



SPORTS
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SOUTH AFRICA



Vitality Schools Programme

Healthy tuck-shop guidelines

Fast facts

One third of a child's diet is influenced by what they eat at school.



70% of school children make unhealthy food choices when buying from the tuck-shop. Fizzy drinks, chips and sweets are the most commonly bought snacks.

Almost one third of South African children have fizzy and sweetened drinks as often as they have fruit and vegetables.



Children who eat a healthy and balanced diet have shown better performance and improved behaviour at school.

Impact of diet

A lack of physical activity, increased sedentary time and poor eating habits have contributed to the recent rise in childhood obesity and chronic diseases. Large portion sizes, kilojoule-dense foods and sugary drinks are common in children's diets today.

Eating healthily helps children maintain a healthy weight, reach maximum height and grow and develop at their best. During school years, a balanced diet is important in helping to provide enough energy for school, sports and other activities. It can help children shine at sports, increase their concentration and awareness in class and instill in them correct eating and lifestyle habits that they can adopt for life.

Healthier tuck-shops should promote foods in the right portion sizes that are high in the nutrients children need. Some examples include food high in protein, vitamins, minerals and fibre, and low in sugar, saturated fat, trans fat (hydrogenated vegetable oil) and sodium (salt).

Tuck-shop menu makeover

Food swaps - Replace less healthy options with healthier alternatives.

Swap this...	For this...	Why?
 <p>Chips</p>	 <p>Low fat, lightly salted popcorn</p>	Lower in saturated and trans fat, higher in fibre
 <p>Fizzy drinks</p>	 <p>Low fat flavoured milk</p>	Lower in sugar, contains protein and calcium
 <p>Sweets, chocolates, fudge</p>	 <p>Dried fruit and nuts</p>	Lower in saturated and trans fat, higher in fibre
 <p>Biscuits, cakes, doughnuts, muffins</p>	 <p>Digestive biscuits; homemade high fibre bran and fruit muffins; wholewheat rusks</p>	Lower in sugar, saturated and trans fats and higher in fibre
 <p>Ice-cream</p>	 <p>Frozen low fat yoghurt</p>	Lower in sugar and saturated fat

Food upgrades - Give typical tuck-shop food a nutritional upgrade by making small changes to the ingredients and recipe methods.

Typical item	Suggestions
Burgers	Use wholewheat/seed roll, extra lean patties or chicken breasts, add veggies like tomato, onion, cucumber and gherkins. Use low fat mayonnaise instead of butter or hard margarine.
Hot dogs	Use wholewheat/seed roll, lowered fat sausage (eg chicken vienna) and canola margarine (if necessary). Use homemade tomato relish rather than commercial tomato sauce.
Pizza	Use wholewheat pizza base (eg a wholewheat pita bread) and only a sprinkling of a lower fat cheese (eg mozzarella*)
Toasted cheese	Use wholewheat/seed bread and a lower fat cheese (e.g. mozzarella*). Add veggies like tomato, onion and gherkin.
Chicken mayo roll	Use wholewheat/seed roll, skinless chicken breasts and low fat mayonnaise. Add veggies like chopped onion, gherkin and grated carrots.

* Remember mozzarella is still considered a high fat food so use only a small amount.

Marketing healthy foods

Active promotion of these healthier options is essential when changing the tuck-shop menu to offer healthier products. How the food is presented can be as important as what foods are presented. Products sell best when they sound and look interesting and the customer feels they will get an immediate benefit by choosing that food. Change your menu as much as you can. Children are like adults, they like variety.

Design

- Add fresh, crunchy vegetables to salads, burgers, rolls and wraps for interesting contrasts in colour, flavour and texture.
- Experiment with sampling of new foods you're introducing, giveaways or tasters and meal and snack deals.
- When introducing a new item, let the school community know by placing an advert in the school newsletter.
- Be aware of portion distortion and offer different serving sizes of foods where possible to meet the different needs of learners.
- For younger children have a form of "star chart" where learners get a green or gold star every time they choose a healthy option at the tuck-shop. Mark these choices with a corresponding green or gold star on the packaging



Describe

- On the tuck-shop menu or menu board, use motivating, sensory words like 'mouthwatering', 'delicious' and 'crunchy'.
- Give foods a special name eg 'Playville Primary Power Pita' or give a special combination a catchy name eg 'Superhero Salad Combo'.
- Have theme foods/days eg 'Mexican Mania Monday' with specials on healthier items or sell certain items on particular days of the week, eg 'Health Booster Burgers' on Fridays.

Display

- Display healthier foods at a child's eye level or have a step in front of the counter so that the smallest children can also see what is available.
- Display healthier foods and drinks prominently eg at the front of the counter or the fridge.
- Have a bowl full of fresh fruit at the front of the counter where children are sure to see it.
- Pay extra attention to how healthier foods are presented, eg wrap sandwiches and rolls in clear plastic so that they can see the interesting contents clearly.
- Serve a variety of quality fruit in season. Fruit that is cut up and served in chunks or served as a fruit salad is popular with learners and gives them the opportunity to try new fruit and vegetables. To avoid unsold fruit going bad, chop and freeze all fruit close to its sell by date and blend up to make delicious, healthy smoothies to sell.
- List new foods or specials on a large sign outside the tuck-shop.
- You can download the healthy tuck-shop posters at www.vitalityschools.co.za



The tuck-shop plays an important role in influencing the diets of children who buy food and drinks at school. It also influences their development of attitudes and behaviour towards food. Use this opportunity wisely.



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