

Newborough Primary School

Healthy Food and Drinks Policy

Rationale:

The Government of Western Australia, in an attempt to address the issue of childhood obesity, has responded to community concerns by developing a “*Healthy Food and Drink Choices in Schools Policy*”. The premise of this policy is that schools, canteens and other types of food services can support healthy lifestyle choices. Schools can play a vital role in helping to reduce the worldwide epidemic of childhood obesity resulting from poor choices in food and drink. Schools can teach and model good nutrition messages in classroom programs and by whole school modelling of healthy choices through the canteen, educational programs, cooking, lunches and special events.

Areas of Application:

- Management and sale of foods and drinks in the canteen will meet the guidelines of the DOE **Healthy Food and Drink Guidelines** and will be guided by the Newborough Primary School Canteen Policy. *(To be developed)*
- Classroom rewards will not include any food or drinks which fall into the Red category of the attached **Healthy Foods and Drinks Guidelines**.
- Class parties, functions and cooking which are coordinated by staff will be organised to ensure that food, drinks and ingredients emphasise the Green and Orange categories. Teachers will use these activities to emphasise healthy choices.
- Special Events and Camps will be coordinated to emphasise food and drinks from the Green and Orange categories of the **Healthy Food and Drink Choices**.
- One off events like birthdays, Easter and Christmas are often celebrated with “treat foods”. Where parents wish to provide “treats” they need to be healthy treats that fit into the Green and Orange categories. For example: fruit/vegetable platters, cakes, muffins and biscuits with reduced fat and sugar.
- Staff will not distribute ‘treats’ which are Red category items to students. This includes confectionery, high fat/sugar pastry and snack foods. For example: lolly bags for birthdays or assemblies.

Supporting School Activities

- Explicit teaching of the Green, Amber and Red Groups and encouraging children and parents to choose appropriately.
- Parent information to be provided to support Healthy Food and Drink Choices.
- Distribution of Policy and DoE promotional material.

GREEN – FILL THE MENU – Encourage and promote.

These are EVERYDAY choices: 85% of the menu

- Fruit, preferably fresh but may include frozen, canned (in natural juice)
- Vegetables and legumes, fresh, e.g. stuffed potatoes, corn-on-cob, or canned varieties e.g. baked beans, 3 bean mix. Salads (using reduced fat dressings only), all salad mixes
- Cereal foods – wholegrain cereals, pasta, noodles, rice
- A variety of bread types including wholegrain and/or wholemeal
- A variety of sandwich/roll fillings that are all available with salad, e.g. egg, reduced fat cheese, skin-free chicken, tuna, lean meats, yeast spreads, hommus
- Lean meats, fish, poultry and alternatives e.g. skin-free chicken meat, lean meats, fish (tuna, salmon, sardines)
- Reduced fat dairy products including plain milk (no serve size restriction), flavoured milk (less than 375mL), cheese and yoghurt
- Plain water, plain mineral water

AMBER – Select carefully. Do not let these foods dominate the menu and choose small serves.

These are LIMITED: 15% of the menu

- Registered cereals with added sugars*
- Registered reduced fat pastry items*
- Hot dogs made using registered frankfurts*
- Registered sausages for sausage sizzles or special events organised by the canteen*
- Registered savoury commercial products, e.g. fish, chicken, potato portions, pizza*
- Registered hamburger patties*
- Registered assorted cakes/biscuits or muffins*
- Registered sweet and savoury snack foods*
- Registered ice-creams/icy poles*
- Reduced fat flavoured milks (greater than 375mL)
- Full fat dairy foods, e.g. milk, yoghurt, low fat dairy desserts, cheese
- Fruit juices – small sizes (250mL or less) and no added sugar

NOTE: Full fat dairy products cannot be registered. Reduced fat dairy products are recommended for children over the age of 2 years. Only choose the full fat varieties if reduced fat is not available.

RED – OFF THE MENU NOT AVAILABLE

- Full-fat pastry items of any description
- 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 (including liquorice, cough lollies, and fruit juice based jellies) and/or sweet or savoury snack items not approved by WASCA or FOCIS
- Chocolate confectionery
- Soft drinks, cordial, sports drinks
- High caffeine drinks (eg drinks containing Guarana)
- Chocolate coated and premium style ice creams
- Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices
- Fruit juices – large sizes (250mL or greater).
- Water flavoured with 100% fruit juice