

Food and nutrition information for Queensland schools



There is a wide range of online information about food, nutrition, and healthy eating that schools and teachers can access and use to support student learning. Health and Wellbeing Queensland has done some of the hard work for you by summarising a sample of good quality resources and information.

- **[Pick of the Crop](#)**

The Pick of the Crop website (www.hw.qld.gov.au/pick-of-the-crop) provides information on Health and Wellbeing Queensland's whole school program to increase students' opportunities to learn about and try vegetables and fruit at school. The website includes an overview of the program, resources for schools and parents, case studies and evaluation results.

- **[Australian Dietary Guidelines](#)** and the **[Australian Guide to Healthy Eating](#)**

The Australian Dietary Guidelines (<https://www.eatforhealth.gov.au/guidelines/about-australian-dietary-guidelines>) provide advice on eating for health and wellbeing and are based on the latest scientific evidence. They include information on the types and amounts of food, food groups and dietary patterns for all age groups.

The Australian Guide to Healthy Eating (<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>) is a food selection guide that visually represents the proportion of the five food groups recommended for consumption every day.

- **[Smart Choices – Healthy Food and Drink Supply Strategy for Queensland Schools](#)**

Smart Choices (<https://education.qld.gov.au/students/student-health-safety-wellbeing/student-health/smart-choices>) is about offering healthy food and drink options to students in Queensland schools. It applies to all situations where food and drinks are supplied in the school environment (e.g., tuckshops, vending machines, excursions, classroom rewards, social events and curriculum activities). Implementation is mandatory in all government schools and strongly encouraged for Catholic and Independent schools.

- **[Nutrition Australia Queensland](#)**

Nutrition Australia Queensland is a non-government community nutrition education organisation, delivering services across Queensland to promote evidence-based healthy living messages. Their schools' program (<https://naqlid.org/schools/>) aims to 'empower Qld school communities with skills and knowledge so everyone is better able to promote health and nutrition to children and teenagers. You can find a list of services available from the organisation, and classroom resources.

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- **Queensland Association of School Tuckshops (QAST)**

QAST (<https://qast.org.au/>) is a not-for-profit membership association working with Queensland school communities to build capacity in tuckshops and improve health outcomes for children. Members can access training, support and resources. A limited number of resources are available to non-members.

- **VegKIT!**

VegKIT provides tools and interventions for schools or Outside School Hours Care services to increase children's vegetable intake, developed by CSIRO, Flinders University and Nutrition Australia. Free resources and information are available (<https://www.vegkit.com.au/oshc-schools/>) to encourage children to eat more vegetables.

- **Raising Children – the Australian Parenting website**

Raising Children (<https://raisingchildren.net.au/school-age>) is a free, up-to-date and reliable source of information to help families and parents. It is funded by the Australian Government, reviewed by experts and is non-commercial. Topics include behaviour, health and daily care, nutrition and fitness, school and learning, and much more!

Sourcing information

When looking for other sources of information on food, nutrition, and healthy eating, use the questions below to assess the accuracy and relevance for your purpose:

- Is the information designed for Australian schools, students, families and communities?
- Is the information based on the Australian Dietary Guidelines or other Australian strategies, guidelines and recommendations?
- Is the organisation or content owner an expert or basing their information on evidence?
- Is the information suitable for the right age groups – preschool, primary schools or secondary schools?
- Does the information connect to the Australian curriculum – more information is available at Queensland Curriculum and Assessment Authority (<https://www.qcaa.qld.edu.au/>)

Information on food and nutrition programs and resources for schools that are helpful for implementing Pick of the Crop can be found in another factsheet (https://hw.qld.gov.au/wp-content/uploads/2023/04/HWQld_Pick-of-the-Crop_Food-and-nutrition-programs-and-resources-for-schools.pdf)

Please note: This factsheet includes only a sample of information sources and is not intended to endorse any specific source over others that are available.

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