

Celebrating a FreshSNAP Champion School

Mandurah Baptist College

When it comes to raising children, the often-heard adage, 'it takes a village' truly applies. Our healthy eating school champions are coming together to do just that. All over WA, they are leading the way in food and nutrition. Not only do they provide healthy choices through their canteens and food suppliers, but they are also inclusive in promoting healthy choices for staff.

Champion School Profile

Mandurah Baptist College is an independent, co-educational College with over 1,300 students from Kindergarten to Year 12. Their school food service provider, The Lakes Café, meets the WA Department of Education's Health Food and Drink in Public Schools Policy.

The school canteen uses the Traffic Light System to ensure students are given the opportunity to eat healthy, nutritious meals every day.

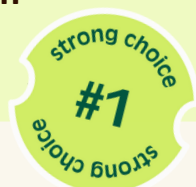
The FreshSNAP team saw them in action during their visit to the school in February 2023.

Mandurah Baptist College embodies a whole-of-school approach when it comes to nutrition. The school has worked hard to endorse healthier food options to their community, including options for breakfast, recess, and lunch.

Mandurah Baptist College supports a healthy food school environment by:



- **Engaging a dedicated Policy Officer to research and develop their healthy food and drink policy, helping to drive the culture and behaviour change required for healthy eating.**
- **Including both the Primary and Secondary School Principals in the implementation of the policy. This ensures that staff is kept up to date on changes and improvements to the school menu and food service facilities.**
- **Appointing a Nutrition Leader and Food Service Provider that inspires the staff and students. This has seen the creation of a 76% green menu, and involved students, who have gained skills in food preparation and handling, as well as business and research.**



Best Practice Ideas Shared by the School

Fresh Tip

Anette, a Nutrition Leader, gets to know her students and seeks their involvement and feedback on the canteen menu. Who better to go to than the students who are eating and drinking from the menu? A great way to get students involved is to conduct surveys giving the students options for which green food and/or drink item they would prefer to see in the canteen fridges and shelves. By engaging the students to step up to the table, they can see the direct effect they have around food choices offered in their school.



Fresh Move

Each meal on the menu was carefully selected through trial and error as well as tasting sessions with students and staff. This enhanced variety and improved the green status of the food and drinks on offer. As a result, Anette boosted the nutritional value of many of the meals with carefully selected vegetable combinations and the introduction of micro-herbs to improve taste and nutritional value.



Fresh Idea

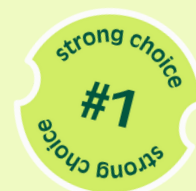
To build a more involved community, Anette approached a Mandurah Baptist College family who owns a farm. This process created a complete life circle strategy by feeding the livestock with all the fresh food scraps from the canteen. In return, quail eggs and a continuous supply of chicken eggs are provided to the canteen. Through this partnership, students experience the whole life circle approach. Nutrition linked with community and sustainability deserves some FreshSNAP applause!

FreshSNAP resources top pick

FreshSNAP's free, online [Traffic Light Training](#)

Anette's [Teriyaki Chicken Panini](#)

Anette's [Spinach Salad Wrap](#)



Contact

Want to know more about FreshSNAP and the FREE services we provide to support your school to create a whole of school healthy eating environment? You can contact FreshSNAP at www.freshsnap.org.au