



HEALTHY FOOD AND DRINK POLICY

RATIONALE

The Healthy Food and Drink Policy was developed as part of the Australian Better Health Initiative. The policy is based on the premise that healthy food and drink choices can be supported and promoted by school canteens/ food services. The policy applies to all food and drink provided to students in the school setting, i.e. canteens, contracts with food providers/road houses, school rewards, camps, fundraisers and excursions

PURPOSE

To guide Miling Primary School staff and students in regards to the choices made when ordering lunch, in the classrooms and on excursions.

MILING PRIMARY SCHOOL'S HEALTHY FOOD AND DRINK POLICY:

- is underpinned by the Australian Dietary Guidelines, the Australian Guide to Healthy Eating and the Health Promoting Schools Framework
- is compliant with the Department of Education's *Healthy Food and Drink* policy, which follows the *Traffic Light System*
- applies to classroom rewards, cooking activities, school camps and excursions
- applies to all operators of a canteen or tuckshop including Parents and Citizens' Associations, external contractors and local caterers/shops that provide a food service to the school

IMPLEMENTATION:

The school recognises the 'Traffic Light System' (see Education Department's Healthy Food and Drink Policy) as a way of defining the health status of food. The categorising system should be considered when introducing foods into the school.

The role of staff:

- Introduce regularly, via the curriculum, information about making healthy food choices
- To consider the following statement from the Education Departments' Healthy Food and Drink Policy before making the choice of introducing foods;
'Red' foods should only be included as part of the curriculum in line with the Australian Guide to Healthy eating, that is, on limited occasions and in small amounts across the course of study. Including the preparation and presentation of 'red' foods can indirectly promote consumption of these foods and should be avoided where possible.
- To consider alternatives to 'red' foods when rewarding students
- Provide information to parents regarding healthy food choices and making them aware of the *Traffic Light System* and how it works

The role of parents:

- To support the school, where possible, in our attempts to maintain a policy of healthy food and drink choices

The role of Miling General Store:

- Provide a food service to students and staff that meets their nutritional needs, promotes healthy food, is part of a whole school approach, and is affordable and financially sustainable
- Reinforce nutrition messages being taught in the classroom by modelling healthier food and drink choices that are tasty, interesting and affordable. This has the potential to influence food choices by students at school and in the wider community, and help to equip students with the knowledge to continue to make healthy choices throughout their adult lives.

WHOLE SCHOOL APPROACH

Miling Primary School and Miling General Store will work together to support healthy eating. Adopting a whole school approach, consistent messages can be promoted through the curriculum and social and physical environments. We will adopt a whole school approach to promote healthy lifestyles through the following:

- Daily fitness programs
- Newsletter communications on healthy eating and/or health promoting messages
- Non-food related fundraising initiatives
- School kitchen garden
- Crunch & Sip Program
- Jump Rope for Heart – held every second year
- Cooking activities (green foods)
- Curriculum links – Art, Humanities and Social Sciences, Science

MENU PLANNING

Miling General Store's menu will:

- provide a set menu for students to order from, that will be colour coded according to the traffic light system
- include a minimum of 55% green menu choices
- include a maximum of 30% amber menu choices
- include a maximum of 15% red menu choices

Healthy eating at Miling Primary School will be supported by:

- having available every day and promoting a wide range of the foods that should make up the majority of a healthy diet (GREEN)
- offering a range of foods and taking into consideration Australia's multicultural society.

FOOD SAFETY AND HYGIENE

The *Food Act 2008 (WA)* and the *Food Regulations 2009 (WA)* require that:

- all food services apply for registration with the local council as a food business (a fee may be applicable);
- schools notify the local council prior to conducting a charitable or community event involving food (ie a cake stall or sausage sizzle); and
- food prepared for sale is only made in approved premises, for example a food business approved by the appropriate enforcement agency. Food prepared in a home that has not been approved as a food business must not be sold in a canteen.

DISTRIBUTION OF THE POLICY/GENERAL POLICY ISSUES

- A copy of the current Healthy Food and Drink Policy (signed and dated) will be provided to all canteen/food service committee members
- The Healthy Food and Drink Policy will be provided to the Parents and Citizens' Association for endorsement
- This policy shall not be added to, or amended, except at an official School Board Meeting; and then only with the approval of the majority of those present and entitled to vote
- This policy will be reviewed annually by Miling Primary School's School Board and suggested amendments will be forwarded to the Parents and Citizens' Association.

REVIEW

A review of this policy will occur every two years to ensure alignment with the Department of Education's Healthy Food Requirements and Policies. This review will also take into account new products that become available.

SCHOOL BOARD ENDORSED 2015