



HEALTHY CHOICES FOR CHILDREN PROGRAM

Participant's Kit



Hobsons Bay
CITY COUNCIL

Disclaimer: Participation in the Healthy Choices for Children program is based on the premises meeting the award criteria on the date of assessment. Council may direct the removal of the sticker from public display if standards fall below award criteria. Hobsons Bay City Council disclaims any liability to any person or body in respect of the consequences of that person's actions in their reliance upon the Hobsons Bay City Council's Healthy Choices for Children program. The onus is on the business to comply with National Food Safety Standards and the Food Act 1984 at all times.

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Introduction

Childhood overweight and obesity has proved to be a significant problem both in Australia and throughout the world and it contributes to major short and long term health problems.

Overweight children are at an increased risk of cardiovascular disease, type 2 diabetes, low self-esteem and depression. An overweight child is also at significant risk of becoming an overweight adult¹.

Childhood overweight and obesity is influenced by many factors including genetics, physical activity level, parental role modelling and of course diet.

Food businesses have a vital role to play in providing the right environment where both parents and children can make healthy food choices while eating out.

In research coordinated by Hobsons Bay City Council, 94% of parents indicated they are conscious of the types of foods their children eat; and 99% of those parents said they would order from a healthy children's menu if it was made available. The research shows there is a demand for healthy menu options.

Providing healthy menu options for children can be easy. Be sure to include a variety of healthy ingredients such as fresh fruit, vegetables, dairy items, lean meat, fish, eggs, breads and cereals.

As a program participant, you will be promoted throughout the community as a place where children are offered tasty and nutritious food.

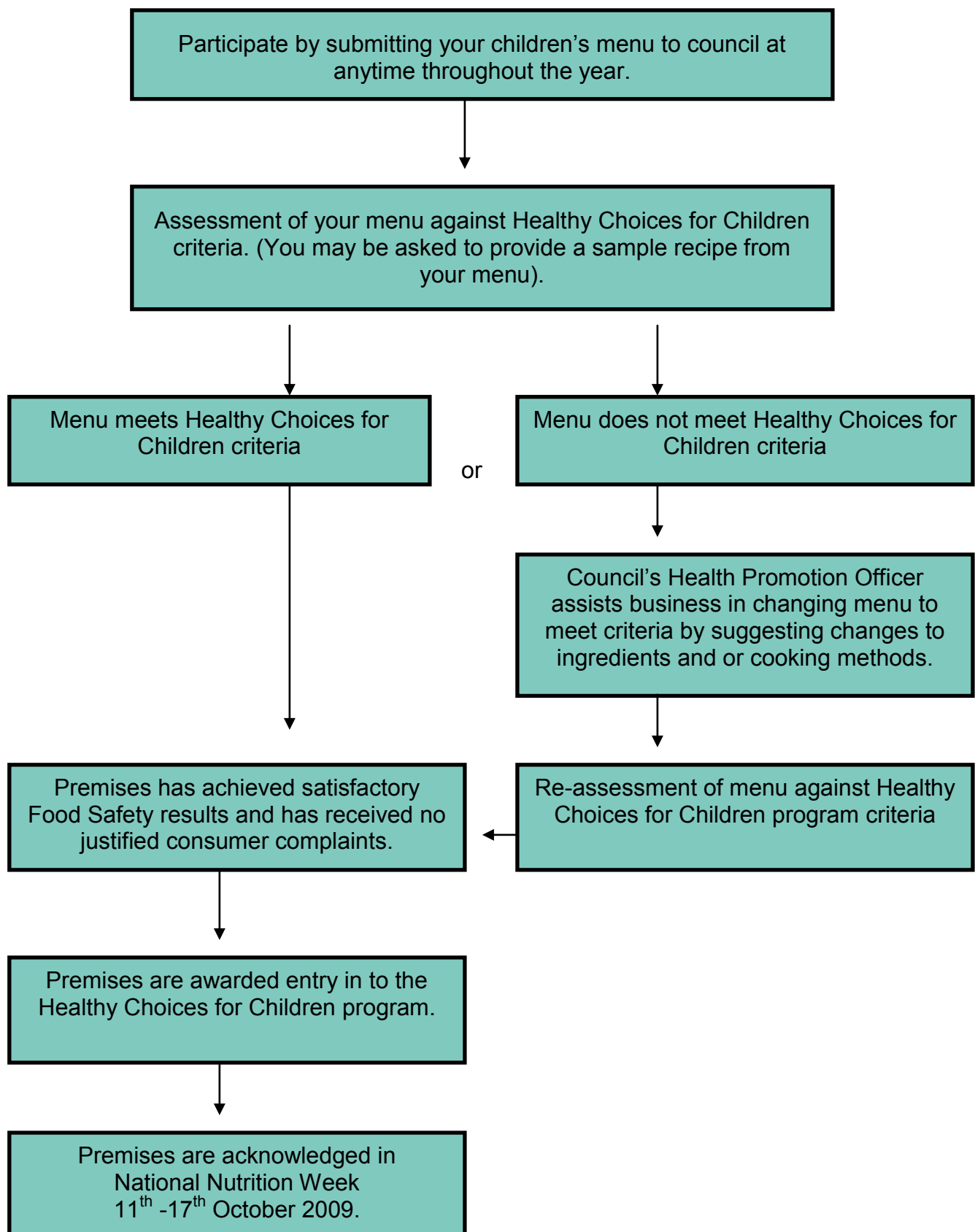
"Individual behaviour change can occur only in a supportive environment with accessible and affordable healthy food choices" US Surgeon General 2001².

Businesses participating in the Healthy Choices for Children program receive a window sticker for public display and loads of FREE promotional opportunities through Council media, publications and services.

¹ Gill, TP Et al. Childhood Obesity in Australia remains a widespread health concern that warrants population wide prevention programs. 2009 The Medical Journal of Australia 190 (3): 146-148

² Ball Dr K, *Environmental Influences on Nutrition*, National Health and Medical Research Council, Conference presentation, 2005.

How does the program work?



How to participate:

1st Meet HC² Selection Criteria

Become familiar with program selection criteria (on page 7). If you think your menu may not meet criteria but you would still like to participate in the program, submit your menu and Council will assist you in meeting criteria. Alternatively, contact Council's Public Health Unit for some advice.

2nd Submit your children's menu to council

Complete the application form attached, place it in the reply paid envelope provided and post it to Council together with your children's menu.

Or

Email your application to [**publichealth@hobsonsabay.vic.gov.au**](mailto:publichealth@hobsonsabay.vic.gov.au)

Applications close on the **31st August each year**. If you have missed the closing date, you should still apply as applications received after 31st August will be considered for next year's award).

3rd Achieve Food Safety

We want healthy premises to also have safe food handling practices. In order to participate in the Healthy Choices for Children program you must have achieved the following:

- a) A satisfactory result in your last premises inspection. (If you have not received an inspection in the last award period, you will receive one prior to award selection).
- b) Satisfactory food sample results and
- c) No justified consumer complaints.

4th Promote your children's menu

Promote that your business provides healthy menu options for children.

Specialised businesses should still apply. If you offer healthy food for children but the nature of your business means that much of the selection criteria are not met, your business will be assessed on its merits.

HC² Selection Criteria:

based on the dietary guidelines for Australians.

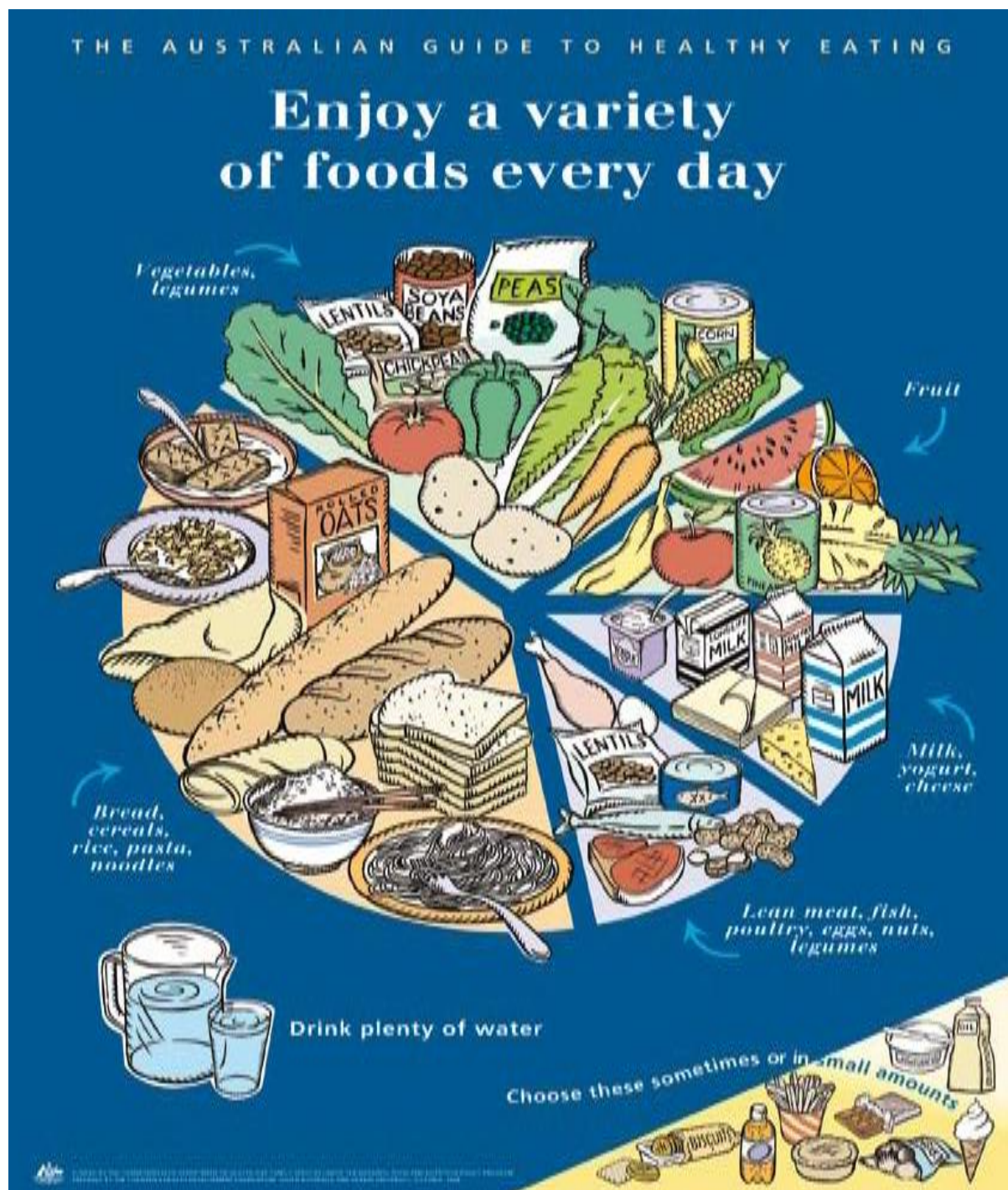
COMPULSORY

Children's meals include a wide variety of nutritious foods. Lean meats, fish, chicken, pasta, breads, vegetables, salads and fruits are used.

If providing chips, the Heart Foundation's 'Tips on Chips' guidelines are followed (see page 11).

Healthy cooking methods such as baking, steaming and stir frying are used.

Business has a children's menu or advertises that children's serves are available on request.



Acknowledgment: Food for Health: Dietary guidelines for Australians. An Australian Government Publication.

How to achieve Healthy Choices for Children selection criteria:

simple steps to help make your food healthier.

FATS: Keeping them low

Use polyunsaturated oils such as vegetable, peanut, corn, safflower and cottonseed or monounsaturated margarines and oils such as olive, canola or sesame.

Offer alternatives to chips such as rice, potato, home made baked potato wedges, pasta, legumes or noodles.

Steer away from deep fried items but if you must offer them, keep the number of items to less than half of those on the menu.

Reduce the amount of pastry based items on your menu- keep this to less than half of the menu items.

Avoid small goods and manufactured meats. Lean ham, chicken and turkey are OK.

Increase the use of lean meats such as chicken, red meat and fish. Remove the skin from the chicken and fat from the meat.

Avoid high fat products such as butter, cream and sour cream and use reduced fat dairy products.

Provide products such as margarine, butter, salad dressings, cream and sauces as an option rather than inclusive with the meal.

FIBRE: increasing the amount

Include a variety of wholemeal or wholegrain alternatives to the regular refined products. Consider couscous, buckwheat noodles, rye / wholemeal or wholegrain bread rolls.

Include dishes which feature legumes (e.g. lentils, beans, chickpeas)

Consider low fat baked goods which include wholemeal flour and/or bran and fresh fruit or nuts.

Offer wholegrain cereals (oats, barley, wheat based)

Include salad or vegetables with the meals or offer and promote them as a side order.

SUGAR: keeping it low

Offer water automatically or have it visible for customers to help themselves.

Make bottled water available and place it in an easily visible section of the fridge.

Consider supplying drinks with reduced sugar content such as diet soft drinks or plain mineral or soda water.

Reduce added sugar in the form of syrups, flavoured toppings, honey or jam to one teaspoon per serving.

Consider offering 100% fruit juices and place them prominently in the fridge.

SALT: keeping it low

Use fresh herbs, spices, lemon or lime juice to season foods instead of salt.

Have salt shakers available upon request rather than on the table.

Don't add MSG (monosodium glutamate) to your cooking.

Avoid pre-salting hot chips

GENERAL

Make available packaged food that is gluten free, nut free or dairy free.

Have vegetarian dishes available on the menu or by request.

Healthy food ideas

Source: Healthier Catering Guidelines, Heart Foundation 2003.

The table below lists healthier alternatives to items that are commonly provided at food premises.

Usual choice	Better choice
Pie / sausage roll	<ul style="list-style-type: none">• Home made low fat: pies, lasagna, pasta, mini pizzas.• Baked potato with low fat toppings such as grated vegetables.• Noodle stir fry.
Potato chips	<ul style="list-style-type: none">• Unbuttered popcorn, pretzels or rice crackers (low salt varieties).
Soft drink	<ul style="list-style-type: none">• Bottled water, reduced fat milk drinks or 100% fruit juice.
Hamburgers / steak sandwiches	<ul style="list-style-type: none">• Prepare your own burgers using lean meat and include salad in the burger.
Hot chips	<ul style="list-style-type: none">• Use poly/monounsaturated oils such as canola oil. Use thick frozen chips and cook them quickly (see “Tips on Chips”).• Home made oven baked potato wedges.• Mashed potato.
Chicken nuggets	<ul style="list-style-type: none">• Home made meatballs, fresh chicken tenderloins, skewered lamb.
Milkshakes	<ul style="list-style-type: none">• Offer low fat milk or try low fat smoothies.
Ice creams	<ul style="list-style-type: none">• Low fat ice cream with fresh fruit.• Try 100% fruit juice icy poles or low fat frozen yoghurt.• Freeze bite size pieces of fruit such as grape varieties and citrus fruit.
Cakes and biscuits	<ul style="list-style-type: none">• Offer scones, oatcakes, pikelets or fruit muffins.• Use jam and ricotta topping (or light cream cheese) instead of cream.
Chocolates / lollies	<ul style="list-style-type: none">• Try bite sized fruits (e.g. grapes) or dried fruit mixes.
Chocolate bars	<ul style="list-style-type: none">• Try home made fruit, nut or muesli bars. If purchasing look for brands high in fibre, low in fat and added sugar.

Tips on Chips Guidelines

Acknowledgement: National Heart Foundation, NSW Division

Following the Heart Foundation's "**Tips on Chips**" guidelines, you can produce chips that are lower in saturated fat that are still crisp, golden and tasty.

The Heart Foundation's **3 Step Guide** (provided with this Participant's Kit) will assist you in selecting a healthier oil for your needs.

The Tips on Chips		
1. Temperature	2. Chips	3. Oil
<p>Cook at 180-185°C.</p> <ul style="list-style-type: none">• Cook for about 3 minutes• Turn the thermostat to less than 140°C when not frying	<p>Use thick not thin. If frozen, do not thaw</p> <p>To absorb less oil:</p> <ul style="list-style-type: none">• Use a thick cut chip – 12mm or bigger• Straight cut and wedges are best – crinkle cut and straw cut absorb more oil• Do not overload the chip basket• Do not allow frozen chips to thaw before cooking	<p>Keep it clean.</p> <ul style="list-style-type: none">• Skim and filter the oil frequently• Use a separate fryer for cooking chips• Use deep frying oil approved by the Heart Foundation

If you serve chips with a meal it's a good idea to also serve vegetables or a small salad. This will make the meal more nutritious and will also help you to satisfy Healthy Choices for Children criteria.

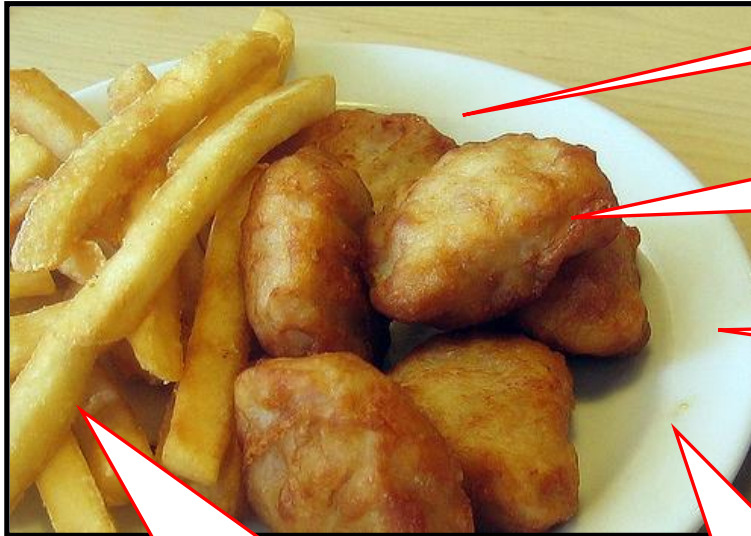
Did you know?

- Hot chips are the second most popular take away food next to sandwiches.
- Hot chips are high in saturated fat which can increase cholesterol levels and contribute to heart disease.
- Research suggests that consumers prefer chips to be cooked in monounsaturated oils rather than animal fats.

What is in your food?

See below for healthy alternatives to items commonly on children's menus.

Chicken Nuggets and Chips



No fresh or natural colour.

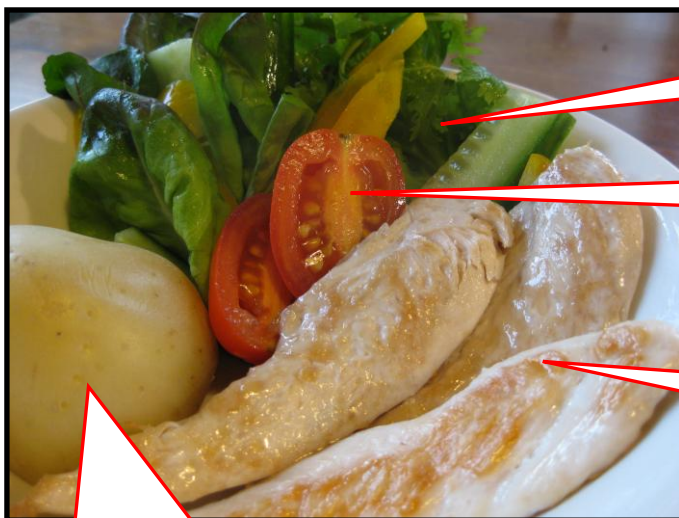
Deep fried chicken nuggets: can contain manufactured meat high in fat and salt.

High in saturated fat, salt and preservatives.

Chips: high in salt. Contributes to high blood pressure and heart disease.

Contains little nutrients.

Pan fried Chicken tenderloins with potato and salad



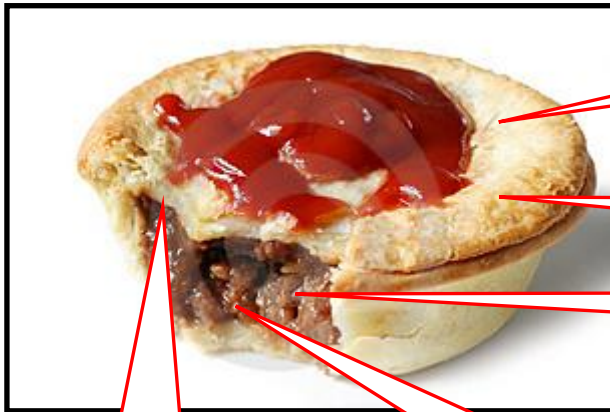
Lettuce: **Dietary fibre**: digestive system support.

Tomato and Capsicum: **Vitamin C**: immune system support.

Chicken: **Protein**: muscle growth and repair.

Potato: **Carbohydrate**: fuel for energy. Also **fibre** and **vitamin C**.

Pastry Items: Pie / Sausage rolls



No fresh ingredients.

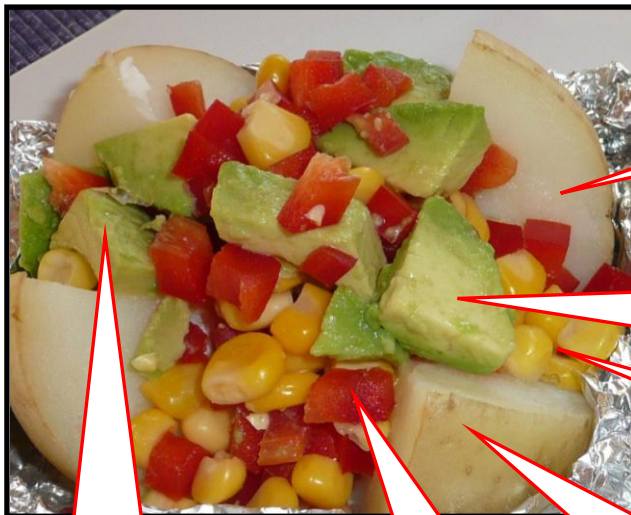
Little nutrients supplied.

Processed meat can be high in fat.

Low in fibre.

Very high in salt.

Baked Potato with healthy topping



Potato: Good source of **carbohydrates**.

Avocado:
Good source of **Vitamin C**: Immune system support.
Vitamin E: Antioxidant

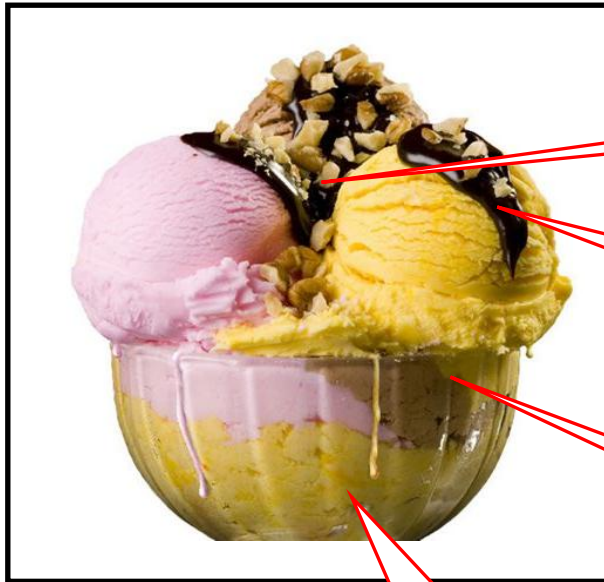
Corn:
Fibre: for digestive health
Folate: for red blood cell production.

Avocado: Contains monounsaturated (good) fats.

Potato: High in **fibre**

Capsicum: Excellent source of **Vitamin C**.

Flavoured ice cream with chocolate topping



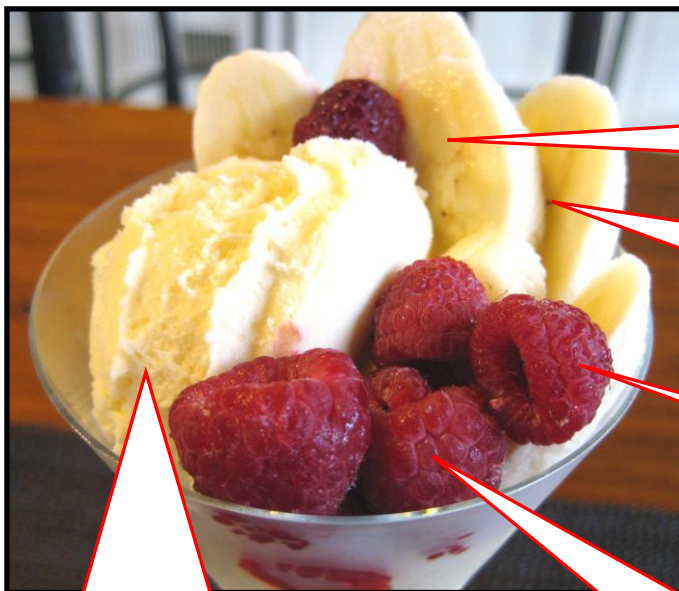
Large serving size

High in added sugar.

Added flavours and colours.

High in fat.

Ice cream with fresh fruit



Potassium: for heart muscle and digestive function.

Banana: **Vitamin B6:** Helps the body absorb protein and carbohydrates.

Vitamin C: helps to protect from viruses

Small serve of low fat ice cream:
Source of **calcium:** for strong bones and teeth.

Fibre for digestive health.

* Choose fruits that are in season, it tastes better and is cheaper.

* Substituting the ice cream for low fat yoghurt would also make a delicious dessert or even breakfast.

Inspiring Ideas

One of the most important things to remember when preparing a healthy meal option is to use a range of fresh produce with a range of colours. A plate full of natural colour generally indicates a plate loaded with vitamins and minerals.

For further ideas on how to prepare healthy meals, see the websites below or other information provided with this booklet.

1. www.freshforkids.com.au
2. www.nutritionaustralia.org
3. www.heartfoundation.org.au
4. www.betterhealth.vic.gov.au
5. www.marketfresh.com.au



Healthy Choices for Children (HC²) Award Application Form

Please attach a copy of your **menu** (or children's menu if applicable).

Applicant Name:	
Trading Name:	
Business Street Address:	
Suburb & Postcode:	

Telephone (Business hrs):	
Telephone (Mobile):	
Facsimile:	
Email address:	

Applicant's Signature:	
Date:	

Please forward your completed application form, menu and recipe by post or email to the address below by **31st August each year**.

Healthy Choices for Children Award
Public Health Unit
Hobsons Bay City Council
PO Box 21, Altona 3018
or
fswan@hobsonsbay.vic.gov.au

For more information about the HC² Award program, please contact Council's
Public Health Promotion Officer on 03 9932 1000
or visit our website at www.hobsonsbay.vic.gov.au