



GOWRIE PRIMARY SCHOOL

Our Fresh Tastes Journey Since 2015



Fresh Tastes is a free ACT Government service that helps Canberra primary schools make healthier food and drinks a bigger part of life at school. Our school has been involved in Fresh Tastes for three years. We've had many achievements that have helped improve the health and wellbeing of our students, families and staff. We'd like to share our success with you!

OUR ACTION AREAS



“There has been a real synergy between the canteen, traffic light training and Fresh Tastes service. Although the canteen is very well developed it has benefited from access to additional training.”

- Staff member

CHANGES TO OUR FOOD & DRINK CULTURE

We have made improvements to our:

- resources
- attitudes towards healthy food and drinks
- environment
- infrastructure
- leadership on healthy food & drinks
- readiness for change
- knowledge to help make our food and drink culture healthier



BEGINNING

We know it's important and we're just starting out.



DEVELOPING

We're developing an interest and awareness in healthy food and drinks.



ESTABLISHED

Healthy food and drinks are becoming the norm and we're working well together.



EMBEDDED

Healthy food and drinks are a part of everyday life.

2015

to

2018

OUR KEY ACHIEVEMENTS

- Our staff are sharing resources, skills, ideas and delivering quality nutrition education
- There has been a positive change in attitudes towards healthy food and drinks across our whole school community
- Our canteen which follows the *ACT Public School Food and Drink Policy* and promotes healthy eating and drinking

WHAT'S MADE IT WORK FOR US

- A fantastic Fresh Tastes action group to drive action
- Our students running Fresh Tastes activities
- Having appropriate school infrastructure
- Access to relevant professional learning and resources aligned to the *Australian Curriculum*

