

## SETTLERS PRIMARY SCHOOL

### ***POLICY AND STANDARDS FOR HEALTHY FOOD AND DRINK CHOICES***



#### ***BACKGROUND:***

Childhood obesity is now recognised as a worldwide epidemic which must be addressed as a priority. Many parts of our community are playing an active role in reducing childhood obesity and schools can—and indeed must—play a vital role. Schools and their canteens are well placed to support healthy eating. They should reinforce nutrition messages being taught in the classroom by modelling healthy food and drink choices that are tasty, interesting and affordable.

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.

This policy details Settlers Primary School’s response to the Government policy and should be read in conjunction with the “Settlers Primary School Canteen Policy”.

#### ***POLICY:***

##### ***Policy Scope***

- The policy applies to all operators of a canteen or tuckshop on public school sites including Parents & Citizens’ Associations (P&Cs), external contractors and local caterers/shops that provide food services to schools. The policy is to be implemented by all canteen operators or negotiated as part of new or existing food service contracts.
- 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.
- A 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.
- Food and drink that is supplied during classroom or learning activities or as part of school events will be consistent with the *Policy and Standards for Healthy Food and Drink Choices in Public Schools*. Food and drink supplied will predominately be “Green” foods under the Traffic Light System with

limited choices being made from food and drink in the “Amber” category. Food and drink that falls in the “Red” category will not be supplied to students. (See examples of Green , Amber and Red foods below.)

### ***The School Canteen***

- The role of the school canteen is to 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.
- Making a profit is a secondary objective and should be achieved through the sale of healthy foods.
- School canteens must reinforce nutrition messages being taught in the classroom by modelling healthy food and drink choices that are tasty, interesting and affordable. They have 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 policy will contain full details of its compliance with the *Policy and Standards for Healthy Food and Drink Choices in Public Schools*.

### ***Reporting on Progress***

- Schools are to demonstrate compliance through the principal when required, and report annually to parents via the school newsletter.
- As required, schools will need to demonstrate they have a nutritional policy for their school canteens and they have reached the minimum standard on the canteen rating system. The criteria in the rating system provide a means for easily demonstrating system compliance and in reporting to parents

### ***Examples of Foods under the Traffic Light System***

The table below provides examples of GREEN, AMBER and RED foods under the new traffic light system for WA public schools. This is not the entire list of available foods. Nuts and nut spreads do not appear in the table. (See the school's Severe Allergic Reaction Risk Management Policy)

<b>GREEN</b>	<b>Examples</b>
Fill the menu	
Breads	A variety of bread types
Cereal foods	Wholegrain cereals, pasta, noodles, rice
Vegetables	Vegetables and salads (reduced fat dressing only), all salad mixtures
Fruit	Fresh, frozen and tinned (in natural juices)
Legumes	Tinned (eg bean mix, kidney beans), cooked
Reduced fat dairy products	Reduced fat: milk (plain and flavoured), yoghurt (fresh, frozen, plain or fruit), cheese
Lean meat, fish, poultry and alternatives	All lean meats, chicken (no skin) or registered meats,* fish (eg tuna, salmon, sardines), and egg
Sandwich fillings	All lean meats, lean chicken, fish, creamed corn/corn kernels, egg, canned spaghetti (reduced salt), salads, baked beans, low fat cheese, hummos, vegemite, yeast spreads and fish spreads*
Hot food	Jaffles/hot rolls/toasted sandwiches (fillings as for sandwich fillings), baked potatoes, rice, soups, toast, English muffins, crumpets (wholemeal), raisin toast, and meals meeting the criteria for registration such as curry and rice and pasta dishes
Snacks	Yoghurt, scones, raisin or fruit bread, pikelets, cheese sticks, bread sticks, bruschetta, water crackers, rice cakes, rice crackers, popcorn (plain/low fat/flavoured), dried fruit, seed packs, trail mix based on breakfast cereals, registered snacks*
Drinks	Water, reduced fat milk, fresh fruit milkshakes, soy, 100% fruit juice (small size), plain mineral water
<b>AMBER</b>	<b>Examples</b>
Select carefully and limit	
Breakfast cereals	Refined cereals with added sugars
Full fat dairy foods	Milk, yoghurt, custard, low fat dairy desserts and cheese
Savoury commercial products	Registered products such as ovenable fish/chicken/potato portions should be chosen because they are lower in fat/salt*
Snack foods bars	Registered products such as breakfast bars, cereal bars and fruit bars*
Savoury snacks	Registered products such as oven baked vege chips, garlic or herb bread (lightly spread)*
Cakes, muffins and sweet biscuits	Registered products such as cakes, muffins and biscuits (reduced fat and/or sugar and based on wholemeal flour)*
Ice-creams, ice blocks, fruit based icepops, slushies	Registered ice-creams, milk based ice confectionery, frozen yoghurts and rice cream*
Drinks	Fruit drinks, mineral waters flavoured with fruit juice, low joule cordials
<b>RED</b>	<b>Examples</b>
Off the menu	
Sugar and artificially sweetened drinks	Soft drinks, artificially sweetened soft drinks, energy drinks, cordials, sports drinks and mineral waters flavoured with sugar, high caffeine drinks (eg drinks containing guarana)
Confectionery	All types, caramelised popcorn
Pastry items	All types that do not meet the criteria for registration
Sandwich meats	High fat sandwich meats including polony (devon) and salami
Deep fried foods	All types
Savoury snacks	Crisps, chips and other similar products that do not meet the criteria for registration
Ice-creams	Chocolate coated and premium ice-creams
Sandwich fillings	Honey, jam, chocolate spreads, confectionery sprinkles
Cakes, muffins and sweet pastries	Croissants, doughnuts, cream filled buns/cakes, sweet pastries, slices