



## WHY SWITCH UP THE SNACKS?

A great education starts with kids having the energy and focus to learn at school. Boosting healthy and delicious food and drinks options at school can improve kids' concentration, mood, memory, learning, academic performance and mental wellbeing and give them the fuel they need to thrive.

Providing healthier food and drinks also helps to meet the Department of Education and Training's [School Canteens and Other School Food Services Policy](#).

Making changes to your school canteen or tuckshop might seem overwhelming but there are small changes you can do to get started. You can 'Switch up the snacks' with the following smaller 'bite' sized actions:

- **Kick the confectionary** – remove all confectionary (including chocolate bars and chocolate coated/premium ice-creams).
- **Rethink cakes and muffins** – reduce the portion size, remove any confectionary and/or replace with fruit-based options.
- **Switch to healthier snacks** – replace packaged chips with healthier snacks (including plain/lightly salted popcorn, rice crackers lightly flavoured, cheese and crackers, seasonal fruit, frozen fruit, vegetable sticks and dip, trail mixes).

The process is the same for each of the bites. You can try one 'bite' at a time or do them all at once. It's up to you. Whichever approach you take, this guide will support you through each step of the way.

## RETHINK CAKES AND MUFFINS – WHAT'S INVOLVED?

This bite is about:

- reducing the portion size of your cakes and muffins
- removing any confectionary ingredients
- replacing with fruit-based options.

When we talk about 'cakes and muffins' we mean any of the following on-site prepared or pre-packaged items:

- cakes
- muffins
- biscuits
- slices
- cookies.

Confectionary ingredients refer to:

- chocolate, including milk, dark and white chocolate, as well as cacao nibs (note: cocoa powder is not considered confectionary)
- lollies, such as gummies, jelly lollies, marshmallow, hard candy and caramel
- fudge
- honeycomb
- nougat, toffee or praline
- yoghurt compound or yoghurt-flavoured coating.

To **rethink your cakes and muffins**, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!



## STEP ONE: REVIEW

We want kids to have access to healthier snacks wherever they are.

So, start by reviewing how many cakes and muffins are currently on offer in your canteen, your vending machine if you have one, or your external food service if you don't have an on-site canteen. Take note of how many are being sold, their serving size and whether they contain any confectionary. This will help identify which items should be removed and/or replaced.



### TIP:

You can use the free product assessment tool, **FoodChecker**, to check how your snacks are classified.

Just search or assess products in the category 'sweet snacks' OR 'savory snacks'. All baked goods classified as **GREEN** or **AMBER** in **FoodChecker** are considered healthier items.



## STEP TWO: PLAN

The next step involves planning how you will make the changes.

There are many healthier cakes and muffins that kids love. The simplest changes include:

- reducing the portion size e.g. make smaller/mini muffins and biscuits and cut slices into smaller pieces
- removing any confectionary ingredients such as chocolate chips
- replacing with fruit ingredients (including fresh, frozen or dried fruit). For example, removing chocolate chips from muffins and replacing with pear or blueberries.

If baking on-site, head to our **'popular recipes' section**.





SWAP TO



If your cakes and muffins are not made on-site, find out who your supplier is. It could be a local distributor, wholesaler, vending machine supplier or supermarket. If it is a local distributor, wholesaler or vending machine supplier, contact them to discuss and determine healthier options the school can purchase.

- If there is a contract or agreement in place, discuss with the supplier what flexibility there is and how healthier options could be included in the existing contract.
- If the contract is set, you might need to wait to influence the contract when it comes time for renewal. Or consider using a different supplier that can offer the options you want.
- Order the smaller/mini versions of their fruit-based options (if possible) and avoid those containing confectionary.

## PREPARING FOR CHANGE

Look for ways to engage your school community in making changes. Take opportunities to talk to families, staff, students, canteen staff and volunteers to get a sense of the 'appetite' for change and the best way to introduce changes. Involve the Parents and Friends Association, School Council, Sustainability Club or Wellbeing Committee if there is one. You can make changes all at once or use a gradual approach:

**All at once** involves making the changes overnight or all in one go. An ideal time to do this is at the beginning of a new school year or term. This is the quickest approach and usually works best if you are only introducing a few changes and when you know there is good support for change.

**A gradual approach** gives students more time to get used to the changes and an opportunity to try alternative options. It is often the more readily accepted option if you need to make lots of changes. There are two ways you could take a gradual approach:

1. Replace the least popular cakes and muffins first, then work on replacing the best sellers second.
2. Sell down your stock of cakes and muffins and don't order more once you sell out. As they sell out replace with healthier options.





## STEP THREE: ACT

Now you've done all the groundwork, it's time to put it into action.

### Here's a great example of rethinking cakes and muffins.

Vic Kids' College (P-12) reviewed the baked goods on their menu and found that they had six different cakes and muffins available (see menu below, baked goods are highlighted in red). They then identified some healthier (and popular) alternatives that they knew the kids would love. With just a few simple switches, the result was a much healthier snacks menu.

| Snacks Menu BEFORE                             | Price (\$) |
|--|------------|
| Sweet snacks                                   |            |
| Muffins – choc chip/chocolate*/blueberry, 100g | 2.50       |
| Caramel chocolate slice, 50g                   | 2.50       |
| Jumbo chocolate chip biscuit, 50g              | 2.00       |
| Yoghurt tubs, assorted flavours                | 1.50       |
| Fresh seasonal fruit cups                      | 2.50       |
| Banana bread, large 100g                       | 3.00       |

| Snacks Menu AFTER  | Price (\$) |
|--|------------|
| Sweet snacks   |            |
| Mini muffins – apple & cinnamon/ chocolate*/blueberry, 40g | 1.00       |
| Hummingbird slice, 25g                                     | 1.50       |
| Anzac biscuit, 20g   | 1.00       |
| Yoghurt tubs, assorted flavours                            | 1.00       |
| Fresh seasonal fruit cups                                  | 2.50       |
| Banana bread, small 50g                                    | 1.50       |

\*made with cocoa powder and not chocolate.

## SUPPORTING SUCCESS

Think about the ways you can promote your new healthy options through the way they are placed, priced and promoted. You are more likely to have success by:

- **placing the healthier options at students' eye level** on the counters
- **promoting the healthier cakes and muffins in meal deals together with healthier food options** e.g. cheese and salad wrap and mini muffin for \$6
- **pricing healthier cakes and muffins competitively so they are the cheaper choice** e.g. consider lowering the price of healthier options or increasing the price of less healthy options
- **promoting the benefits of healthier options through newsletters** and other regular communication channels
- **getting students involved in promoting the changes** by designing posters, menus, promotions, competitions and labelling.

Remember, this is just one of the 'bites' you can do to switch up the snacks. Check out '[Kick the confectionary](#)' and '[Switch to healthier snacks](#)'.





## CELEBRATE

Great job! You've finished the 'Rethink cakes and muffins' bite for Vic Kids Eat Well. Make sure you share the good news with the whole school community and communicate how you will continue your great work in the other action areas of Vic Kids Eat Well.

## FOR FURTHER HELP

### Vic Kids Eat Well tech team

For advice or assistance regarding program support and delivery, setting engagement and website database issues

- 1300 18 57 25
- [vickidseatwell@cancervic.org.au](mailto:vickidseatwell@cancervic.org.au)

### Your local Health Promotion Officer

For on the ground support

Full name: \_\_\_\_\_

Job title: \_\_\_\_\_

Organisation: \_\_\_\_\_

Contact no. \_\_\_\_\_

Email: \_\_\_\_\_



If you are having trouble accessing this document, please email [vickidseatwell@cancervic.org.au](mailto:vickidseatwell@cancervic.org.au) or call **1300 185 725**

*Vic Kids Eat Well is supported by the Victorian Government, and is delivered by Cancer Council Victoria's Achievement Program, in partnership with Nutrition Australia's Healthy Eating Advisory Service*

