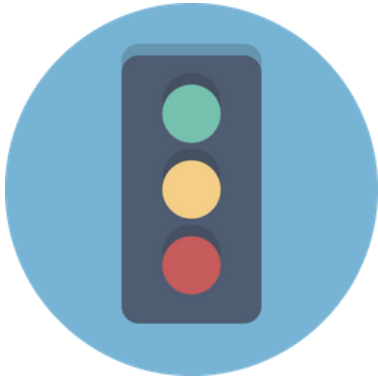


Supporting Schools and Sporting Clubs in the Yarra Valley to implement Healthy Choices



This prevention focused initiative aims to increase the availability of healthy food and drink choices in schools and sports clubs through making positive changes in the canteens and lunch order programs. This initiative enables community members to have access to healthy food and drinks in key community settings. A traffic light system is utilised to classify foods and drinks based on their nutritional composition.



Green - These foods and drinks are the healthiest options and should be widely available every day.

Amber - These foods and drinks are considered to be sometimes options and should be available in small amounts.

Red - These options are considered to be the least healthy options with little to no health benefits. Red options should be limited.

What we have achieved so far:

- 13** Schools were provided with Healthy Choices advice
- 8** Health Promotion provided Healthy Choices advice to sporting clubs 8 times
- 5** Schools completed a Healthy Choices audit of their canteen or lunch order program
- 2** Sports club completed a Healthy Choices audit of their canteens.
- 3** Schools have made positive changes to their canteen or lunch order programs

Wandin North Primary School

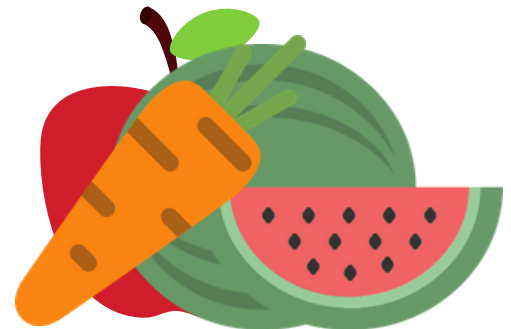
↑ 9% ↓ 27%

Badger Creek Primary School

↑ 8% ↓ 26%

Seville Primary School

↑ 18% ↓ 18%



Whats Next?

A new agile approach called "Healthy Bite Sized Choices" was developed by the Health Promotion team to support schools to make easy Healthy Choices changes quicker. This new agile approach will be piloted with schools and sports clubs that express an interest to take part during the 2020-21 IHP period.

