

SWISH

Schools Working to Improve Staff Health



Healthy Eating Ideas for School Staff



Whilst brands may be depicted in these images, Good For Kids has no affiliation and do not endorse any specific food brand. Product availability is current as of November 2018. We do not warrant that the information we provide will meet individual health, nutritional or medical requirements, or individual school policy.

Artwork: 'Heart of a child' by Lara Went Worimi artist



WHAT ARE EVERYDAY AND SOMETIMES FOODS



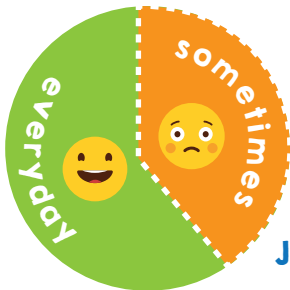
EVERYDAY:

These foods are a key part of a healthy diet and give you the energy and concentration you need at work.



SOMETIMES:

These foods and drinks can be high in fat, sugar or salt and should only be eaten sometimes, in small amounts.



Just over 1/3 of an adults daily energy intake comes from sometimes foods.

THE FACTS...



Only one in ten adults are meeting the recommended daily intake of dairy products



Only 4% of adults meet the recommended vegetable intake



Only one in four meet the recommended fruit intake



Water makes up only half of what adults drink each day



A HEALTHY LUNCH IS MADE UP OF EVERYDAY FOODS AND DRINKS:



**Vegetables for
Crunch&Sip®**

**Fruit plus an everyday
snack for recess**

**A sandwich, wrap, salad
or left-overs for lunch**

**Water is best
throughout the day**

CRUNCH&SIP®



Boost your vegetable intake and role model healthy eating for your students by participating daily in Crunch&Sip® with your class

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CRUNCH&SIP®



RECESS



SAVE TIME: Chop extra vegetables when preparing your evening meal. Portion into zip lock bags or plastic containers ready for the next day.

LUNCH SWAPS



SWAP FROM
these types of sometimes lunches

LUNCH SWAPS



SWAP TO
these types of everyday lunches

See the SWAP IT content on your Skoolbag app for these recipes and more

SNACK SWAPS



SWAP FROM
these types of sometimes snacks

SNACK SWAPS



SWAP TO
these types of everyday snacks

WHAT ABOUT DRINKS?

SWAP FROM
these types of sometimes drinks



SWAP TO
these types of everyday drinks



For further SWAP ideas, please visit www.goodforkids.nsw.gov.au/drinksaps

IDEAS TO SAVE TIME



CHOP EXTRA VEGIES WHEN PREPPING DINNER



IDEAS TO BEAT CRAVINGS



STAFFROOM SHARING



SWAP FROM
these types of sometimes shared foods



SWAP TO
these types of everyday shared foods

IDEAS FOR HEALTHY STAFFROOM SHARING



**SUPPORT YOUR FELLOW COLLEAGUES
BY AGREEING TO SHARE ONLY EVERYDAY
FOODS IN THE STAFFROOM**



**BRING IN HEALTHY SHARED PLATES AS AN
ALTERNATIVE E.G. VEGGIE STICKS AND
DIP, SUSHI, OTHERS...**



**ASK STAFF IF THEY'D LIKE TO CONTRIBUTE
TO A WEEKLY FRUIT BOX**



EVERYDAY LUNCH INSPIRATION

**SWEET CHILLI
NOODLE STIR FRY**



**RICE WITH FLAVOURED
TUNA AND TINNED
VEGETABLES**



**SULTANA TOAST
WITH TAHINI AND
BANANA**



**HOME MADE
FRIED RICE**



EVERYDAY LUNCH INSPIRATION

**TOASTED ROAST
BEEF, TOMATO,
AVOCADO AND
CHEESE SANDWICH**



**CHICKEN, CHEESE
AND LETTUCE
SANDWICH**



**TURKEY SALAD
WRAP**



**CHICKEN AND
PASTA SALAD**



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