School Canteen Guidelines Summary

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The School Canteen Guidelines booklet provides important information about running a school canteen that will not only produce a profit but also provide students with a healthier choice of food and drinks at school.

This brochure provides a summary of the 47-paged School Canteen Guidelines booklet published by the National Food and Nutrition Centre in 2005. It briefly outlines the major key topics for quick and easy references.

Good nutrition can make a difference in the health of children and their school performance.

1. FOOD SERVICES IN FIJI SCHOOLS

Food and good nutrition is very important for school children to help them:

- Develop and grow properly.
- Keep healthy and strong.
- Keep emotionally stable.
- Keep active at all times.
- Think well in their studies.

To maintain good health, it is important to have healthy eating behavior patterns such as:

a. Eating less sugar, salt and fats.
b. Avoiding fast foods.
c. Eating lots of locally produced fruits and vegetables.
d. Drinking lots of water.
e. Drinking less soft drinks.
f. Eating a variety of foods.
g. Avoiding over-eating.
The Relationship between Good Nutrition and Education

2. HOW IS THE SCHOOL PROVIDING “GOOD NUTRITION”?

Meals or foods provided in the school compound should be healthy and should include a variety of combination of foods from the three food groups.

Three food groups

Health Group – local fruits and green leafy vegetables are excellent sources of vitamins, minerals and fibre. They are necessary for a healthy body. Ensure varieties with different colours are eaten each day.
Body-Building Group - provides children with proteins, a vital nutrient for growth, development, maintenance and repair of tissues. This group includes meat, fish, chicken, eggs, cheese, milk and legumes (all types of dhal, peas and beans).

Energy Group - Energy is needed by the body to work properly and also for physical activities. This group is composed of carbohydrates and fats. Carbohydrate foods consist of root crops (dalo, cassava, yams), breadfruit, rice, flour and cereals. Fats consist of butter, margarine and cooking oil, which should be taken in very small amounts.

3. CANTEEN MEALS AND SNACKS
Some school canteens are able to prepare meals. Rules that should be followed for menu preparation are:
✧ Have a planned menu for the week.
Use seasonal foods as much as possible as it is usually cheaper and easily available.

Use a variety of fresh vegetables and lean meat.

Meals should be prepared in a clean and hygienic environment.

Ensure the meals are served on time and in a well-packaged clean container.

Use warm water and soap for cleaning purposes.

Some suggested menus and snacks include:

<table>
<thead>
<tr>
<th>Healthy Meals</th>
<th>Healthy Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish and green leaves in lolo with cassava.</td>
<td>1/2 cooked corn</td>
</tr>
<tr>
<td>Chicken stew with rice or dalo.</td>
<td>1 glass milk</td>
</tr>
<tr>
<td>Dhal, rice, vegetable curry with tomato chutney.</td>
<td>1 orange</td>
</tr>
<tr>
<td>Chicken curry with rice and cucumber.</td>
<td>1 banana</td>
</tr>
<tr>
<td>Chicken chopsuey with cassava or rice.</td>
<td>1 slice watermelon</td>
</tr>
<tr>
<td>Chicken and vegetable soup with dalo or cassava.</td>
<td>2 slices of pineapple</td>
</tr>
<tr>
<td>Chicken or egg fried rice with vegetables.</td>
<td>2 slices of cheese</td>
</tr>
<tr>
<td>Remember to include as much vegetables as possible.</td>
<td>1/2 piece of carrot</td>
</tr>
</tbody>
</table>

* The suggested menus may apply to meals prepared in school canteens and meals cooked from home and later sold in school canteens.

* For further details about canteen menus, please refer to Pg. 20 of the Canteen Guidelines.

Healthy Foods/Snacks | Unhealthy Foods/Snacks

![Healthy Foods/Snacks](image1.png) ![Unhealthy Foods/Snacks](image2.png)
4. CANTEEN MANAGEMENT

The food service can best fulfil its roles by:
- Selling nutritious foods that are prepared and served hygienically.
- Serving seasonal varieties of fruits, vegetables and nuts.
- Encouraging parents and students to participate.
- Ensuring that the health of students is not compromised by the need to make profit.

Financial management
In order for a canteen to function efficiently and effectively it should:
- Make profits but not at the expense of the health and well being of the students.
- Manage the profits well in order to purchase food items for future sales.
- Have a properly maintained account, which is audited every year.

Buying food items
The following points should be considered when purchasing food items:
- Buy enough to prevent storage problems.
- Check the quality of the goods properly before making payments.
- Goods should not have insects or be damaged.
- Check for expiry dates on goods purchased.
- Keep records of details of all incoming goods.

Pricing
- For further details on pricing and how to analyse cost per serve, please refer to Pages 20 & 30 of the Canteen Guidelines.
- Formula for setting a price on the food:
  \[
  \text{Selling price} = \text{Purchase price} + \text{Operating expenses} + \text{Profit}
  \]
- The foods should be sold at a reasonable price so that students can afford it and at the same time, some profit is made.
5. SELLING PRODUCTS IN CANTEENS
Encourage children to buy healthy foods and snacks by:

- Displaying posters and stickers of healthy and nutritious foods and drinks sold in the canteen.
- Involving Home Economics teachers and students to prepare new recipes in their food and nutrition or agriculture classes.
- Conducting meal satisfaction surveys to get feedback and ideas on how to improve existing practices.
- Creating “Special Days” to promote new food recipes and drinks.
- Discouraging the sale of junk foods/snacks by creating awareness on health through participation in health education, talks, discussions and in various health events.

| Safe preparation and storage of food improves health by helping to prevent illness. |

6. HYGIENE
Proper hygiene practices will prevent illness and help maintain cleanliness.

- Food hygiene involves cleanliness and taking precautions at all stages from buying, preparing, cooking, serving and storing food.
- Rules such as having a clean kitchen, food hygiene, tips on buying and storing certain foods, and personal hygiene should be followed in order to maintain proper hygiene standards.
- Careful attention must be taken when buying and storing perishable foods such as fish, poultry, eggs, dairy products, fruits, vegetables, and cereals.
- Neat personal appearance and clean clothes is a necessity when handling food.
- A high standard of personal hygiene practised by the staff of the school food canteen sets an example to students.
NOTE:
FOR FURTHER INFORMATION PLEASE CONTACT ANY OF THE FOLLOWING:

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