

# CANTEEN NEWS



## SHOW US WHAT IT'S LIKE!!

Something we've done in the past and learnt a lot from was working in school canteens – how would you like us to work in your canteen for a day and get a better understanding of what it's really like – time for us to roll our sleeves up muck in! If you would like a free day's labour (and we know how to work hard!!), and are prepared to let us bring along a camera person so we can report on how it goes back to the whole group, please give Nicola a call – 378 6738.

## COMPETITION WINNERS

We are pleased to announce the winners for our competition requesting copies of menus and recipe ideas. The lucky winners who will be contacted in the new term about their prizes are:

- 1<sup>st</sup> Kaiapoi High School
- 2<sup>nd</sup> Casebrook Intermediate School
- 3<sup>rd</sup> Hillmorton High School
- 4<sup>th</sup> Christ The King School

Congratulations!!

## CANTEEN FOCUS GROUP RESULTS

Here are the key messages from the Mission On focus groups of students, parents and principals about canteens:

- Teenagers say they will buy healthy options from the canteen if the options are attractively presented/packaged, fresh, there is variety, they are hot (in Winter) and cheap (\$2)
- In addition to a variety of fresh, healthy, cheap food, teenagers suggest that the canteen needs to be the place of choice to be in – clean, enough tables and chairs, colourful, music, activities, warm and nice staff
- There is quite strong suggestion to open the canteen just before school for breakfast (toast and cereal)

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### Healthy Nibbles

Nutrition and Physical Activity Information School Canteens  
Date: April 2008  
Code/Reference: NUT0025B  
Authorised by: Nutrition and Physical Activity Team  
For more information visit: [www.cph.co.nz](http://www.cph.co.nz)

### Canterbury

District Health Board  
Te Poari Hauora o Waitaha