



### Giralang Primary School

## All aboard for Fresh Tastes

**The teachers, students and parents of Giralang Primary are all committed to creating a healthy food and drink culture for their school. In particular, they're supporting everyone to bring healthy food and drink choices from home.**

"Initially, we ran a Food Expo night where parents, teachers and members of the community could learn about healthy food options for lunchboxes," said Giralang Primary School's Fresh Tastes coordinator, Lauren Hancock.

The school teamed up with an accredited practising dietitian from Feedinc who, as one of the Fresh Tastes partners, was able to present an informative workshop during the Expo. Parents received handy brochures to take home and even free food storage container giveaways as incentives to attend.

**"The feedback from the families who attended the Expo was extremely positive and everyone walked away with ideas for making lunchboxes healthier," Lauren said.**

In the junior school, the children are learning about healthy eating through music, art, writing and cooking – all with the goal of taking home ideas for their own lunchboxes. The Food&ME™ resources were particularly helpful for guiding these activities.

"Year 1 is making their own interactive lunchboxes and identifying healthy options and what could be swapped for healthier alternatives," said Lauren.

Across the entire school, fruit break is now called 'Crunch O'clock' to encourage students to bring vegetables, rather than fruit every day.



"The teachers are also making the point of stopping to have a healthy break with their students," Lauren explained.

In summer, Tasty Tuesday was introduced that created a great buzz throughout the school.

"Year 6 teamed up with the Fresh Tastes committee to create healthy frozen snacks, including grapes, pineapple and oranges." Lauren explained. "The frozen treats were sold by the students at the canteen for \$1 each."

"We know some students have since asked their parents to freeze fruit as healthy options for their own lunchboxes."

Another tactic the school is planning to try is having teachers on playground duty offer fruit and vegetables to students. Those who decide to try something new will receive a ticket acknowledging the positive experience.

"The ticket will say, 'I tried something new today', and the students will take that home to share it with their families," said Lauren. "We hope it will encourage healthier lunchbox choices too."

*Fresh Tastes is open to all primary schools across Canberra. Contact the Fresh Tastes team for information about how your school can get involved. Fresh Tastes is part of the ACT Government's Healthy Weight Initiative supporting a healthy, active and productive community.*