



Does your school have Australia's best bone-building canteen?

The search is on to find **Australia's Best Bone-Building Canteen** as part of **National Healthy Bones Week** (2-8 August 2009).

Primary schools around the nation are being urged to participate on the back of the latest research which highlights an alarming under consumption of calcium, an essential bone-building nutrient.

The findings from the **Australian National Children's Nutrition and Physical Activity Survey**¹, a landmark report into the eating and exercise habits of the nation's children, reveal that Australian children were least likely to meet the daily requirements for calcium.

The school canteen competition, backed by Dairy Australia and Osteoporosis Australia, aims to highlight the importance of calcium-rich foods, such as dairy, in the development of healthy bones and the prevention of osteoporosis later in life.

Any primary school student can nominate their school canteen as the best at providing dairy foods packed with bone-building nutrients. Not only will the winning school be awarded the coveted national title of **Australia's Best Bone-Building Canteen**, it will win \$2,000 to put towards improvements and equipment. The student with the best entry nominating the winning canteen will also receive a \$100 Rebel Sport Voucher. Fantastic state prizes are also up for grabs.

Schools without canteens haven't been forgotten with the announcement of another competition allowing everyone to celebrate the week. The 'Best Dressed School' award encourages all schools to use their creativity and decorate their classroom, canteen, library or any part of the school in a bone building theme to win a \$800 Rebel Sport voucher.

'Are You Feeding Your Bones?' is the theme of this year's **National Healthy Bones Week**, which encourages people of all ages to ensure they consume the recommended dietary intake of calcium for strong bones.

"Your daily calcium requirements change, depending on your age and gender" explains Naseema Sparks of Osteoporosis Australia. "By age 30, peak bone mass is reached and most of this is achieved by puberty when there is the greatest rate of bone growth. This is why it is so important for children to consume enough calcium rich foods, like dairy, whilst they are growing."

According to Glenys Kerrins, Dietitian, Dairy Australia, school canteens play a critical role in educating students to make healthy food choices by including more calcium-rich foods, such as dairy products, in children's lunches and snacks.

¹ 2007 Australian National Children's Nutrition and Physical Activity Survey

"The research shows that our kids are not consuming the recommended 3 serves of dairy every day – a glass of milk, tub of yogurt and piece of cheese² – that provide 100 per cent of the recommended daily intake of calcium for most Australians." Ms Kerrins said.

"Dairy products are the biggest contributor of calcium in the Australian diet and provide a whole package of bone-building nutrients including protein, phosphorous, magnesium, potassium and zinc." Ms Kerrins said.

About the competitions:

Australia's Best Bone-Building Canteen

If you would like to be voted Australia's Best Bone-Building Canteen and earn \$2,000 to put towards any improvements or equipment that you need, your chance has arrived! Create a lunchtime party or whip up some interesting meals from recipes available on www.healthybones.com.au.

Students can enter the competition by visiting www.healthybones.com.au and voting for their school canteen as **Australia's Best Bone-Building Canteen**. Voting commences on 20 July 2009, and closes on 12 August 2009. Winners will be selected on 31 August 2009. See www.healthybones.com.au website for full terms and conditions.

The student with the best entry nominating the winning canteen will receive a \$100 Rebel Sport voucher.

Runner up State favourite School Canteens will be awarded \$500 each and students with winning entries will each receive a Rebel Sport Voucher valued at \$50.

Best Dressed School

Show off your bone-building school by uploading a photo displaying how your school celebrated National Health Bones Week. The 'Best Dressed School' will receive a \$800 Rebel Sport voucher to purchase sports equipment for the school. Visit www.healthybones.com.au to upload a photo. Entries open on 20 July 2009 and close 12 August 2009. The winner will be selected on 31 August 2009. See www.healthybones.com.au website for full terms and conditions.

For more information, visit www.healthybones.com.au.

² One serve of dairy is equivalent to 250ml milk, a 200g tub of yogurt or 40g cheese.