**Action Plan**

**Limit ‘sometimes’ foods and drinks**

**Criteria 3a** ‘Sometimes’ foods will be limited in the school canteen or other food service by a commitment to achieve a level of school canteen accreditation.

**Criteria 3b** ‘Sometimes’ foods will be limited in the wider school environment. This includes fundraising, school fairs, BBQs, sporting events, vending machines, excursions and other special events.

**Criteria 3c** The wider school community is encouraged to support the limiting of ‘sometimes foods’.

**‘Sometimes’ foods and drinks includes confectionery, sweet drinks, crisps, fried foods, cakes or biscuits high in fat and / or sugar and pastry items high in fat and / or salt. They are sometimes called ‘red’ foods.**

**Key Reference document**

“Spot it and Swap it” (available on the *Move Well Eat Well* website under Limit “Sometimes” Food

**To Do List**

Use the following table to help plan what actions need to be taken to meet the criteria

|  |  |  |  |
| --- | --- | --- | --- |
| **What****3a***What action needs to be taken? (eg, involve canteen staff in planning, revise the menu, contact the Tas School Canteen Assoc,)* | **How****3a***How will it be done? (eg healthy canteen committee, tip sheets, resources, meetings, newsletters)* | **Who****3a***Who will be responsible for organising the action?* | **When****3a***When is it to be completed?* |
|  |  |  |  |

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| --- | --- | --- | --- |
| **What****3b***What action needs to be taken? (eg, Use the ‘Spot it and Swap it’ guide in a staff meeting, discuss the results, plan ways to replace with healthy options)* | **How****3b***How will it be done? (eg Information for School Association and volunteer parents, tip sheets, resources, meetings, newsletters)* | **Who****3b***Who will be responsible for organising the action?* | **When****3b***When is it to be completed?* |
|  |  |  |  |
| **What****3c***What action needs to be taken? (eg, school community information, alternative fundraising ideas,)* | **How****3c***How will it be done? (eg tip sheets, resources, meetings, newsletters)* | **Who****3c***Who will be responsible for organising the action?* | **When****3c***When is it to be completed?* |
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This is a Healthy Tasmania Initiative.

Reviewed 2017

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