



Subiaco Primary School
Parents and Citizens Association
Healthy Hub Committee Report
Term 2, 2023: Report date: 01/05/23

Authors:	Anne Finch, Rachel Feldhusen
Committee Members:	Anne Finch, Rachel Feldhusen
Vision:	To help develop, maintain, and communicate healthy lifestyles among the school community, with a particular focus on a healthy approach to eating within the school and community life.

In 2023 Healthy Hub will continue to promote and encourage good health by promoting the Crunch & Sip and SunSmart programs throughout the school. Communication will be maintained with school staff members and students regarding the importance of good nutrition through sub-assemblies .



What we did in Term 1

- Cool Fuel stand at junior swimming carnival
 - Provided fruit and vegetable platters
 - Produce donated by The People's Produce
 - Assisted by multiple Y2 parent helpers
- Engaged with P&C re healthier food choices for swimming carnival food stall
- Created graphic tiles with information on healthier baking and nutritious food offerings to include in Compass call-out for food donations.
- Provided Crunch & Sip tiles for all school newsletters
- Assisted with stir fry noodles at Sundowner
- Shared HH archived documents with P&C ready for migration to Microsoft

5 tips for HEALTHIER FOOD OFFERINGS

1. Choose foods based on the 5 core food groups
 - Fruit, vegetables, meat & alternatives, grains & cereals, and milk, cheese and yoghurt
2. Go for home-made
3. Choose packet foods with lower added sugar, salt and saturated fat
4. Make portions small - people can always go back for more!
5. Choose wholegrain options when available

More nutritious packaged options

- Popcorn
- Pretzels
- Grainwaxes
- Muesli bars
- Breakfast bars
- Yoghurt pouches
- Fruit cups
- Freeze-dried fruits
- Wholegrain crackers
- Dip and crackers



What we're planning for Term 2

- Organise for the school's kitchen Certificate of Registration of a Food Business to be framed and displayed in kitchen (Food Act 2008)
- Newsletter updates to be ongoing:
Providing articles promoting fruit and vegetables and the Crunch&Sip program for inclusion in every newsletter
- Investigate avenues for provision of healthier food at school and community events
 - Development of 'healthier fundraising' resource
 - Investigation of policy avenues