

Healthy Food and Drink Policy



Effective From: June 2017
Review On: December 2018

South Halls Head Primary School's Healthy Food and Drink policy

The Australian Dietary Guidelines and the Australian Guide to Healthy Eating establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

Childhood obesity is now recognised as a worldwide problem. Excess weight and obesity carries a greater risk for a number of immediate and long-term health and behavioural problems. Therefore, South Halls Head Primary School and the school canteen will reinforce nutrition messages through classroom learning activities and canteen choices.

South Halls Head Primary School's *Healthy Food and Drink* policy:

- is underpinned by the Australian Dietary Guidelines, the Australian Guide to Healthy Eating and the Health Promoting Schools Framework
- is compliant with the Department of Education's *Healthy Food and Drink* policy
- applies to classroom rewards, cooking activities, school camps and excursions
- applies to all the canteen including Parents and Citizens' Associations, external contractors and local caterers/shops that provide a food service to the school.

Role of South Halls Head Primary School's Canteen

South Halls Head Primary School's canteen will:

- provide a food service to students and staff that meets their nutritional needs, promotes healthy food, is part of a whole school approach, and is affordable and financially sustainable.
- reinforce nutrition messages being taught in the classroom by modelling healthier food and drink choices that are tasty, interesting and affordable. This has the potential to influence food choices by students at school and in the wider community, and help to equip students with the knowledge to continue to make healthy choices throughout their adult lives.

South Halls Head Primary School's Canteen Committee

South Halls Head Primary School will have a canteen committee, with representation from the whole school community, including parents and teachers. The committee will participate in the decision making process for the canteen menu, pricing, purchasing and maintenance of equipment etc.

Notes:

It is a requirement for compliance with the Department of Education's Healthy Food and Drink policy that:

- *schools have a canteen/food service committee.*
- *canteen/food service managers/supervisors and/or employers (for example, Parents and Citizens' Association representatives or food service owners) have completed 'traffic light' training or a higher standard of training.*

Menu Planning

South Halls Head Primary School's canteen menu will:

- include a minimum of **80%** GREEN menu choices
- include a maximum of **20%** AMBER menu choices
- not make available food and drinks that do not meet specified minimum nutrient criteria (RED)
- limit savory commercial products in the AMBER category to those that meet the criteria for registration and making them available no more than twice a week.

Healthy eating at South Halls Head Primary School will be supported by:

- changing the menu according to the summer and winter seasons.
- having available every day and promoting a wide range of the foods that should make up the majority of a healthy diet (GREEN);
- offering a range of foods and taking into consideration Australia's multicultural society.

Note:

It is a requirement for compliance with the Department of Education's Healthy Food and Drink policy that the menu is made up of a minimum of 60% 'green' choices.

Whole School Approach

South Halls Head Primary School and the canteen will work together to support healthy eating.

Adopting a whole school approach, consistent messages can be promoted through the curriculum and social and physical environments. South Halls Head Primary School will be taking a whole school approach to the food policy. This means:

- Classroom, excursion and/or camp rewards will not consist of 'red' foods.
- Class cooking will be green and amber foods only.
- Food fundraisers by the P&C will be encouraged to consist of healthy foods.

South Halls Head Primary School will adopt a whole school approach to promote healthy lifestyles through the following:

- daily fitness programs
- newsletter communications (at least 1 per term) on healthy eating and/or health promoting messages.
- Crunch&Sip program
- fundraising initiatives which promote physical activity eg Obstacle-a-thon

Canteen Food Safety and Hygiene

The *Food Act 2008 (WA)* and the *Food Regulations 2009 (WA)* require that:

- Canteen maintain registration with the local council as a food business
- schools notify the local council prior to conducting a charitable or community event involving food (ie a cake stall or sausage sizzle); and

- food prepared for sale is only made in approved premises, for example a food business approved by the appropriate enforcement agency. Food prepared in a home that has not been approved as a food business must not be sold in a canteen.

The Australia New Zealand Food Standards Code requires that:

- food handlers' personal hygiene practices and cleanliness minimise the risk of food contamination. Risks can be minimised by the wearing of hats, hairnets and aprons provided by the canteen/food service; and
- the preparation, cooking, transportation and serving of food is done in such a way as to retain nutrients and minimise bacterial contamination.

Note:

It is a requirement for compliance with the Department of Education's Healthy Food and Drink policy that paid workers and volunteers participate in FoodSafe Food Handler training or its equivalent.

CANTEEN

All food sold in the school canteen must meet a minimum nutrient standard.

All food and drink has been put into 'GREEN', 'AMBER' and 'RED' groups.

- GREEN- fill the menu. Available every day and promoting a wide range of foods making up the majority of a healthy diet.
- AMBER- select carefully and limit. Available sometimes, choosing alternatives and avoiding large serve sizes.
- RED- off the menu. Not making available these foods that do not meet the specified minimum nutrition criteria.

Teachers will discuss nutrition and healthy eating as part of the Health Curriculum. The Crunch & Sip policy will be implemented in all classrooms.

Pricing policy/profits

- The primary objective of South Halls Head Primary School's canteen is to provide a nutritious food service
- Profit making by South Halls Head Primary School canteen will not be made at the expense of providing students with less healthy choices (AMBER).
- The average mark-up on healthy (GREEN) items shall be lower than that applied to less healthy (AMBER) products.

Roles and Responsibilities

Canteen Committee:

- Ensure the canteen menu at South Halls Head Primary School meets the requirements of the Department of Education's policy and standards for healthy food and drink choices.
- Monitor the canteen menu throughout the year to ensure menus include variety and change according to the summer and winter seasons.
- Produce a menu that has a minimum of 80% 'Green' foods

Principal:

- Provide a link between the committee, canteen manager, parents and staff.
- Ensure whole school approach.
- Ensure the canteen menu consists of a minimum of 80% Green foods.
- Provide all teachers including relief staff with guidelines pertaining to the food policy procedures.
- Ensure that the School Board monitors and regularly reviews the *Healthy Eating Policy* in consultation with staff and students.

Teachers:

- Follow the Healthy Eating Policy by using alternatives to food prizes.
- Use 'green' and 'amber' recipes in class cooking.
- Promote healthy eating and lifestyles to students through learning activities.
- Role model eating healthy foods during Crunch&Sip and break times.

Canteen:

- Ensure all available foods on the menu meet the nutrient criteria.
- Ensure healthy food choices are affordable.

P&C:

- Promote the Healthy Eating Policy to parents.
- Model 'healthy eating' requirements by ensuring fundraising activities comply with the Department of Education policy.

Distribution of the Policy/General Policy Issues

- A current copy of the Department of Education's *Healthy Food and Drink* policy and South Halls Head Primary School policy will be on permanent display in canteen.
- A copy of the current South Halls Head Primary School policy (signed and dated) will be provided to all canteen committee members at the first committee meeting following the Parents and Citizen's Annual General Meeting.
- This policy will be reviewed annually by South Halls Head Primary School canteen committee and suggested amendments will be forwarded to the School Board for endorsement..