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Healthy food needn't be secondary for schools

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:: Food Service-News



With an obesity epidemic facing the nation there has been an increasing focus on the health and nutrition benefits of school canteen menus.

Many school canteen operators claim it's impossible to turn a profit by offering healthier food options and are continuing to supply students with unhealthy food. Not so says Smoo Smoothie boss Riccardo Delle Coste.

While some schools are struggling to supply a healthy menu and maintain profits, many are turning to new innovative food products that are healthy, low fat options that don't cost the earth to provide, and are easy for canteen staff to prepare.

Sue Snowden, canteen manager for Newington College in Stanmore in Sydney's Inner-West says that providing healthy and nutritious foods for students needn't be costly or difficult.

Snowden said, "We are committed to providing our students with healthy food choices. We stock Smoo Smoothies because it provides a nutritious drink option for children. From our perspective, it's also not time or labour intensive and is a profitable menu item.

Delle Coste said his company can supply a FOCIS approved product that is helping schools to deliver a healthy menu.

"We challenge other schools to find a smoothie product of the same high quality that they can provide cost effectively. Our unique product offering is a winner with the canteen managers as well as with the students.

Newington College has been selling Smoo Smoothies since late last year and sells approximately 50 smoothies per day.

For more information or to place an order, please call 1300 736 800 or visit <http://www.smoo.com.au>.