our teachers have attended nutrition professional development. Could our classroom teachers benefit from a refresh?
Healthy Eats Fundraising and Sporting Events?	<input type="checkbox"/> NO <i>Could our school healthy food &amp; drink policy encourage only GREEN and AMBER foods during fundraising and sporting events?</i>	Our school sporting events provide only GREEN and AMBER food and drink options? <input type="checkbox"/> YES Our school fundraising events include only GREEN and AMBER food and drink options? <input type="checkbox"/> YES
A student leadership team who run Healthy Eats activities in the school to promote vegetables and fruit?	<input type="checkbox"/> NO <i>Could our school benefit from setting up a Healthy Eats student leadership team?</i>	<input type="checkbox"/> YES we have a Healthy Eats student leadership team.
Healthy eating in planning and reporting processes?	<input type="checkbox"/> NO <i>Could our school benefit from recognising our healthy eating achievements?</i>	<input type="checkbox"/> YES we include healthy eating in our plans and annual reports.
Have we included all relevant Healthy Eats dates on the yearly planner?	<input type="checkbox"/> NO <i>See the Healthy Eats Calendar provided in your Healthy Eats School pack.</i> <i>If you have any questions, please don't hesitate to contact the Healthy Eats team at Life Education Queensland.</i>	<input type="checkbox"/> YES we have! Healthy Eats Classroom Module Dates: _____ Healthy Eats Fruit & Veg Passport Challenge Dates: _____ Healthy Eats Tuckshop Audit (every 6 months) Date: _____ Date: _____ Healthy Eats Classroom Audit (every 6 months) Date: _____ Date: _____ Healthy Eats School Checklist (every 6 months) Date: _____ Date: _____

## OVERALL SCORE

For every box ticked in the YES column give your school community a point and total them up to get your Healthy Eats rating.

\_\_\_\_\_ / 26 POINTS



# Healthy Eats School Goals

Today's date: \_\_\_\_\_

Review date: \_\_\_\_\_

## Our Why

Why is it important for our school community to have an environment that supports healthy food and drink choices?

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## Where do we start?

1. Have a look at all the boxes ticked in the NO column above.  
What opportunities are there to improve?

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2. Have a look through your Healthy Eats Classroom Checklists.  
What opportunities are there to improve?

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3. Look through the Healthy Eats Tuckshop Checklist.  
What opportunities are there to improve?

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4. What other challenges as a school community are there that need to be overcome in this space?

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5. What other ideas are there to promote fruit and veg consumption in our school community?

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# Set some Healthy Eats Goals for your school community!

## 1. Engage with heads of curriculum, teachers, senior students, P&C etc.

- What are the key changes that will boost fruit and veg consumption in YOUR school community?
- Who are the key stakeholders and how will you engage them in this process?

## 2. Use the table on the next page to set goals for the 2 or 3 priorities that resonate with YOUR school community.

When setting these goals, consider:

- Desired outcome: What will it look like when your school community has achieved this? Be descriptive!
- Options/ Strategies: These are the steps we need to take to work towards the desired outcome
  - What do we need to do to get started?
  - Who do we need to speak with for more information?
  - Do we need to do any further research?
  - Who can support us in this strategy? Has someone else already done this and can provide some advice?
- Who: Who will be responsible for actioning each of these strategies?
- When: set a reasonable time frame to check in with the 'Who' for each of your strategies.

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### TIP: Set Realistic and Achievable goals!!

Most of our Healthy Eats Schools have benefited from setting just 2 or 3 key goals - the ones most important to them at the time, rather than trying to work on too many strategies all at once.



Sign up now at the Life Education Hub  
for free teacher and student resources

[www.lifeeducationhub.com.au](http://www.lifeeducationhub.com.au)



# School Food Environment Goals

Desired Outcome	Options/Strategies	Who	When

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)



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