



Training workshop

Healthy eating in school canteens

Healthy Eating Advisory Service

A free training workshop for school canteen staff and volunteers on providing healthy foods and drinks in Victorian primary and secondary schools

In this three hour workshop, you will learn how to provide foods and drinks that meet the requirements of the *School Canteens and Other School Food Services Policy* and promote healthy eating to children and adolescents.

The workshop will be facilitated by an Accredited Practising Dietitian or Registered Nutritionist from the Healthy Eating Advisory Service.

All materials will be provided on the day and you will receive a certificate of completion at the end.

Topics include

- Healthy eating for children and adolescents
- Overview of the guidelines for *School Canteens and Other School Food Services Policy*
- Links with the Healthy Together Achievement Program
- Creating a healthy menu
- Implementing healthy changes
- Promoting healthy foods and drinks
- Dealing with challenges such as menu planning, budgeting costs and allergies
- How the Healthy Eating Advisory Service can help you



Date: Wednesday 16th July

Time: 2pm-5pm

Venue: Gippsland Regional Sports Complex, Cobains Road, Sale

RSVP by Wednesday 9th July

Contact:

Barb Radley

Wellington Primary Care Partnership

Phone 5143 8868

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Parking is available at the venue.

Afternoon tea will be provided.

Please bring your own canteen menu for an activity. It will not have to be shared with other participants.

