



Catering for Aboriginal and Torres Strait Islander Students at School

Food Smart Schools • an naq nutrition program

For more information visit www.foodsmartschools.org or email info@foodsmartschools.org

All children, including those of Aboriginal and Torres Strait Islander background require a balanced diet for their growth and development. The food a child consumes while at school contributes significantly to their dietary intake. Schools, including tuckshops and canteens, have a role in ensuring the food provided to students is appropriate to help them meet their growth and energy needs.

Some Considerations for Aboriginal and Torres Strait Islander students

Western influences on the traditional diet of Aboriginal and Torres Strait Islander people have seen a shift away from traditional bush foods. Research indicates that high sugar and high fat foods are often being consumed in place of more traditional bush foods. If a child is consuming foods high in sugar and/or fat, it can discourage them from eating healthier foods.

Ensuring your school tuckshop or canteen is serving healthy, high fibre meals and snacks with plenty of vegetables, fruits and wholegrains as well as lean meat/meat alternatives and calcium sources, will help promote a healthy diet for all children including those from an Aboriginal and Torres Strait Islander background.

The inclusion of these foods will also mean that food supplied by the school is in line with Smart Choices Healthy Food and Drink Supply Strategy. Smart Choices is a Queensland Government initiative aimed at improving the nutritional value of foods and drinks supplied to students in Queensland schools. Smart Choices is based on the Australian Guide to Healthy Eating and classifies foods and drinks into three categories according to their nutritional value.



Source: Queensland Government Department of

GREEN	Have Plenty- encourage and promote these choices
AMBER	Select Carefully- do not let these foods and drinks dominate the choices and avoid large serving sizes
RED	Occasionally- not to be supplied on more than two occasions per term

Catering for Aboriginal and Torres Strait Islander Students at School

Food Smart Schools • an naq nutrition program

For more information visit www.foodsmartschools.org or email info@foodsmartschools.org

What About Traditional Foods?

Plant and animal bush foods, 'bush tucker', are usually fresh whole foods and most are low in fat and sugar. Including native Australian foods and flavours within a school tuckshop menu can be a great way to incorporate tradition into the food provided. This is an opportunity for a great experience for all students in the school.

Some bush tucker foods like kangaroo meat and crocodile are becoming more accessible and are available in major supermarkets. The availability of bush tucker foods may depend on the season and location of your school. Consider using dried bush foods that have a stable shelf life to add flavour and spice to baked dishes such as lemon myrtle, aniseed myrtle and wattle seed.

Whole, fresh, plant and animal 'bush tucker' foods are Smart Choices GREEN options.

Traditional Cooking Methods

Roasting on hot coals, baking in ashes and steaming in ovens are considered to be the more traditional methods of cooking for Indigenous Australians. In today's society, as a result of Western influence, these traditional methods have adapted to things like boiling and barbequing.

Native Australian foods can be purchased throughout Australia. Below are two companies that sell Native Australian foods, including dried bush foods and spices.

- <http://www.footesidefarm.com/>
- <http://www.outbackpride.com.au/>





Catering for Aboriginal and Torres Strait Islander Students at School

Food Smart Schools • an naq nutrition program

For more information visit www.foodsmartschools.org or email info@foodsmartschools.org

Using Healthy Eating Principles When Planning the Tuckshop Menu

Food Groups	Food Types
<p>Vegetables</p>	<p>All types of vegetables are good for health, this includes, fresh, frozen, dried or tinned.</p> <ul style="list-style-type: none"> • Include a wide variety of brightly coloured vegetables or salad ingredients in each meal • Avoid cooking methods that require lots of fat such as deep frying, sautéing <p><i>Healthy Traditional Food Example: Bush tomato and veggie pizza</i></p>
<p>Fruit</p>	<p>All types of fruits are good for health. This includes, fresh, frozen, dried or tinned.</p> <ul style="list-style-type: none"> • Look for fruits that are in season, as these are often cheaper and more flavoursome • Traditional fruits (bush berries, wild plum, wild passionfruit, desert fig and wongai) • Limit fruit juice to small portion sizes (less than 250mL/ day) <p><i>Healthy Traditional Food Example: Fruit salad with bush berries</i></p>
<p>Grain (Cereal Foods)</p>	<p>Choose wholemeal or grainy breads and cereals</p> <ul style="list-style-type: none"> • Low sugar, high fibre breakfast cereals (wheat biscuits, oats) • Scones and damper made with wholemeal flour • Spaghetti, pasta, noodles • Brown, long grain and basmati rice • Multigrain or wholemeal breads or white high fibre bread instead of ordinary white bread <p><i>Healthy Traditional Food Examples: Wattle seed wholemeal bread/muffins</i></p>
<p>Dairy</p>	<p>Dairy products provide calcium for growing bones as well as protein and vitamins. It's best to look for low fat varieties</p> <ul style="list-style-type: none"> • Milk (fresh, powdered and long life) • Milk alternatives enriched with calcium (soy/rice milk) • Cheese • Low sugar yoghurts are high calcium snack options • Ice-cream is a 'sometimes' food because it is high in sugar and saturated fat <p><i>Healthy Traditional Food Example: Low fat yoghurt with stewed bush fruits or infused with bush spices.</i></p>



Catering for Aboriginal and Torres Strait Islander Students at School

Food Smart Schools • an naq nutrition program

For more information visit www.foodsmartschools.org or email info@foodsmartschools.org

Food Groups	Food Types
<p>Meat</p>	<p>Lean meats are the best choice and provide a source of iron, protein and zinc. Grill, bake, barbeque or poach instead of frying or dry fry in a non stick pan with some spray oil.</p> <ul style="list-style-type: none"> • Poultry (remove skin on chicken, turkey, duck and goose) • Seafood that is grilled or baked instead of being fried (Tinned, fresh and frozen fish) • Bush meats (kangaroo, lean beef, goanna, crocodile and emu) <p><i>Healthy Traditional Food Example: Kangaroo Tail Stew (See recipe)</i></p>
<p>Extra or Sometimes Foods</p>	<p>Processed foods like the ones listed below should only be offered very occasionally as they are usually high in fat, sugar and provide little fibre or nutrients. These would be considered 'Red' foods under the Smart Choices framework.</p> <p>Make these available least often</p> <ul style="list-style-type: none"> • Cakes, pastries, ice-cream, chips, chocolate, lollies, deep fried foods, soft drinks

Rural and Remote Areas

If your school is located in a rural or remote areas, access to fresh fruits, vegetables and dairy foods can be difficult. Frozen, dried and tinned are all healthy options. However, look for varieties that are low in added salt, fat and sugar. Long life and powdered milk are adequate alternatives to fresh milk.

Further Suggestions for a Healthy Menu:

- Make sure cool water is readily available for students
- Try not to add salt to foods. Instead add herbs and spices for flavour
- Use low fat salad dressings, e.g. balsamic vinegar or lemon juice to dress salads instead of full fat creamy dressings
- Choose lean cuts of meat and trim fat or skin off before cooking
- Try to add lots of vegetables to meals and snacks – E.g. Add finely diced onion, tomatoes, carrots, peas, mushrooms and spinach to mince dishes. Finely grated zucchinis and carrots make great additions to muffins. Add extra salads to homemade hamburgers
- Chickpeas, kidney beans and lentils are good additions to soups, stews and curries. They are inexpensive and will add bulk to the meal, making it go further and adding fibre
- Grill, bake or poach fish instead of frying or using heavily battered/crumbed types
- Have “taste days” so that students have an opportunity to try food they are unfamiliar with in a pleasant and relaxed environment

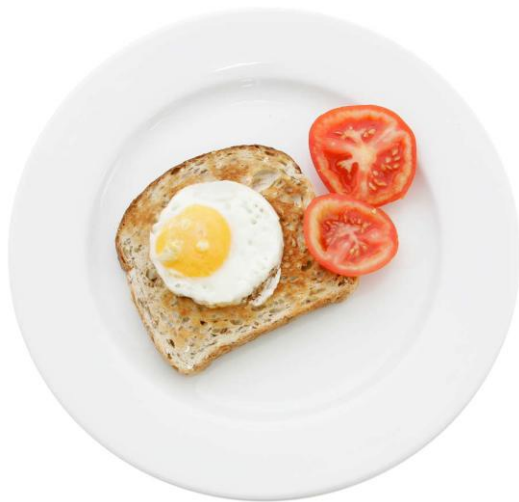
Catering for Aboriginal and Torres Strait Islander Students at School

Food Smart Schools • an naq nutrition program

For more information visit www.foodsmartschools.org or email info@foodsmartschools.org

Meal and Snack Ideas for Students:

- Wholegrain cereal with reduced fat milk
- Toast/damper (multigrain/ wholemeal) with tomato, creamed corn, baked beans, avocado
- Porridge with cinnamon
- Fruit and yoghurt
- Boiled/ poached eggs with wholemeal/wholegrain toast and vegetables
- Lean meat and vegetable stew or curry with rice
- Stir fry noodles, lean meat and lots of vegetables
- Fried rice cooked with plenty of vegetables such as peas, corn, diced carrot and served with lean meat
- Grilled or baked fish with salad
- Spaghetti with lean mince and vegetables
- Lean roast chicken and roast vegetables



The content of this fact sheet has been developed as a general guide for schools only. Any additional dietary needs and requirements of students, parents, teachers and other school community members should be addressed at the school's discretion and where relevant, at an individual level.

This resource has been developed by Nutrition Australia Qld's Food Smart Schools program with the generous support of the Queensland Independent Schools Parent Council (QISPC) with funding received through the National Partnership for Preventive Health, Healthy Children, Smart Choices initiative. For more information on the Food Smart Schools Program, visit www.foodsmartschools.org



Catering for Aboriginal and Torres Strait Islander Students at School

Food Smart Schools • an naq nutrition program

For more information visit www.foodsmartschools.org or email info@foodsmartschools.org

Shepard's Pie

Ingredients (serves 30)

- 15 potatoes (3kg)
- 2 cups of low fat milk
- 6 eggs
- 5 onions (1kg)
- Spray oil
- 3kg of lean beef mince
- 2kg mixed frozen vegetables
- 1/3 cup Worcestershire sauce
- 1/3 cup gravy mix
- Water
- 375g of light shredded cheese

Method

1. Preheat the oven to 180°C.
2. Peel and boil the potatoes until they are soft.
3. Once cooked, drain off any excess water.
4. Mash the potatoes and milk together and mix through the lightly beaten eggs. Set aside.
5. Finely chop the onions.
6. Spray oil in a pot. Add the mince and onion and fry until brown.
7. Add the vegetables, Worcestershire sauce, gravy mix and enough water to cover the mince mixture. Bring to the boil.
8. Place the mince mixture into deep dish baking tins and spread mashed potato over the top. Evenly sprinkle with cheese.
9. Bake in the oven for 45 minutes or until the top looks golden brown.

Kangaroo Tail Stew

Ingredients (serves 30)

- 5 onions (1kg)
- 7 potatoes (1kg)
- 3 kangaroo tails
- 4 tablespoons of vegetable oil
- 6kg frozen diced mixed vegetables
- 6 x 420g cans of baked beans
- Water

TIP: This recipe utilised a more traditional method of cooking and a native ingredient. Additionally any cut of kangaroo meat that requires extended cooking times could be used.

Method

1. Chop the onions, potatoes and kangaroo tails into large cubes.
2. Heat oil in a large pot, add the kangaroo tails and onion and cook until browned.
3. Add the vegetables, potato and baked beans and stir until combined.
4. Add some water to cover the top of the meat and bring to the boil.
5. Turn the heat down to low and simmer for 1 ½ to 2 hours.
6. Serve with cooked rice.

Recipe sourced from "The Fred Hollows Foundation and Women's Centres of Manyallaluk, Gulin Gulin and Wugularr. (2010). Kukumbat gudwan daga – Really cooking good food.