

CANTEEN NEWS

EXPO 2009

Due to the fantastic feedback we received after the first Canteen Expo we are going to run another one in the April school holidays. Put it in your diaries now – Monday 20th April. We will send out invitations and more information later in the term. Currently we are planning for an action packed day full of exciting presentations and even some audience participation – if you have any more feedback on what you would like to see at this Expo please feel free to contact me – details below.

OPPORTUNITY TO BE IN THE SPOTLIGHT

Here is your chance if you ever had the urge to be in the spotlight – we are looking for two Canteen Managers who would like to demonstrate a recipe at the next Expo. It would take just ten minutes and I would be centre stage with you to make sure the conversation flowed. Even if you would like to just have a chat about what is required before you commit feel free to give me a call – we would have plenty of practice first – and it really is a lot of fun!!

CHANGE IN THE NAG

As you may be aware, the government has removed the clause in National Administration Guidelines (NAG) 5 which required Boards of Trustees to sell only healthy food and drink options at schools. The NAG (5) clause which requires Boards of Trustees to promote healthy food and nutrition to students remains in place. We are encouraging schools, in the interest of their students, to keep up with the good work already done to offer healthy options from the canteen and this will assist in meeting the NAG 5 clause that remains in place.

WONDERFUL WEDGES

1. Take a selection of vegetables, such as potato, kumara, parsnip, carrots, yams and pumpkin and cut into large chips.
2. Place chips in a large roasting pan with a little oil and shake around to distribute.
3. Bake at 180 degrees for about 45minutes or until golden brown.
4. Remove from oven and spread on an oven-proof dish. Cover with salsa and a thin sprinkling of cheese.
5. Grill in oven until the cheese is melted. Serve in pottles or burger clams!

IF YOU NEED TO CONTACT ME FOR ANY REASON:

nicola.fraher@cdhb.govt.nz or phone 3786738

Monday - Wednesday

Healthy Nibbles

Nutrition and Physical Activity Information School Canteens

Date: January 2009

Code/Reference: NUT0025D

Authorised by: Nutrition and Physical Activity Team

For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha