



- Ditch the soft drinks
- Swap sugary drinks for healthier drinks

WHY REFRESH THE FRIDGE?

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**. We need to surround our kids with delicious, healthy food and drinks, wherever they spend their time. It's time to refresh the fridge, so let's get started today!

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

- **Ditch the soft drinks** – remove all soft drinks, sports drinks, energy drinks and flavoured mineral waters with high sugar content and replace with healthier options
- **Swap sugary drinks for healthier drinks** – remove all remaining sugary drinks, such as kombucha, sports waters, fruit flavoured drinks, and replace with healthier options.

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

REFRESH THE FRIDGE – WHAT'S INVOLVED?

The 'ditch the soft drinks' bite includes removing all soft drinks, energy drinks and flavoured mineral waters with high sugar content, including:

- regular, full sugar soft drinks such as cola, lemonade, etc.
- flavoured mineral waters with added sugar
- regular, full sugar energy drinks
- regular, full sugar sports drinks.

The 'Swap sugary drinks for healthier drinks' bite includes removing all remaining sugary drinks, such as kombucha, sports waters and fruit flavoured drinks. These include:

- kombucha, with added sugar (>1g sugar per 100g)
- regular, full sugar sports waters
- fruit juices or fruit-flavoured drinks with added sugar.

To **refresh the fridge**, follow our three simple steps:





STEP ONE: REVIEW

Start by reviewing what sugary drinks are currently available at the school.

This will help identify which drinks should be replaced. Consider all the sugary drinks available including those sold in the canteen (or an external food service) and any school vending machines.



TIP:

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

Just search or assess products in the category 'drinks'. All drinks classified as **RED** or **BLACK** in **FoodChecker** are considered sugary drinks.



STEP TWO: PLAN

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

There are many healthier drinks that can be offered such as:

- plain still or sparkling water, including tap water
- flavoured waters with no added sugar
- plain or flavoured milks (preferably reduced fat)
- 100% fruit juice
- artificially sweetened or 'diet' drinks, with no added sugar.

Access to free drinking water in your school is important. Ensure that free drinking water and any water bottle refill stations are well promoted and easy for kids to access.

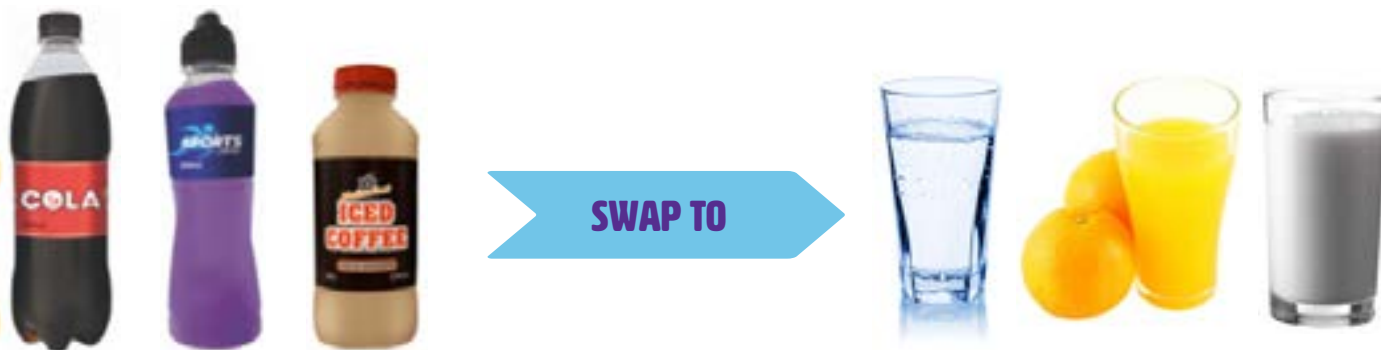
TIP:

You can use the free product assessment tool, **FoodChecker**, to find healthier drinks to replace the sugary drinks.

Just select the 'quick product check' button, then search or assess products in the category 'drinks'.

All drinks classified as **GREEN** or **AMBER** are considered healthier drink options.





Find out where the school food service purchases its sugary drinks. 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 school uses a major brand drink supplier, the good news is they are generally open to modifying the types of drinks in their fridges to offer mainly healthier options, as well as **removing branding associated with their sugary drinks** and **promoting their water brands instead**.
- 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 healthier drinks you want.

PREPARING FOR CHANGE

Look for ways to engage the 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 sugary drinks first, then work on replacing the best sellers second.
2. Sell down your stock of sugary drinks and don’t order more once you sell out. As they sell out replace with healthier products.





STEP THREE: ACT

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

Here's a great example of refreshing the fridge.

Vic Kids' College (P-12) reviewed the drinks on their canteen menu and found that they had eight different sugary drinks available (sugary drinks are highlighted in red). Next, they identified healthier options they could make available on their canteen menu.

Vic Kids College decided to remove or replace the soft drinks/sugary drinks as follows:

Drinks Menu BEFORE small bites	Price (\$)
Bottled water Plain water, 600ml	3.00
Full fat flavoured milk drinks Chocolate milk, 600ml bottle	2.50
Fruit juice Apple & raspberry fruit drink, 250ml popper	3.00
Flavoured 'sports' drinks Sports drink orange flavour, 600ml bottle Sports drink berry flavour, 600ml bottle	3.50 3.50
Soft drink varieties Cola, 375ml can Lemonade, 375ml can Lemon squash, 390ml can	2.50 2.50 2.50
Kombucha and energy drinks Kombucha orange flavour (>1g sugar per 100g), 330ml bottle Energy drink, 500ml can	3.50 2.50

Drinks Menu AFTER small bites	Price (\$)
Bottled water Plain water, 600ml Mineral water lemon-lime flavour (no added sugar), 450ml	3.00 3.00
Reduced fat flavoured milk drinks Chocolate milk, 300ml tetrapak Strawberry milk, 300ml tetrapak	1.50 1.50
Fruit juice 100% orange juice, 250ml 100% apple juice, 250ml	3.00 3.50
Sports drinks No-sugar sports drink lemon flavour, 600ml bottle	3.50
Soft drinks No-sugar cola, 375ml can Diet lemonade, 375ml can	2.50 2.50
Kombucha Kombucha strawberry-lime flavour (<1g sugar per 100g), 330ml bottle	3.50

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 drinks at students' eye level** in the drinks' fridges
- **promoting the healthier drinks in meal deals together with healthier food options** e.g. chicken and salad wrap and water for \$6
- **pricing healthier drink options competitively so they are the cheaper choice** e.g. consider lowering the price of healthier options or increasing the price of less healthy options
- **creating posters showing the new healthier drinks available** at the canteen
- **promoting the benefits of healthier drinks through newsletters** and other regular communication channels
- **getting students involved in promoting the changes** by designing posters, menus, promotions, competitions and labelling.

Once you've made this change you might want to check out some of the other actions to change up the menu or switch up the snacks.





CELEBRATE

Great job! You've finished the 'Refresh the fridge' bites 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

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 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

