

Kalbarri District High School District High School
Healthy Food & Drinks Choices Policy (Updated 10 April 2018)

Rationale

The Western Australian Department of Education has implemented the *Healthy Food and Drink* (HFD) policy in public schools. The policy is based on a 'traffic light' system of categorising food and drinks and has been in place since 2007. This is the system that canteens must adhere to when developing their menu.

The policy applies to staff and volunteers of the Kalbarri District High School canteen which is run by our Parents & Citizens' Association (P&C).

The policy also applies to all areas in the school where the Principal is directly responsible for the supply of food and drinks – for example, classroom rewards, school camps and excursions.

This whole-school approach provides consistent messages through the curriculum, social and physical environments. The relationships between the school, home and the community are key elements of health promotion in schools.

Sometimes food is supplied during classroom or learning activities or as part of school events, for example a school disco or school excursion. Events and activities organised by the school are included in the scope of the policy.

Those activities organised outside of the direct responsibility of the Principal are not required to adhere to the policy or standards, for example, fundraising by the P&C and school fetes. However, the Principal is required to consult with the school community in deciding the policy for healthy food and drinks.

Reporting

The school is required to report annually on the service provided by the canteen

Crunch and Sip

Individual classes elect to engage in Crunch and Sip. They set aside opportunities for students to partake of a healthy snack and water.

School Activities

The School will;

- Publish healthy eating article in newsletter at least once per term.
- Promote healthy eating through Health Ed lessons, cooking and special opportunities.

Classroom Activities

Factors arising from classroom activities include;

- End of year parties be advertised with the request for healthy foods to be supplied by parents
- Staff not using sweets as rewards
- Home Ec. classes providing lessons that are at least 70% Green or Amber over the year.
- Allowing only water in bottles in class.

Canteen

The school canteen will support healthy eating by:

- Using the recommended Traffic Light System
- Having available every day and promoting a wide range of the foods that should make up the majority of a healthy diet (**GREEN**). More than 60%
- Having available only sometimes, choosing healthier alternatives and avoiding large serving sizes of foods that should be eaten in moderation (**AMBER**). Savoury Amber should be offered no more than 2 days per week
- Not making available foods that do not meet specified minimum nutrient criteria (**RED**).

Traffic Light System

The traffic light system is easy to follow and will help with menu planning. It will also remind students of the need to select more frequently from the **GREEN** group of foods and eat in moderation the **AMBER** foods.

Some categories have a maximum portion size and/or kilojoule allowance per serve. Savoury commercial products in the **AMBER** group will be limited to those that meet the criteria for registration and will be available no more than twice a week. Judgment needs to be exercised over issues such as serving size.

Minimum standards

All processed food and drink sold in school canteens must meet a minimum nutrient standard.

The Dietary Guidelines for Children and Adolescents in Australia will continue to be used to set minimum nutrient standards for food sold in canteens. All products are measured against criteria for each food type using the national Federation of Canteens in Schools (FOCiS) nutrient criteria to determine if products are able to be registered in the Buyers' Guide.

Registered foods are lower in fat, sugar and salt (and higher in fibre and calcium where relevant) than other products of that food type available in the market. Foods that do not meet the standard are **RED** foods and processed foods that meet the standards are **AMBER**.

Canteens are familiar with the registration system and standards. In addition to fresh foods, canteens are able to access healthier versions of manufacturers' products.

Role of the school canteen

- The Canteen operates on Tuesday to Friday – 4 days per week
- Provide a food service to students and staff that meet their nutritional needs, promotes healthy food, is part of a whole-school approach, and is affordable and financially sustainable.
- Making a profit is a secondary objective and should be achieved through the sale of healthy foods
- The school canteen must reinforce nutrition messages being taught in the classroom by modelling healthy food and drink choices that are tasty, interesting and affordable.
- It has the potential to influence food choices by students at school and in the wider community, and help students learn to make healthy choices throughout their adult lives.
- The School Canteen is operated by the Kalbarri P&C

Canteen Staff will

- Be trained in Foodsafe or its equivalent
- Traffic Light System
- Not permit children into the canteen unless prior arrangement has been made with the Principal (for example Work Experience)
- Have current Working with Children Checks and Federal Police Clearance..



What's on the menu in WA school canteens?



<p align="center">GREEN - FILL THE MENU Minimum 60% Encourage and promote EVERYDAY choices</p>	<p align="center">AMBER - SELECT CAREFULLY Maximum 40% Do not let these foods dominate the menu and choose small serves</p>	<p align="center">RED — OFF THE MENU NOT AVAILABLE</p>
<ul style="list-style-type: none"> • Cereal foods — wholegrain cereals, pasta, noodles, rice, cous cous, quinoa • A variety of bread types including wholegrain/ wholemeal • Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, garden salads, potato salad, coleslaw (using reduced fat dressings) • Fruit, fresh and frozen, whole, fruit salad, sliced fruit • Fruit canned in natural juice • A variety of sandwich/roll fillings, preferably served with salad e.g. <ul style="list-style-type: none"> - egg - reduced fat cheese - tuna, canned in spring water or brine - lean meats i.e. roast beef - yeast spreads - hummus • Lean meats, fish, poultry • Meals[#], especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls • Reduced fat dairy products including: <ul style="list-style-type: none"> - plain milk - flavoured milk (375mL or less) - cheese - plain and flavoured yoghurt • Plain water • Plain mineral water 	<ul style="list-style-type: none"> • Savoury breads such as garlic, herb and pizza bases • Reduced fat pastry items[#] • Frankfurts and sausages for hot dogs and/or sausage sizzles[#] • Savoury commercial products e.g. fish, chicken, potato portions, pizza[#] • Hamburger patties[#] • Processed meat e.g. ham, skin-free processed chicken • Assorted cakes/biscuits or muffins[#] • Sweet and savoury snack foods[#] • Plain dried fruit • Ice creams and icy poles[#] • Reduced fat flavoured milk (more than 375mL and less than 600mL) • High schools only: reduced fat coffee flavoured milk (375mL or less) • Full fat dairy products e.g. plain milk, yoghurt, cheese • Full fat flavoured milk (375mL or less) • 99% fruit juices (250mL or less) and no added sugar • Dairy desserts[#] e.g. reduced fat custard, ice cream and mousse (milk/milk alternative listed as first ingredient) <p align="center"><i>NOTE: Reduced fat dairy recommended for children over the age of 2 years</i></p>	<ul style="list-style-type: none"> • Full-fat pastry items • Deep fried food of any description • Sweet sandwich fillings including jam, nut spreads, honey or confectionery sprinkles • High fat sandwich meats including polony and salami • Confectionery e.g. chocolate, liquorice, cough lollies, fruit juice based jellies • Sweet or savoury snack items that do not meet the criteria e.g. potato chips • Soft drinks, cordial, sports drinks • Reduced fat flavoured milk (more than 600mL) • Reduced fat coffee flavoured milk drink (more than 375mL) • Full fat coffee flavoured milks all sizes • High caffeine drinks e.g. drinks containing Guarana • Chocolate coated and premium style ice-creams • Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices • Fruit juice (more than 250mL) and/or with added sugar or sweetener • Water flavoured with fruit juice, sugar and/or sweetener

[#]Only those meeting FOCiS/Star Choice™ nutrient criteria Effective 1 July 2017