



HEALTHY FOOD AND DRINK POLICY

2021

Curiosity ▶ Courage ▶ Challenge

RATIONALE

The first tenet of a whole child approach to education is ensuring that student's physical, social and emotional wellbeing is healthy and positive. After students' families, schools have the most daily contact with students and can play an integral role in ensuring that they are healthy. Communities and schools are well informed of the links between student health and achievement.

By promoting a healthy environment and providing support services as needed, schools can help create a positive lifestyle for young children. Schools are required to adopt a whole school approach to healthy eating within the school community. Fundamental to this is the implementation of strategies which inform, support and promote healthy eating within the guidelines of the Department of Education Policy for Healthy Food and Drinks in Schools 2014.

POLICY REQUIREMENTS

Schools are required to adopt a whole school approach to healthy eating within the school community. Food and drinks categorised as "red" will not be provided to students on the school site unless essential to the learning program.

The Healthy Food and Drinks Policy will be implemented in conjunction with medical care plans for students with allergies to a wide variety of foods. A canteen policy will incorporate the policy on the provision of healthy food and drinks.

HEALTH PROMOTING SCHOOLS FRAMEWORK

A Health Promoting School is one that considers the broad health needs of all school community members and is constantly strengthening its capacity as a healthy setting for living, learning and working.

A health promoting school:

- *Promotes the health and wellbeing of students, school staff, families and community members*
- *Provides a safe and supportive environment*
- *Upholds social justice and equity concepts*
- *Implements practices that respect an individual's wellbeing and dignity, provides opportunities for success and acknowledges efforts, intentions and personal achievements*
- *Involves student participation and empowerment*
- *Collaborates with parents and local community and helps them understand how the community can contribute to (or undermine) positive health education*
- *Integrates health into the school's ongoing activities, curriculum and assessment standards*

- *Links health and education issues and systems*
- *Engages with health and education officials, health providers, teachers, parents and community to strive to improve health outcomes.*

EXPECTATIONS

The school will promote healthy eating within the school community by:

- Developing and implementing a school-based policy for the provision of healthy food and drinks which meets, or preferably exceeds, the minimum standard for 'green' food and drinks, mandated in the Department of Education Healthy Food and Drink Policy and which incorporates the following:
 - *Students will be supplied only 'green' and 'amber' foods in school settings*
 - *Students will only be supplied 'red' foods on limited occasions in small amounts and only when it is essential to the learning program.*

In addition, the school will:

- Raise awareness of the need to consider those with medical care plans in place for food allergies
- Educate the community about considering the needs of others
- Provide the necessary training and procedures to cater for the needs of students with emergency care plans for food allergies
- Require the assistance of the community to limit the amount of food in the environment which is common to food allergies
- Prevent the sharing of personal food items
- Promote, implement and encourage the Crunch & Sip program across the school
- Restrict foods in class cooking activities to those with no allergy link to students.

Healthy eating will be promoted by;

- Adopting the *Health Promoting Schools Framework* with all members of the school community working towards providing students with positive experiences and structures that promote and protect health
- Including advice in the school newsletter
- Organising whole school events such as a health/nutrition campaign/events, theme days, school breakfast events
- Inviting appropriately qualified guest speakers to address, students, parents and staff
- Food brought to school by parents has direct implications for this policy, therefore any food presented for birthdays must be discussed with teachers prior and accommodations made for students with allergies
- Parents and Citizens' Association fundraising is exempt from the requirement to only use 'green' and amber' food and drinks, however, consistent messages are encouraged

- When parents provide foods to be shared during classroom activities, teachers inform parents prior to the event of the heating/cooling facilities available at the school to prevent contamination.

CRUNCH & SIP PROGRAM

Crunch & Sip is a primary school nutrition program, developed to increase the quantities of vegetables, fruits and water being consumed by Western Australian children. Crunch & Sip is a time during the school day for students to eat vegetables and fruit and drink water in the classroom.

Students bring vegetables and/or fruit and a water bottle to school each day for the Crunch & Sip break. Giving students the chance to re-fuel with fruit or vegetables helps to improve physical and mental performance and concentration in the classroom, as well as promoting long term health.

The objectives of Crunch&Sip are to:

- *Increase awareness of the importance of eating vegetables and fruit and drinking water*
- *Provide students, teachers and staff an opportunity to eat vegetables and fruit during Crunch & Sip time in the classroom*
- *Encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps*
- *Improve the nutrition knowledge, attitudes and behaviours, among parents and community members*
- *Increase the proportion of Western Australian primary schools implementing the Crunch & Sip program.*

SCHOOL CANTEEN

A school canteen policy will incorporate the policy on the provision of healthy food and drinks and be visible in the canteen alongside the Department of Education Health Food and Drink Policy if our school chooses to establish a canteen in the future.

The school will ensure the canteen menu promotes a wide range of healthy foods and it:

- consists of a minimum of 60% 'green' food and drinks;
- consists of a maximum of 40% 'amber' food and drinks;
- only offers savoury commercial products that are 'amber' foods a maximum of twice per week; and
- contains no 'red' food and drinks.

Each food type is described below:

GREEN FOOD AND DRINKS – ENCOURAGE AND PROMOTE

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).

AMBER FOOD AND DRINKS – SELECT CAREFULLY IN SMALL SERVES

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).

RED FOOD AND DRINKS – OFF THE MENU

Lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ).

Examples of foods found in each category

Everyday choices	Limited choices	Off the menu
Fruit, preferable fresh, but may include canned (in natural juice) or frozen	Registered cereal with added sugars	Full fat pastry
Vegetables or legumes, eg salads, stuffed potato, corn on the cob	Registered reduced fat pastry items	Deep fried foods
Cereal foods, eg wholegrain cereals, pasta or rice	Hot dogs made with registered frankfurts	Sweet sandwich fillings including jam
Wholegrain or wholemeal bread	Registered sausages for sausage sizzle events	Confectionary
A variety of sandwich fillings which are all available with salad	Registered hamburger patties	Chocolate confectionary
Lean meats, fish, poultry	Registered assorted cakes and muffins	Soft drinks, sports drinks, cordial
Reduced fat dairy products including plain milk (no size restriction), flavoured milks (less than 375ml), cheese and yoghurt	Registered sweet and savoury snack foods	High caffeine drinks
Plain water, mineral water	Reduced fat flavoured milk (greater than 375ml)	Doughnuts, cakes or croissants
	Full fat dairy products	Large serve fruit juices-250ml or larger

Registered products can be identified at the following website:

<http://www.waschoolcanteens.org.au/pages/starchoice/02-starchoice.php>