

## Healthy Treats

Food preferences become established by our early eating experiences. Consistently providing healthy options for special events like classroom celebrations or as a treat, helps reinforce learning programs and messages about healthy eating.

### School events

Twice a term schools will be able to choose to exempt food and drinks sold at fetes, fundraisers or school events from the National Healthy School Canteen Guidelines (refer to the *ACT Public School Food and Drink Policy 2015*). This should not limit the number of classroom celebrations schools may enjoy. On these occasions, schools are strongly encouraged to consider having healthy alternatives.

The following is a list of ideas for special occasions such as classroom celebrations:

- Guacamole or hummus with vegetable sticks and pita bread
- Fresh fruit platter with fruit yoghurt for dipping
- Fruit kebabs
- Milk-based iceblocks
- Homemade popcorn
- Mini-pizzas or quiches
- Mini or pinwheel sandwiches
- Meatballs in tomato sauce
- Low fat sausages in a mini-wholemeal roll topped with grated cheese and tomato sauce
- Sushi
- Homemade sausage rolls
- Chicken tenderloin sticks, crumbed and baked



- Homemade softdrinks using fruit juices and soda water
- Smoothies using low fat milk, fresh fruit and yoghurt
- Provide water, juice or flavoured milk instead of soft drinks
- Hire or purchase a fruit slushie machine

In a learning environment, praise and positive reinforcement are the preferred methods for encouraging students. This does not mean that food and drink can't be a part of class or school celebrations and events.

Canberra Hospital and Health Services, ACT Government, TuckerTalk Fact Sheets.

Queensland Smart Choices Fact Sheet No. 13, *Healthier school discos*, (adapted with permission from Nutrition Australia – Queensland Division) 2010.

WA Department of Education and Training, *Healthy Food and Drink Choices in Schools, Ideas for non-food rewards for students* Factsheet.

- Healthy Fundraising Options

