



Tips to make your tuckshop green and healthy

Reducing your Food Miles

'Food miles' describes the distance that food has travelled from the farm to the supermarket and finally to the kitchen. The main reason for minimising food miles is that the transport of food significantly contributes to greenhouse gas production and global warming. What you can do:

Become familiar with foods that are grown or produced locally and what time of the year they are available.

- Read the labels of packaged foods and choose those where the ingredients are grown, produced and manufactured in Australia where possible.
- Ask your food retailers and manufacturers about the origin of the food you are buying. Locate fruit and vegetable retailers, butchers, delicatessens and fishmongers that sell food produced locally.
- Purchase fewer processed foods.

Added benefits: Foods that have been stored and transported large distances are often nutritionally inferior to locally produced foods. So, generally speaking, the lower the food miles, the better the choice for the environment and your health.

Types of food

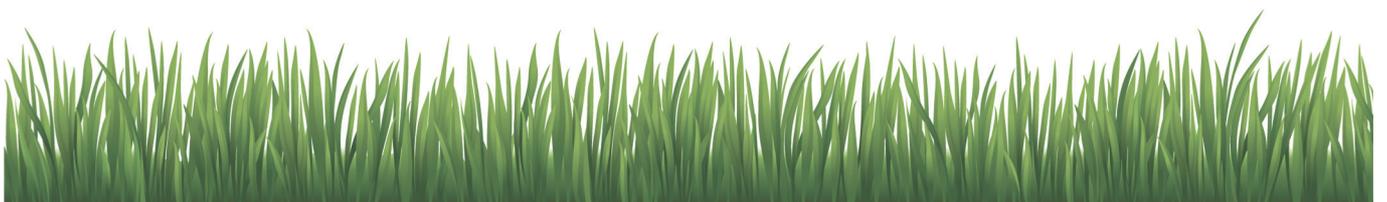
- Try to prepare most foods from fresh ingredients; limit processed foods.
- Use sustainable protein sources like legumes (baked beans, kidney beans, lentils and chickpeas), chicken and eggs.
- Have lots of vegetarian options because the manufacture of these uses less greenhouse gases.

Being an Energy Saver

- Use natural ventilation and fans where possible.
- If you are lucky enough to have an air conditioner, set it to 24 degrees. Also, make sure you close all windows and doors to prevent the cool air escaping and be sure to switch it off after hours.
- Ensure that your oven gaskets, fridges and freezers have effective seals.
- Turn off equipment when not in use such as ovens, sandwich toasters, grillers and pie warmers. It will save you energy and also reduce the amount of heat in the kitchen.
- Use energy efficient light bulbs – they produce less heat and will save you money on your power bill
- When purchasing new equipment look for energy efficient labels. These will be better for the environment and save your school money in the future.

Being a Water Saver

- Soak your pots and pans rather than rinsing under the tap when you're hand washing.
- Wash your fruit and vegetables in a half filled sink rather than under running water.
- Collect and use the cold water from the tap while you're waiting for it to heat up.
- Make sure your taps are in good repair to make every drop count.



Reducing your Waste

- Working with your suppliers to reduce waste. Suppliers may be able to provide goods in reusable or recyclable packaging that can be returned for reuse.
- Ask your schools Principal if any classes in the school would like to start a compost bin or worm farm (or even chickens) that you can donate your food scraps to. It's a great way to get rid of waste and teach students about minimising waste at the same time!
- Distribute your menu on recycled paper or just post it on your schools website.

Recycling and Reusing

- Contact your local council to get recycling bins for your cardboard, paper, plastic, glass and cans.
- Talk to your schools art teacher or the younger grades to see if they would like your egg cartons, cardboard plastic wrap rolls, or containers for their classes.
- Try to use packaging and cutlery that is reusable, recyclable or biodegradable.