



Pick of the crop

Promoting a positive food culture in schools



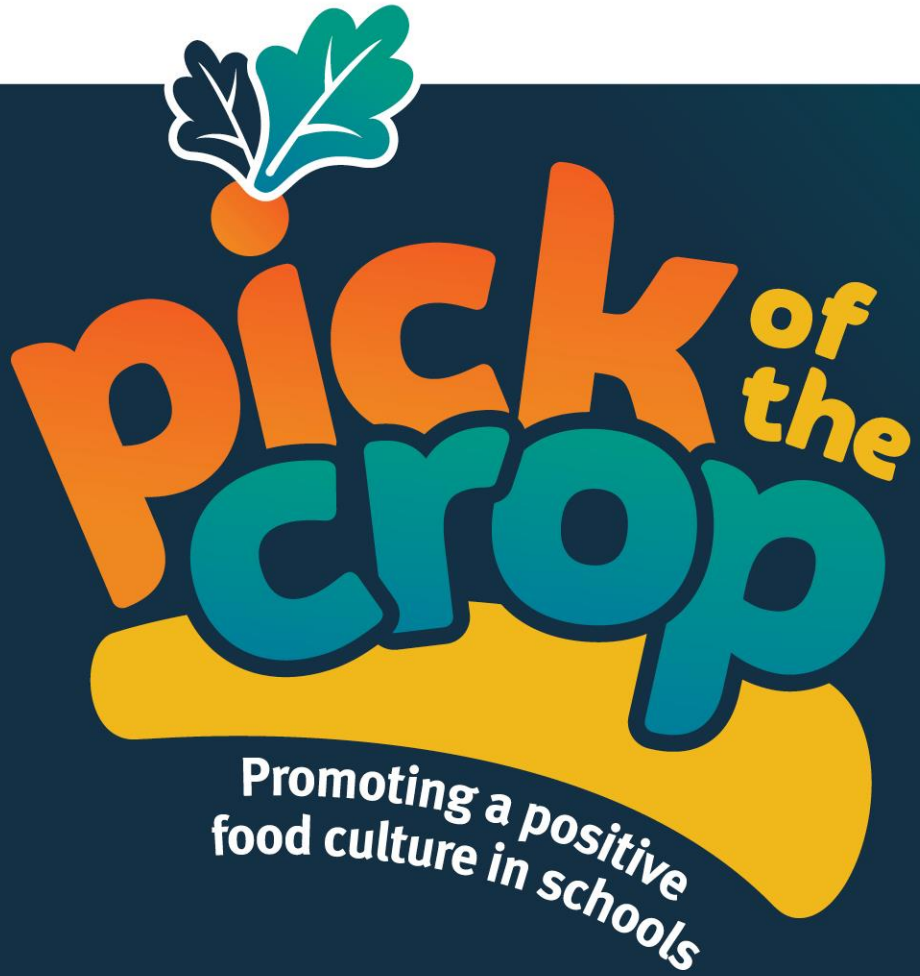
A program developed by

health+wellbeing
Queensland

An initiative of



Queensland
Government



School information pack

A program developed by

health+wellbeing
Queensland

An initiative of



Queensland
Government

Is your school...

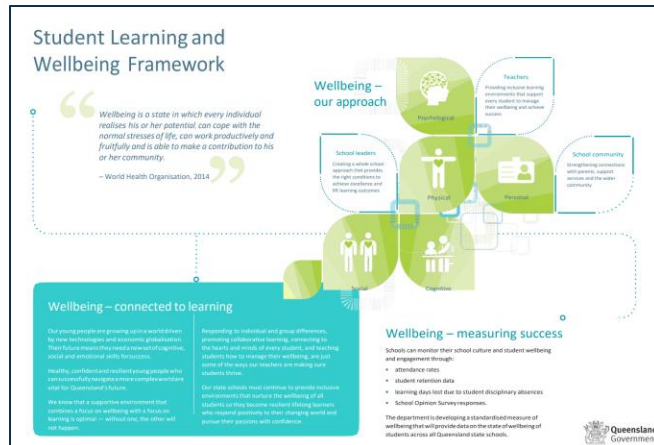
- Passionate about the benefits of food and nutrition for your students?
- Looking to build on current school food and nutrition actions?
- Keen to support a whole school approach to student health & wellbeing through food and nutrition?
- Eager to broaden learning opportunities that promote healthy food and drink choices?

Pick of the Crop is an exciting opportunity to advance your school's healthy eating strategies and support student learning and wellbeing.



Pick of the Crop is ...

- a whole school healthy eating program with the aim to increase Queensland children's vegetable and fruit intake.
- consistent with the *Student Learning and Wellbeing Framework* for a whole school approach, inclusive learning environments and strengthening connections with parents and the wider community.
- consistent with *Smart Choices – healthy food and drink supply strategy for Qld schools*, which is all about offering healthy food and drink choices to students in Queensland schools.



Who?

- Queensland state primary schools

Where?

- Bowen and the Burdekin
- Bundaberg and Wide Bay
- Logan

When?

- Implementation commencing in 2022



Bowen and the Burdekin

- Airville State School
- Ayr State School
- Brandon State School
- Bowen State School *
- Burdekin State School
- Cannonvale State School
- Clare State School *
- Collinsville State School *
- Giru State School
- Home Hill State School
- Proserpine State School
- East Ayr State School *
- Gumlu State School *
- Jarvisfield State School *
- Kalamia State School *
- Maidavale State School *
- Merinda State School *
- Millaroo State School *
- Osborne State School *
- Queens Beach State School *
- Scottsville State School *

* 2021 schools



Bundaberg and Wide Bay

- Agnes Water State School
- Alloway State School *
- Avoca State School *
- Avondale State School *
- Bargara State School *
- Booyal Central State School
- Branyan Road State School *
- Bundaberg North State School *
- Bullyard State School
- Bundaberg Central State School
- Bundaberg East State School
- Bundaberg South State School
- Bundaberg Special School
- Bundaberg West State School
- Burnett Heads State School *
- Childers State School
- Cordalba State School
- Elliot Heads State School *
- Gin Gin State School
- Gooburrum State School *
- Goodwood State School
- Hervey Bay Special School
- Howard State School
- Kalkie State School *
- Kawungan State School
- Kolan South State School
- Lowmead State School
- Maroondan State School
- McIlwraith State School
- Moore Park Beach State School *
- Norville State School
- Oakwood State School
- Pialba State School
- Rosedale State School
- Sandy Strait State School
- Sharon State School *
- Thabeban State School
- Torbanlea State School
- Torquay State School
- Urangan Point State School
- Walkervale State School
- Wallaville State School
- Wartburg State School
- Woongarra State School *
- Yandaran State School
- Yarrilee State School

* 2021 schools



Logan

- Beenleigh Special School
- Beenleigh State School
- Berrinba East State School *
- Boronia Heights State School
- Browns Plains State School
- Burrowes State School *
- Chatwood Hills State School *
- Crestmead State School
- Daisy Hill State School
- Eagleby South State School
- Eagleby State School
- Edens Landing State School
- Harris Fields State School *
- Kingston State School *
- Kimberley Park State School
- Logan City Special School *
- Logan Reserve State School
- Logan Village State School
- Loganholme State School
- Mabel Park State School
- Marsden State School *
- Mount Warren Park State School
- Park Ridge State School
- Regents Park State School
- Rochedale South State School
- Shailer Park State School
- Springwood Central State School
- Springwood Road State School
- Waterford State School
- Waterford West State School
- Windaroo State School
- Woodridge North State School *
- Woodridge State School *
- Yugumbir State School

* 2021 schools



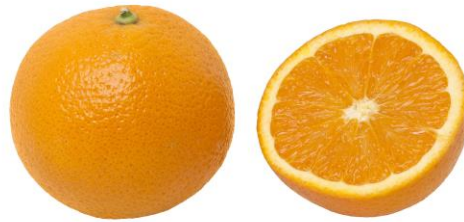
Why?

Children's food and drink intake does not meet recommendations

<5% eat sufficient
vegetables



46% eat sufficient fruit



41% of daily energy intake
comes from unhealthy food
and drinks



Healthy eating supports optimal growth and development, enables successful learning at school, performance at sport and can protect from common mental health issues



What?

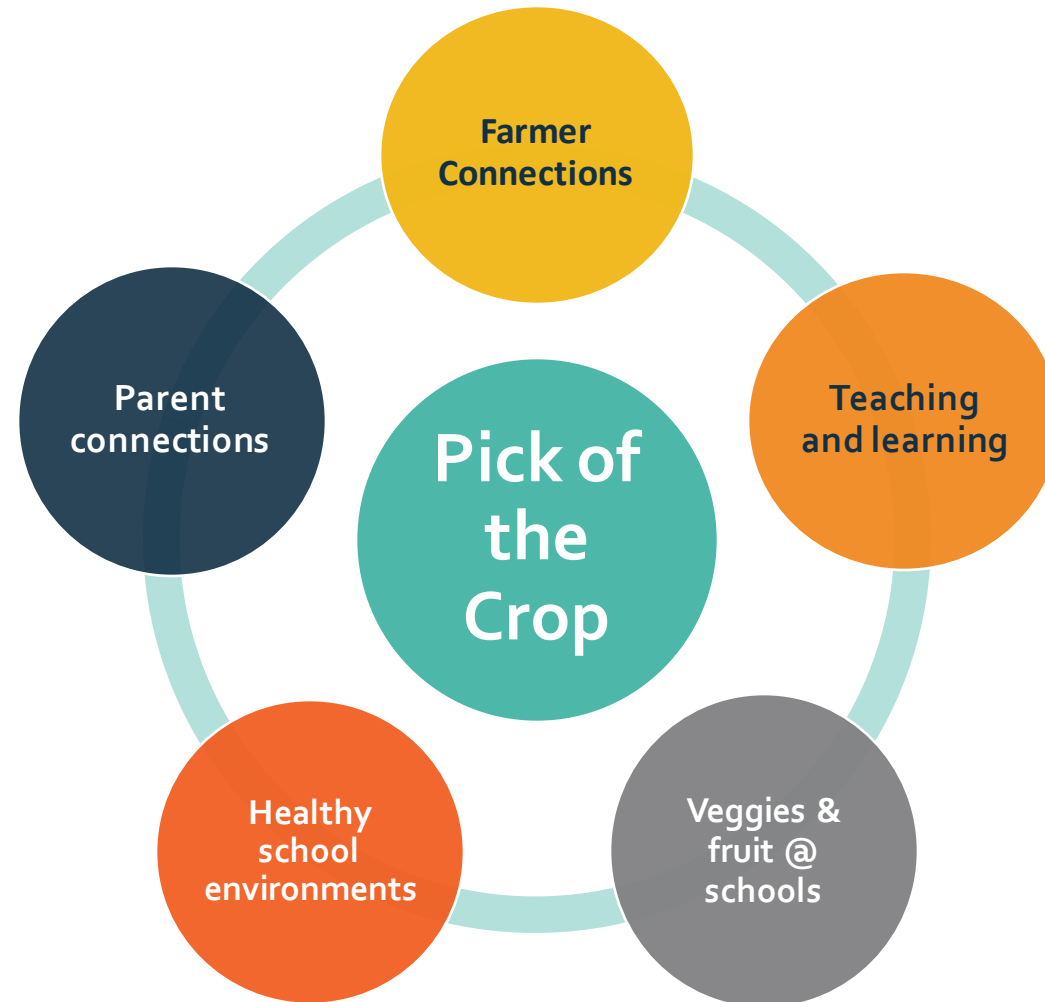


How?

- ✓ Evidence-based program
- ✓ Whole school multi-strategy approach to healthy eating
- ✓ School-led actions across five components
- ✓ Builds on school strengths and current actions
- ✓ \$5,000 boost funding available
- ✓ Supported by a regional coordinator



Pick of the Crop Program Components



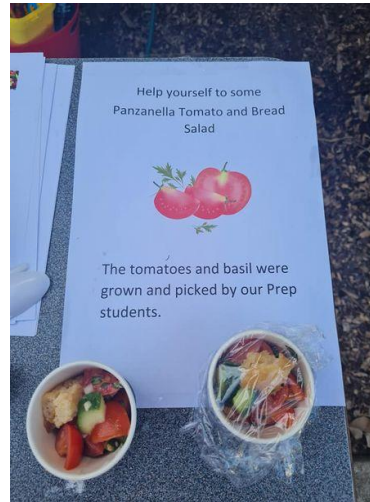
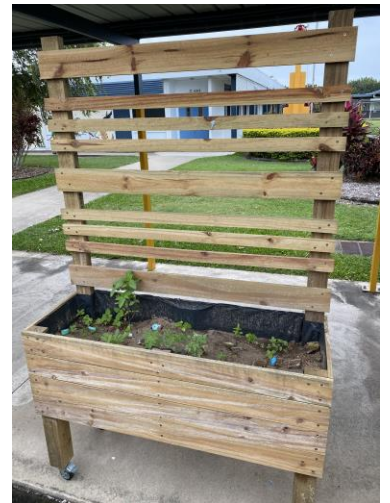


COMPONENT	Farmer and Food Connections	Teaching and Learning Programs	Vegetables and fruit @ school	Healthy School Environments	Parent Connections
Outline	Connect with local farmers or producers through incursions or school excursions.	<p>Embed food, nutrition and agriculture across key learning areas</p> <p>Implement an evidence-based curriculum-aligned food, nutrition, and agriculture program(s)</p> <p>Increase teacher food and nutrition knowledge through professional development opportunities</p>	Enhance breakfast clubs, Emergency Lunch Programs or Healthy Snack opportunities during the day.	Reinforce school-wide positive food culture through connections with school gardens, tuckshop, fundraising and events.	Encourage healthy options at home, and lunchboxes by communicating and connecting with parents and carers.
Examples	<ul style="list-style-type: none"> • Farm visits • Farmer in the classroom • Tuckshop supplies • Fruit & Veg boxes • Social media supporting local farmers • Farmer forums 	<ul style="list-style-type: none"> • Professional development for teachers on Food and Nutrition • Implement existing evidence-based programs • Fund Teachers Relief Scheme for teachers to undertake professional development or planning days to embed health and nutrition into teaching • Network with other teachers 	<ul style="list-style-type: none"> • Promote whole-wide brain breaks • Termly social media posts on veggies or fruit; • Ensure all students have produce for brain breaks • Undertake food prep and taste in classes 	<ul style="list-style-type: none"> • Boost or develop a school garden • Update tuckshop menu to include more veggies and fruit • Participate in Qld Tuckshop Day • Review school policies and plans to support healthy eating into the future 	<ul style="list-style-type: none"> • Work with pre-prep or playgroups • Transition to school days • Enhance food and nutrition learning in community-led groups • Work with parent organisations to support activities • Social media and newsletter articles • Healthy fundraising



Pick of the Crop in action

Examples from Bowen and the Burdekin



Examples
from
Bundaberg



Examples from Logan



Join with a network of schools on Facebook



Pick of the Crop
Private group · 49 members

Click to add text

What's on your mind, Charlotte?

Photo/Video Tag People Feeling/Activity

About
A place to share, engage and support school's involvement in the Pick of the Crop program
This Closed Facebook group is for members ...
See More

Steps to get started



Gain commitment from the school leadership team



Nominate one or more school champions



Complete a school scan with your Pick of the Crop Regional Coordinator



Develop a school action plan in consultation with the school community



Submit the action plan to HWQId and receive the boost funding



Implement your School Action Plan with support from a Regional Coordinator

Boost funding – payment criteria



Eligible expenses are for actions related to the **five Pick of the Crop components**, which support student's vegetable and fruit intake



Ineligible expenses include salaries / wages for school staff, routine supply of fresh produce, and excursions not related to vegetables or fruit

Interested?

- To get started with Pick of the Crop at your school, or for further information, contact your regional coordinator:
- [name][contact details]

www.hw.qld.gov.au/pick-of-the-crop

