

Healthy eating will also be promoted by:

- not distributing “red” foods on the school site, including food and drink provided by parents. Food brought to school by parents has direct implications for food preparation requirements of the Department of Education Healthy Food and Drink Policy as well as the potential for impact on students with a wide variety of allergies. The provision of birthday cakes and other food treats to classrooms for distribution to students is therefore only permitted with the permission of the class teacher and after consideration of the impact on students with identified food allergies.
- organising whole school events such as health/nutrition campaign/events, theme days, school breakfast events and inviting appropriately qualified guest speakers to address students, parents and staff.
- including advice in the school newsletter and website.

In addition:

- With the permission of the Principal, some School and P&C fundraising activities may be exempt from the requirement to only use ‘green’ and amber’ food and drinks on the school site (eg: sales to parents etc), however consistent healthy eating messages will always be encouraged.
- Parents are encouraged to provide their children with healthy alternatives for recess snacks and school lunches.



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Healthy Food and Drink Procedures



Healthy Food and Drink Procedures

Ensuring that the physical, social and emotional needs of students in our care are met is one of our key objectives and we feel that the school can play an integral role in ensuring students are provided with healthy eating choices.

Members of the school community are well informed of the links between student health and achievement and that promoting a healthy environment can help create a positive lifestyle for young children.

Mundaring Primary School has a whole school approach to healthy eating within the school community and promotes healthy eating with the guidelines of the *DoE Policy for Healthy Food and Drinks in Schools 2014*.

Food and drinks categorised as “RED” are not provided to students on the school site unless essential to the learning program.

Our Healthy Food and Drinks Procedures have been implemented in conjunction with medical care plans for students with allergies to a wide variety of foods.

The P&C Canteen incorporates the DoE Healthy Food and Drink Policy and actively promotes the use of the Traffic Light system.

RED (Off The Menu)	
Full fat pastry items Confectionary Soft drinks	Deep fried foods Cakes Sweetened fruit juices
AMBER (Select Carefully) <i>Registered (foods assessed by FOCiS/WASCA)</i>	
Cereals Reduced fat pastry items Unsweetened fruit juices Cakes/biscuits/muffins	Meats/fish/poultry Ice-creams/Icy poles Sweet/savoury snacks
GREEN (Fill The Menu)	
Fruit Lo Fat Dairy Lean meats/fish/poultry Whole-grain breads/cereals	Vegetables Water

The canteen menu promotes a wide range of healthy foods which:

- 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.



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

- supplying only GREEN and AMBER foods in school settings.
- raising awareness of the need to consider those with medical care plans in place for food allergies.
- requesting the assistance of the community to limit the amount of food in the environment which is common to food allergies (eg: nuts, whole egg etc).
- discouraging the sharing of personal food items.
- restricting foods in class cooking activities to those with no allergy link to students.