MAKE HEALTHY FOOD THE EASY CHOICE AT TUCK SHOP OPERATORS & SCHOOL VENDORS

NATIONAL NUTRITION WEEK 2026
Creating Healthy Food Environments for Better Nutrition

What is a healthy school food environment?

A healthy school food environment is one where safe, nutritious and affordable food and clean drinking water are readily available, making healthier choices easier for every learner.

Health
Basic Education
Social Development

What can tuck shop operators and vendors do?

- Sell more fruit, vegetables, boiled mealies, popcorn, nuts and raisins as healthier snack options.
- Offer brown bread sandwiches with nutritious fillings such as egg, pilchards, chicken or vegetables.
- Make clean drinking water the first choice, providing milk drinks that are unsweetened instead of sugary drinks and energy drinks.
- Avoid sale of foods high in salt, sugar and fats, including sweets, crisps, fried foods and sugary beverages.
- Keep food safe by checking expiry dates, storing food correctly and following good hygiene practices.
- Do not sell repackaged or unlabelled food products.
- Obtain a Certificate of Acceptability (COA) and the required permits and comply with all food safety requirements and standards.

Food safety matters

- Wash your hands with soap before handling food.
- Keep all surfaces and utensils clean.
- Follow the First In, First Out (FIFO) principle to use older stock first.
- Cover your hair and any open wounds, and wear clean clothing, including an apron.
- Store food off the floor, away from direct sunlight, and separate from cleaning chemicals.
- Check before you sell: Only sell food within its expiry date and never sell repackaged or unlabelled food.

Ask yourself:

What healthy foods can I sell to make healthy food the easy choice for every learner?