



Hastings Intermediate Heart School 2014

What was the specific goal of your Heart Schools initiative and why?

Hastings Intermediate recognises the fact that students who eat a balanced, nutritious lunch perform better physically, academically and behaviourally. We knew our canteen wasn't providing the healthiest choices and developing a new school café and healthier canteen menu went hand in hand with trying to improve behaviour, engagement and learning capabilities. After surveying students they told us they wanted a greater range of food and a better atmosphere in which to eat it.



How did the school measure success?

We have had very positive feedback from everyone on the café and the menu. We have been able to influence the healthy eating choices for students by offering competitively priced and packaged healthy options. The number of sales has increased from a turnover of \$30,000 per annum to \$80,000. We have also been asked to supply lunches to two other local primary schools. The café is central to one our core school themes – making connections and provides a great social place to eat lunch.



What actions/steps did your school take to complete your initiative?

We wanted to offer our students healthy, tasty and affordable food through our school canteen called Fresh Tastes Café. To complete the module we students designed and tested new products in conjunction with their canteen manager. The café now offers students a range of fresh sandwiches, wraps and sushi as well as some popular hot meals like soup, macaroni cheese, spaghetti bolognese and burritos. Many of the ingredients used in the café come from our own gardens. We thought it would be difficult to get rid of our potato chips but there were few complaints. The key to success was giving students ownership over the ideas and choices made. To help our canteen manager, our students all spend a week each in the café, following a specially designed programme: keeping the café clean, learning about food preparation and storage, food hygiene and serving.



What resources were needed to complete the initiative?

Our Principal and H.O.D. led the project in conjunction with students from the Hospitality Academy and our canteen manager. Funding for the project was provided by the school. A Heart Foundation Health Promotion Coordinator and a local nutritionist provided advice and support. The students were the main source of ideas and trialled products to see what worked.

Fuelled4life provided some healthy menu options and our school gardens provided the produce.

What was the timeframe for your initiative?

The whole project took two years to plan and implement, we are continually making changes and improvements to the menu.

