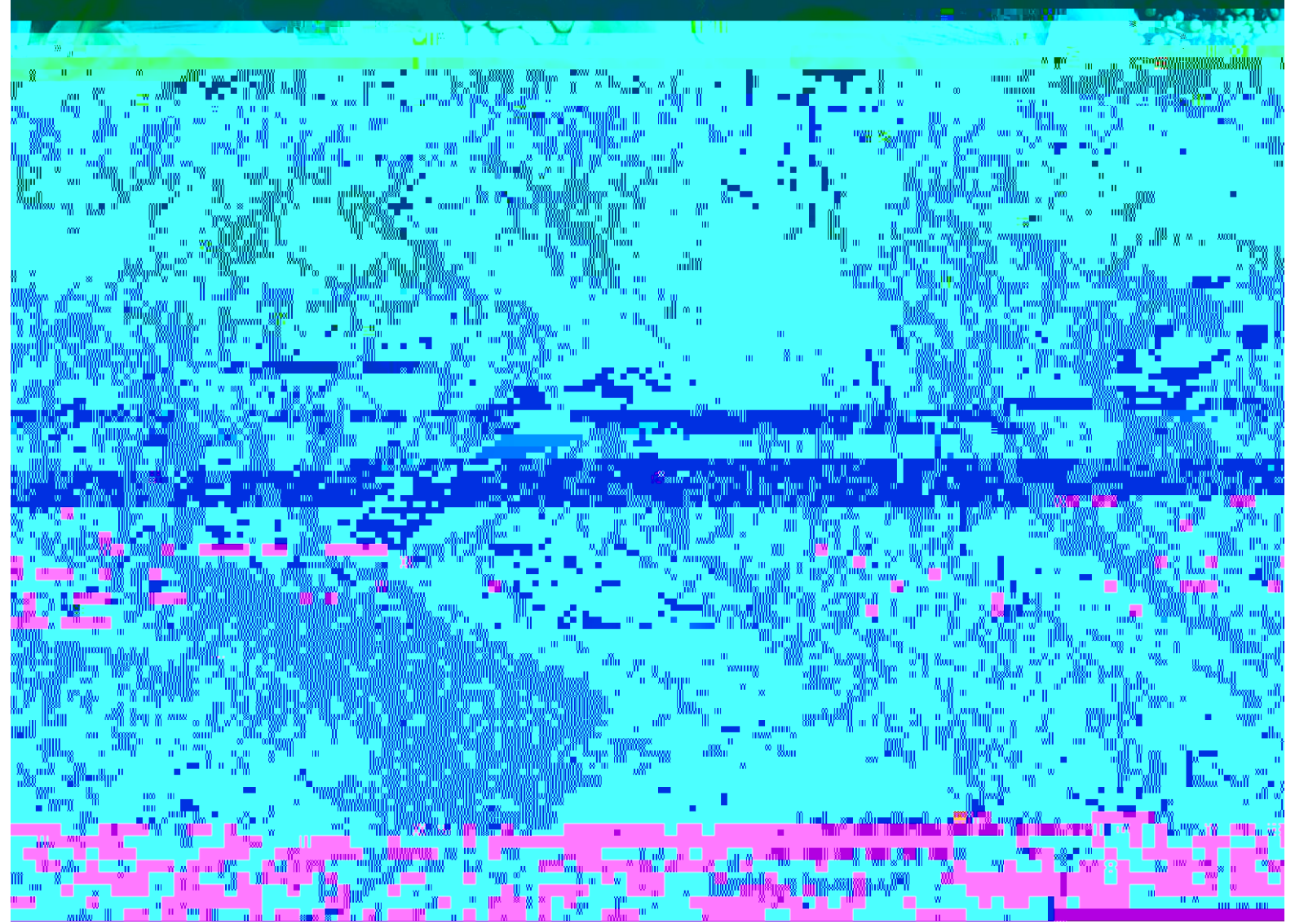


Term 1 2020

nudge your menu

review report



Introduction



Good diet and nutrition are essential in supporting the health and wellbeing of individuals. Children and young adults are at a critical stage of life, with specific nutrition requirements to support growth and development. Additionally good food and nutrition support cognitive development and function which has the ability to impact upon an individuals cognitive function and therefore academic performance.

Food provided and available in a boarding education setting should allow adolescents to make appropriate and healthy choices to maintain a healthy weight and meet general energy and nutrition requirements as stipulated in Guideline 1 of the Australian Dietary Guidelines, whilst being flexible to meet increased requirements such as competitive sport.

It is essential that any organisation providing food and nutrition to school boarding students undertake regular menu reviews. This enables an assessment of the general nutritional adequacy of the overall food service, assess the variety of foods and cuisines available and how the menu meets the specific social and cultural requirements such as those following a vegetarian diet.

u o K # u One menu meets the requirements outlined by the nudge food and nutrition criteria.

Nudge Menu

Summary of Key Findings

Variety and Type of Food Available

The menu was diverse in sampling multiple cuisines, food types and cooking styles over all of the sample days.

Additional details regarding the food offerings from the samples days is listed in Table 1. Please find the following information in the attached boarding menu attached separately to this document.

Discretionary Serves

Details about the number and type of discretionary serves from each of the sample days can be found in Table 2.

Table 2: Discretionary item summery

Discretionary Item	Frequency	Additional Details
Pastry Items	4	<ul style="list-style-type: none"> x Sausage roll x Saturday pie x Vegetarian spinach roll x Traveller pie
Desserts	13	<ul style="list-style-type: none"> x Choc chip muffin x Marble sponge cake x Billabong ice cream x White chocolate and raspberry muffin x Rainbow ice cream cone and toppings x Triple choc cookie x Jelly x Custard x Cookies x Pineapple and coconut sponge cake x Mud cake x Ice cream x Smart cookie
Processed meats	3	<ul style="list-style-type: none"> x Beef sausage x Grilled sausage x Lamb and rosemary sausage
Fried items	2	<ul style="list-style-type: none"> x Bacon

Feedback and Recommendations

The menu submitted is varied in regards to food types, textures, ingredients and cuisines, allowing students to select from a versatile menu. Students have the ability to consume the recommended number of serves from all the core food groups in accordance with the Australian Guide to Healthy Eating. This indicating that students have the opportunity to meet their macro and micronutrient requirements.

The average number of discretionary serves from the samples days was ~4.5, which is just below the recommend range from the dietary guidelines and a slight improvement on last terms review. This is not to say that all students are eating below or above the recommend limit, however it is pleasing that there has been a slight reduction in the frequency of discretionary items available. It is also important to note that the designated sample days from the menu have changed this year and that may have influenced this slight change. Again like previous reports mid meals tended to be dominated by discretionary choices, particularly supper. Discretionary items, commonly referred to

- x Fruit is available throughout the day
- x

For next terms review food service is expected to provide a short summary as to what changes (if any) have been made in response to the findings of this report.

From the submitted menu and the completion of the new nudge menu checklist it seems that the menu provides students the opportunity to meet their recommended number of serves, providing they choose to do so. There are also numerous discretionary items and it is encouraged that food service heed the recommendations in this report to reduce the number of discretionary options, particularly at mid meal times such as supper.

Please contact the Spotless dietitian if there are any additional questions about this review via nudge.support@spotless.com.au