



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.

KICK THE CONFECTIONARY – WHAT'S INVOLVED?

This bite is about removing all confectionary. This includes:

- lollies, such as gummies, snakes, marshmallows, gobstoppers, hard candy, jellybeans, liquorice and lollipops
- chocolate bars, including bars made with cacao nibs
- fudge
- chocolate coated products (including nuts, snack bars, etc.)
- ice cream, ice confections and dairy desserts, including chocolate-coated and premium ice-creams.

To **kick the confectionary**, 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 the confectionary available in your canteen, your vending machine if you have one, or your external food service if you don't have an on-site canteen.



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 '*snacks*'. All snacks classified as **RED** or **BLACK** in **FoodChecker** are considered confectionary items.



STEP TWO: PLAN

You may choose to simply remove the confectionary – or you may want to replace with healthier options. Replacing with healthier options will help you achieve two bites at once (see bite 'Switch to healthier snacks').

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. Remove the least popular confectionary items first, then work on removing the best sellers second.
2. Sell down your stock of confectionary 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.

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 healthier snack options at eye level** on the counters
- **involving the sustainability club** and promoting the environmental benefits of less packaged confectionary items
- **using healthier snacks in meal deals together** e.g. chicken and salad wrap and fruit and yoghurt cup for \$6
- **pricing healthier snack 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.
- **promoting the benefits of removing confectionary 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 ['Rethink cakes and muffins'](#) and ['Switch to healthier snacks'](#).





CELEBRATE

Great job! You've 'Kicked the confectionary' and completed another 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

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

