

Healthy Food and Drink Policy and Procedures

Updated March 2019

Rationale

The Department of Education's Healthy Food and Drink (HFD) policy aims to:

- Contribute to the health and wellbeing of students and staff by supporting the Australian Dietary Guidelines and Guide to Healthy Eating.
- Recognise that the health and wellbeing of our students and staff is important.
- Create a supportive culture where healthy food and drink choices are valued and encouraged.
- Support a traffic light system of categorising food and drinks.

Policy Requirements

- Schools are required to adopt a whole school approach to healthy eating within the school community.
- 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.
- Provide the necessary training and procedures to cater for the needs of students with emergency care plans for food allergies
- Food and drinks categorised as "red" will not be provided to students on the school site unless essential to the learning program.
- The canteen policy is to incorporate the provision of healthy food and drinks consistent with the following:
 - A minimum of 60% 'green' food and drinks;
 - A maximum of 40% 'amber' food and drinks;
 - Only offer savoury commercial products that are 'amber' foods a maximum of twice per week.
 - No 'red' food and drinks.
- Parents and Citizens' Association fundraising is exempt from the requirement to only use 'green' and amber' food and drinks however consistent messages are encouraged.

Green Foods	Amber Foods	Red Foods
<p>Examples include, but are not limited to:</p> <ul style="list-style-type: none"> • Fruit -fresh, canned, frozen and dried • vegetables, • wholegrain breads and cereals, • reduced fat dairy products such as plain milk (all sizes), flavoured milk (small sizes), yoghurt and cheese, • lean meats, fish and chicken, eggs • plain water. 	<p>Examples include but are not limited to:</p> <ul style="list-style-type: none"> • Refined cereals • full fat dairy foods • Reduced fat pastry items & snack food bars, • ice-creams, • cakes, muffins • fruit juice (>99%, no added sugar, in small sizes). 	<p>Examples include but are not limited to:</p> <ul style="list-style-type: none"> • Soft drinks, • confectionary, • deep fried foods • chocolate coated ice-creams, • cakes and muffins that do not meet the criteria for registration by WASCA <p>All RED food and drink must be off canteen/food service menus.</p>

Procedures

Healthy eating will be promoted across the school by:

- Implementing DoE Health Food and Drink in Public Schools Policy and Procedures (updated 2018) and adopting the Health Promoting Schools Framework which is a planning framework for schools that includes the physical, social and emotional needs of all members of the school community; with members working towards providing students with positive experiences and structures that promote and protect health.
- Providing advice to the community via the school website and App.
- Whole school events such as a health/nutrition campaign/events, theme days, school breakfast events and inviting appropriately qualified guest speakers to address, students, parents and staff.
- Ensuring all classroom cooking activities will comply with the Policy.
- Informing parents when providing food to be shared during classroom activities (eg: class parties) of the heating/cooling facilities available at the school to prevent contamination.
- Storing student lunchboxes in classrooms when outside temperatures are forecast to be more than 30°.
- Advising parents that the provision of birthday cakes to classrooms for distribution to students is only permitted with the permission of the class teacher and after consideration of the impact on students with identified food allergies.
 - Parents may supply small cupcakes with 'minimal' icing & no confectionary decorations
 - Chocolates or any other confectionary items are not permitted

Crunch and Sip

All vegetables and fresh fruit are permitted, as is fruit canned in water (not syrup). The Crunch and Sip website also recommends that dried fruit eg sultanas be permitted but limited.

All other food eg cheese, crackers, fruit roll-ups, dips, popcorn etc are not permitted at this time, nor can water be substituted with fruit / vegetable juice, carbonated water or cordial.

Allergy Friendly Status

The Department of Education advises that Principals are to implement a whole school approach to anaphylaxis management. Apart from identifying those at risk, schools have the responsibility for implementing strategies and processes for ensuring a safe and supportive environment for the student at risk of anaphylaxis, including:

- *Classification* as an "Allergy Friendly" school and as such request parents not to send nut products or whole egg products to school.

While we are aware that coeliac / wheat intolerant students will bring nut based products to school (eg almond meal based bread, pastries etc) as per their dietary needs, steps need to be taken to ensure these foods are not shared with other students and handwashing is encouraged.

- Requesting the assistance of the parent community in limiting the amount of food in the environment which is common to food allergies.
- Discouraging the sharing of personal food item.
- Restricting foods in class cooking activities to those with no allergy link to students.