

Healthy Food and Drink Guidelines

Policy

Childhood obesity is a serious problem both within Western Australia and nationally. When children carry too much weight and are obese they face a greater risk of immediate and long-term health and behavioural problems. There has been a community call for us all to work together to help our children become more healthy and reduce their risk of suffering serious health problems later in life. Schools, canteens and other types of food services can support healthy lifestyle choices..

Overview

Food and drinks have been rated on how good they are for you, setting the standard for all food and drink sold in public school canteens/food services. The standards make it clear what food can and cannot be sold in school canteens and food services. Many schools and food suppliers in Western Australia already know these standards and the Star Choice system operated by the Western Australian School Canteen Association (WASCA). Star Choice registered food and drinks are generally 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. The policy sets out whether a food/drink should be eaten most of the time, some of the time or only eaten outside of school with parents' approval. To make this clear, the policy uses a 'traffic light' system, similar to that used in other states where foods/drinks are categorised as GREEN, AMBER or RED.

GREEN foods and drinks

These foods/drinks should be encouraged and promoted and they should fill the canteen/food service menu. In general these foods/drinks:

- are excellent sources of important nutrients
- are low in saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kilojoules).

Examples include (but are not limited to) fruit (fresh, canned, frozen and dried), vegetables, wholegrain breads and cereals, reduced fat dairy products such as milk, yoghurt and cheese, lean meats, fish and

chicken, eggs, plain water and 100% fruit juice in small sizes.

AMBER foods and drinks

Canteen/food service menus should not be dominated by these foods and drinks. They should be limited and chosen carefully. Large serving sizes should not be used. Examples include (but are not limited to) refined cereals with added sugars, full fat dairy foods and commercial products such as Star Choice registered pastry items, snack food bars, ice-creams, cakes, muffins and fruit drinks. Food and drinks that have not been registered in the Star Choice Buyers' Guide may be used if they meet the minimum nutrient criteria for registration.

RED foods and drinks

These are called 'extra foods' in The Australian Guide to Healthy Eating. They should not be offered in schools because they:

- lack adequate nutritional value
- are high in saturated fat, and/or added sugar and/or salt
- can contribute excess energy (kilojoule)
- can contribute to tooth decay and erosion.

Examples include (but are not limited to) soft drinks, confectionery, deep fried foods and other items such as chips, chocolate coated ice-creams, cakes and muffins that do not meet the criteria for registration. Sushi, pasta meals and fried rice are suggestions of what can be used to replace the 'RED' foods. All RED food and drink were removed from the canteen by the end of Term 1, 2007.

Other Areas Affected by the Healthy Food and Drink Choices Policy

The policy applies to areas in the school where the principal is directly responsible for the supply of food and drinks, for example:

- classroom rewards
- school camps
- school excursions

Food rewards provided to students must comply with the policy including food vouchers. Rewarding with confectionery sends the wrong message and reinforces the RED foods, which are already being consumed frequently and excessively by children and young people. Using food and drinks of poor nutritional value as a reward for students contradict the messages promoted in the school curriculum. Utilising such foods may reinforce students' preferences for them and prove counterproductive to learning programs that promote healthy eating. Praise and positive reinforcement are the preferred methods in encouraging students. The following non-food rewards are recommended alternatives:

- communication with parents/carers through email or telephone contact
- appreciation certificates and merit awards
- computer time
- playing a game or puzzle
- discount vouchers
- raffle tickets

Areas Not Affected by the Healthy Food and Drink Choices Policy

Areas where the principal is not directly responsible for food supply are not part of the policy, for example, fundraising by the P & C and school fetes.

Birthday Cakes

Birthday cakes can still be brought to school on a child's birthday. This is because these foods are brought from home. The policy only applies to food and drink supplied by the school. Small serving sizes are encouraged.

Recipes Used by the Canteen

Foods made on the premises i.e. pikelets, muffins and lasagne, will be made using recipes that are lower in saturated fat and sugar. WASCAN can provide recommended recipes for the most popular items and is available to provide advice to canteens on the recipes they are currently using. The canteen will consult with the local council to see what classification the food premises has as this will affect the amount of food preparation that can be undertaken.

Reporting

As part of the school review process, the principal will report to District Director on how the school has put the policy in place. The school will also report to parents each year through the school newsletter.

Food Allergies

The school has been declared a "nut free" environment where risks are reduced to the extent possible but where all concerned recognise the need for ongoing vigilance.

Additives in Foods

Additives must meet national standards set by Food Standards Australia New Zealand. The food sold in the canteen will meet the national FOCiS nutrient criteria.

Confectionery

Confectionery includes chocolates, carob and yoghurt based confectionery, and all types of lollies such as boiled lollies, cough lollies, liquorice, lollies made from fruit juice, and jelly lollies. All confectionery falls into the RED category. Foods containing confectionery, such as chocolate chips, sprinkles and icing, cannot be registered and are therefore RED. The Star Choice Buyers' Guide may help to determine whether or not a food falls into the AMBER category.

Full-fat Milk Products

Full-fat milk products are classified as AMBER products and should be selected carefully. Reduced-fat milk products are classified as GREEN products and are healthier choices for children. The Australian Dietary Guidelines for Children and Adolescents (2003), developed by the National Health and Medical Research Council, recommends that the consumption of reduced fat milk products is encouraged in children over two years of age to reduce saturated fat intake. Full fat milk products should only be available when reduced fat products cannot be sourced.

Cooking Food at Home For Sale for Fundraising Activities

The school and parents /caregivers should be aware of food safety in relation to selling food cooked from home. All food must be handled to ensure it is safe for sale; this includes preparation, cooking, storage and transportation. Hot savoury dishes are high risk foods compared with baked products such as cakes and biscuits, and need to be handled carefully.

Fundraising Activities such as Chocolate and Lamington Drives

Fundraising activities that promote health and wellbeing are encouraged. These could include seasonal fruits e.g.. mangoes, freeze dried fruits, toothbrushes, healthy food cookbooks, sun block, nursery products. To help ensure foods used for fundraising activities are consistent with the standards for healthy food and drinks, the school can:

- provide suggestions to P & C Associations/ parents/caregivers of the types of products they wish to sell
- include products that fall into the GREEN category in the list of suggestions (e.g.. scones, fruit salad)
- provide recipes, including ideas on modifying recipes to make them healthier
- suggest home cooked products such as cakes and slices be provided in small serving sizes
- suggest home cooked products without adding extras such as jam, cream or ice-cream
- provide information on food safety.

LINKS

[Policy and Standards for Healthy Food and Drink Choices in Public Schools - Information for Schools](#)

Progress towards implementation of the policy and standards for healthy food and drinks sold in public schools

Component		Progress towards implementation of the policy and standards for healthy food and drinks sold in public school canteens		
Canteen Policy	Developing	Developed	Highly developed	
Each school is required to have a written school canteen policy that complies with the Department of Education and Training's Healthy Food and Drinks Policy (DET policy).	<input type="checkbox"/> Canteen Committee ¹ with representation from the whole school community, including students, parents and teachers is part of the decision making process for the canteen menu. Canteen policy aligns with the DET Nutritional Policy.	<input type="checkbox"/> Canteen Committee ¹ with representation from the whole school community, including students, parents and teachers is part of the decision making process for the canteen menu. Canteen policy aligns with the DET Nutritional Policy. School has a coordinated whole of school approach to promote health ie school health committee and school policy to promote health.	<input type="checkbox"/> Canteen Committee ¹ with representation from the whole school community, including students, parents and teachers is part of the decision making process for the canteen menu. Canteen policy aligns with the DET Nutritional Policy. School has a coordinated whole of school approach to promote health ie school health committee and school policy to promote health. School works in partnership with the community and associated professionals (school nurses and health promotion officers) to promote health.	
Skills and knowledge	Developing	Developed	Highly developed	
Canteen supervisor and/ or employer (e.g. P&C representative) has received training and achieved competencies in nutrition (incorporating DET policy), food safety and hygiene and canteen management.	<input type="checkbox"/> Participation in 'traffic light' training.	<input type="checkbox"/> Participation in 'traffic light' training and food service/hospitality industry experience.	<input type="checkbox"/> Participation in TAFEWA School Canteen Management Course or qualified cook/chef.	
Canteen menu	Developing	Developed	Highly developed	
Food and drinks supplied through the school canteen comply with DET policy.	<input type="checkbox"/> 60% Green 40% Amber (Shown by menu choices)	<input type="checkbox"/> 75% Green 25% Amber (Shown by menu choices)	<input type="checkbox"/> 85% Green or more 15% Amber (Shown by menu choices)	

Component	Progress towards implementation of the policy and standards for healthy food and drinks sold in public school canteens		
School community involvement	Developing	Developed	Highly developed
<p>Students, parents and teaching staff contribute to the canteen's promotion of healthy eating.</p>	<p style="text-align: right;"><input type="checkbox"/></p> <p>Canteen policy aligns with the DET policy.</p> <p>School newsletter includes at least 1 newsletter communication per term on healthy eating and the school's canteen policy.</p>	<p style="text-align: right;"><input type="checkbox"/></p> <p>Canteen policy aligns with the DET policy.</p> <p>School newsletter includes at least 2 newsletter communications per term on healthy eating and the school's canteen policy.</p>	<p style="text-align: right;"><input type="checkbox"/></p> <p>Canteen policy aligns with the DET policy.</p> <p>School newsletter includes more than 2 newsletter communications per term on healthy eating and the school's canteen policy.</p>
Food safety & hygiene	Developing	Developed	Highly developed
<p>Safe food means that it is prepared, cooked, transported and served in such a way as to retain nutrients and to minimise bacterial contamination and growth.</p> <p>Note: Compliance with the Health Act 1911 (WA) and the Health (Food Hygiene) Regulations 1993 (WA) is mandatory. Each canteen needs to comply with the requirements of its food premises classification according to the Health (Food Hygiene) Regulations 1993 (WA). The Food Bill 2005 will enact the Australia New Zealand Food Standards Code (Food Safety Standards).</p>	<p style="text-align: right;"><input type="checkbox"/></p> <p>All staff (paid and volunteer) have completed the FoodSafe Food Handler Training Program or its equivalent.</p>	<p style="text-align: right;"><input type="checkbox"/></p> <p>All staff (paid and volunteer) have completed the FoodSafe Food Handler Training Program or its equivalent.</p> <p>Person in charge of the canteen is to have undertaken a higher level of accredited training.</p>	<p style="text-align: right;"><input type="checkbox"/></p> <p>All staff (paid and volunteer) have completed the FoodSafe Food Handler Training Program or its equivalent.</p> <p>Person in charge of the canteen is to have undertaken a higher level of accredited training.</p>