

Healthy Tuckshop Model Meets MOH Food & Beverage Guidelines

Introduction: The Healthy Tuckshop Framework started development in 2005 in response to the perceived gap in resources, support and activity around improving the food provided in the school environment. Extensive consultation was undertaken on the draft framework and a pilot was instigated in Tangaroa College in Otara under the CMDHB Lets Beat Diabetes umbrella with support from their 'food industry' hub. The Tuckshop Framework was further refined and produced onto a CD which went on to be used either partially or in its entirety in a number of Counties Manukau Secondary Schools. In 2007 significant changes at a national level occurred, with the release of the Ministry Of Health (MOH) Food and Beverage Classification system for years 1-13 which provides guidelines as to what constitutes 'healthy' food in schools. At the same time increased activity associated with the MOH HEHA (Healthy Eating Healthy Action) strategy led to the need to re-develop the Healthy Tuckshop Framework to better align with these changes, using a new format which includes 'one page' web based downloadable information sheets/tools. This new approach enables a mechanism for ensuring that up-to-date information and changes can be captured and will be easily available to interested schools.

Aim:

To re-develop the Healthy Tuckshop Framework to meet the needs of the new "Food and Beverage guidelines" and continue to improve the nutritional value of food and beverages made available in the school environment through the implementation of a Healthy Tuck Shop.

Desired Outcomes:

- Improved attitudes about healthy eating;
- Increased knowledge of healthy food and beverage choices;
- Increased awareness of the health benefits of healthy eating;
- Increased purchasing of healthier food and beverage choices

Objectives:

- Provide a catalyst for change in schools, assist in the adoption of healthy food and beverage choices,
- Assist in the implementation of the MOH Food and Beverage Guidelines;
- Assist the school move towards helping students meet the HEHA nutrition recommendations,
- Complement and support other initiatives

Method:

The original Healthy Tuckshop Framework was re-developed using the experiences of participating schools and those implementing it. A new focus was devised – changing from implementing the Healthy Tuckshop Framework itself, to implementing the MOH Food and Beverage Guidelines using the Healthy Tuckshop Framework to support it. In order to accommodate the changes continuing to occur in this area, a web based, downloadable series of 'one page' information sheets/tools (which are continuing to be developed, tested and modified) is under construction with completion date expected in June 2008.

Results:

Significant improvements have been made in some Counties Manukau tuckshops over the last two years through the gradual implementation of aspects of the original Healthy Tuckshop Framework. With the introduction of the MOH Food and Beverage guidelines it necessitated a change of approach, but initial signs are that the new model will be easier to understand, to use, and will be more accessible, as well as have greater buy in from schools.



National Administration Guidelines (NAGs)

- By June 2008 Board of Trustees are required to:
- "Promote healthy food and nutrition for all students
 - Where food and beverages are sold on school premises, make only healthy options available"

Website Sample contents...

