

# Healthy Food and Drink Policy



## Rationale

We value the health and wellbeing of our students, staff, volunteers and parents. Our school aims to create a healthy, positive and safe food environment.

## Background

Our school is committed to:

1. promoting healthy food choices and the development of healthy eating habits; and
2. ensuring that commercial food service providers provide healthy food and drinks for the school community and comply with the Department of Education's Healthy Food and Drink in Public Schools Policy.

Our school is well placed to support and promote healthy eating as it provides the opportunity for regular access to a 'captive audience' and has a vital role to play in helping to reduce the worldwide epidemic of obesity.

## Promotion of healthy eating

Yokine Primary School will promote healthy eating across the whole school community. This can be done in a variety of ways, including those set out in the table below. Inspecting lunchboxes and commenting on their nutritional content is not endorsed however staff may monitor for items containing allergenic ingredients.

<b>STUDENTS</b>	<ul style="list-style-type: none"> <li>• Education to students on making healthy food choices and developing healthy eating habits</li> <li>• Communication on healthy eating and/or other health promoting messages</li> <li>• Students are encouraged to drink plenty of water through the day especially during summer</li> </ul>	<ul style="list-style-type: none"> <li>• Cooking classes</li> <li>• Crunch n sip</li> <li>• Breakfast Club</li> <li>• Involvement with the community garden</li> <li>• Classroom announcements</li> </ul>
<b>PARENTS</b>	<ul style="list-style-type: none"> <li>• Parents are encouraged not to give children foods containing nuts or peanuts to be consumed at school</li> <li>• Referral to healthy eating education and resources</li> </ul>	<ul style="list-style-type: none"> <li>• Parents are encouraged to provide a variety of healthy lunches, snacks and drinks as outlined in the healthy eating traffic light system</li> </ul>
<b>TEACHERS</b>	<ul style="list-style-type: none"> <li>• Staff health and wellbeing initiatives</li> </ul>	<ul style="list-style-type: none"> <li>• Health Education curriculum</li> <li>• Internal staff communications</li> <li>• School noticeboards</li> <li>• Training about food, nutrition and broader health messages</li> </ul>
<b>SCHOOL</b>	<ul style="list-style-type: none"> <li>• Fundraising initiatives which are non-food related or promote healthy eating and/or physical activity</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy catering at meetings and events</li> <li>• School noticeboards</li> <li>• Whole school community newsletter</li> </ul>

## Commercial food service providers

Any food or drink provided by a commercial food service provider must be provided in accordance with the WA School Food and Drink Criteria (WASFDC).

The WASFDC classifies food and drink provided in schools according to a traffic light system: GREEN (healthiest), AMBER, or RED (least healthy), summarised in the table below.

<p style="text-align: center;"><b>GREEN</b></p> <p>Must account for at least 60% of the menu</p>	<ul style="list-style-type: none"> <li>• Are good sources of nutrients, contain less saturated fat and/or sugar and/or salt and help to avoid an intake of excess energy (kJ).</li> <li>• These foods and drinks should be encouraged and promoted</li> <li>• These foods should fill the canteen or food service menu</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit (fresh, canned, frozen and dried)</li> <li>• Vegetables including canned</li> <li>• Wholegrain breads and cereals</li> <li>• All dairy products</li> <li>• Lean meats and chicken, fish</li> <li>• Plain pizza bases</li> <li>• Cheese and cracker snack packs</li> <li>• Plain popcorn</li> <li>• Eggs</li> <li>• Plain water</li> <li>• 100% fruit juice in small sizes</li> </ul>
<p style="text-align: center;"><b>AMBER</b></p> <p>Must account for no more than 40% of the menu</p> <p>Savoury AMBER items must not be offered more than two days per week</p>	<ul style="list-style-type: none"> <li>• Have some nutritional value, contain moderate levels of saturated fat and/or added sugar and/or salt and can, in large serves, contribute to excess energy (kJ).</li> <li>• Amber foods should be limited and chosen carefully</li> <li>• Large serving sizes should not be used</li> </ul>	<ul style="list-style-type: none"> <li>• Refined cereals with added sugars</li> <li>• Pastry items</li> <li>• Snack food bars</li> <li>• Ice-creams</li> <li>• Cakes and muffins</li> <li>• Fruit drinks</li> </ul>
<p style="text-align: center;"><b>RED</b></p> <p>Should not be offered in schools</p>	<ul style="list-style-type: none"> <li>• Lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ).</li> <li>• These are called 'extra foods' in The Australian Guide to Healthy Eating</li> </ul>	<ul style="list-style-type: none"> <li>• Soft drinks</li> <li>• Confectionery</li> <li>• Deep fried foods</li> <li>• Hot chips</li> <li>• Chocolate coated ice-creams</li> <li>• Cakes and muffins that do not meet the criteria for registration</li> </ul>

#### Additional resources

- The Fresh School Nutrition Advisory Program (FreshSNAP) provides advice and support for schools and parents to create healthy food environments and deliver nutrition education. <https://www.freshsnap.org.au/>.
- FreshSNAP also provides FoodChecker, a comprehensive search tool which advises whether a particular food or drink falls into the GREEN, AMBER or RED category.

#### Who has to follow this policy?

The policy applies to all public school canteens and commercial food services providers operating in place of a canteen. This includes school canteens managed by Parents and Citizens' Associations, school canteens contracted by school breakfast programs, onsite vending machines available to students.

Fundraising activities by Parents and Citizens' Associations are exempt from this policy.

#### References:

1. Department of Health Fresh School Nutrition Advisory Program
2. Student Health in Public Schools Policy & Procedures & Procedures Appendix B "Healthy Food and Drink"
3. Department of Health WA School Food and Drink Criteria
4. WA School Canteen Association (WACSA)
5. Department of Education Work Health and Safety Policy
6. Food Act 2008 (WA)
7. Food Regulation 2009 (WA)
8. Australia New Zealand Food Standards Code
9. The Australian Guide to Healthy Eating