

South Padbury Primary School Healthy Food and Drink Policy



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

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.

School-Based Healthy Food and Drinks

South Padbury Primary School will promote healthy eating within the school community and implement the following school-based policy provisions for healthy food and drinks:

- 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 (no more than twice per term), in small amounts, only when it is essential to the learning program and when parents have been previously notified.
- Parents will be notified of any class party or food-based class reward events beforehand.
- 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 Drink in Public Schools Policy and Procedures are implemented.
- Parents and Citizens' Association fundraising is exempt from the requirement to only use 'green' and 'amber' food and drinks however consistent messages are encouraged.

Birthdays and Christmas

Teachers take great pride in making children feel special on their birthday and parents are not required to send birthday food treats to school. Due to a growing number of students with allergies and other health concerns any treats sent to school for whole class consumption must be individual in nature and not shared (birthday cake).

If parents are considering sending birthday food treats to school for whole class consumption, please check with the class teacher beforehand. Parents of students with allergies or intolerances are welcome to provide the class teacher with suitable treats that can be given to their child when birthday treats are not suitable. Birthday food treats will be handed out at the end of the school day and students will be asked to consume them once at home.

The school requests parents refrain from sending bags of candy canes and chocolate Christmas treats for whole class distribution at the end of Term 4.

School Canteens

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 Drink in Public Schools 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
- Only offers savoury commercial products that are 'amber' foods a maximum of twice per week; and
- 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).

Helpful Links

Health Department of WA Classification of Food and Drink

https://www.health.wa.gov.au/~media/Files/Corporate/general%20documents/HealthyOptions/PDF/160420_Colour_Classification.pdf

Department of Education WA Healthy Food and Drink (What's on the menu)

<https://www.education.wa.edu.au/dl/7112114>

Healthy Food for Kids

https://www.healthywa.wa.gov.au/Articles/F_I/Food-for-kids

Healthy Lunch Box Ideas

<https://www.kidspot.com.au/kitchen/recipes/collections/healthy-lunch-box-recipes>

Allergy Aware Resource Hub

<https://www.allergyaware.org.au>

Australian Guide for Healthy Eating

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

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