



# HEALTHY FOOD & DRINK POLICY

## **Department of Education - POLICY STATEMENT**

Principals are required to adopt a whole school approach to healthy eating within the school community.

### **POLICY RULES**

Food and drinks categorised as 'red' will not be provided to students unless essential to the learning program.

Principals will:

- develop and implement a school-based policy on the provision of healthy food and drinks; and
- ensure that the canteen/food service menu complies with the requirements detailed in the Healthy Food and Drink in Public Schools Procedures.

### **RESPONSIBILITY FOR IMPLEMENTATION AND COMPLIANCE**

Implementation of the policy is the responsibility of the Principal.

Compliance monitoring is the responsibility of line managers.

### **PROCEDURES**

Principals will:

- promote healthy eating within the school community; and
- develop and implement 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 these procedures and which incorporates the following:
  - Students will be supplied 'green' and 'amber' foods in school settings, including classroom rewards, classroom cooking activities, school camps and excursions.
  - Students will only be supplied 'red' foods on limited occasions and in small amounts and only when it is essential to the learning program.
  - Permission to use a school's premises for use as a canteen/food service will only be granted on the basis that the *Healthy Food and Drinks Policy and Procedures* are implemented.

### **SCHOOL CANTEENS**

#### **Use of School Premises**

Principals will only give permission to use a school's premises for use as a canteen/food service on the basis that the *Healthy Food and Drinks Procedures* are implemented.

#### **Canteen/Food Service Menu**

Principals will ensure the canteen/food service menu promotes a wide range of healthy foods and that 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
- contains no 'red' food and drinks.

#### **'Traffic Light' Training**

Principals will ensure 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.

#### **Food Safety and Hygiene**

Principals will ensure canteen/food service workers and volunteers have completed FoodSafe Food Handler training or its equivalent.

## **DEFINITIONS**

### **Green Food and Drinks**

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**

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**

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

## **JANDAKOT PRIMARY SCHOOL**

### **Classrooms**

- The WA Curriculum is our guiding document. Year level planning and collaboration would be the most effective manner in developing this program.
- Staff are expected to reinforce healthy eating/drinking practises.
- Lollies, sweets and chocolates should not be used as rewards for students.
- Cooking in the classroom is recognised as a valuable learning experience and is encouraged. At the discretion of the individual teacher, food may also be incorporated into other parts of the academic curriculum (ie as a teaching aid in maths).
- In some circumstances there may be the need for the use of food that does not meet the requirements of the Traffic Light Policy. In such instances, approval from the Principal is required.

### **Whole School**

- Soft drinks not to be supplied or sold to students.
- Students must have easy access to the regular consumption of water.

### **Fundraising**

- On occasion the P&C may call for food fundraisers for the school. In such instances, Principal approval must be sought.
- While fundraising is the domain of the P&C, the preference is that 'red food' fundraisers are discouraged.

### **Guidelines for Student's Birthdays/Class Parties**

- Class parties are only to celebrate the end of the school year for a short part of the day, unless special permission is given by the Principal.
- Teachers will provide a system that encourages parents to bring healthy food choices when parties are being held.
- Parents will be informed at the commencement of the school year that food treats will not be distributed for children's birthdays

### **School Camps/Excursions**

All food for such events must be cleared by the school Principal. However, green and ambers foods are strongly encouraged.