



Falls Road Primary Independent Public School

Challenge the Present – Create the Future

HEALTHY FOOD AND DRINK POLICY

Introduction

Children's energy needs for a busy day at school require them to eat a variety of foods. Children will have the best chance of getting all the nutrition they need if they are offered a variety of tasty and healthy foods every day.

Over their schooling life children can consume up to 2500 meals. Therefore it is crucial that these meals are nutritious, whether brought from home or purchased from the school canteen or supply services. All meals should reflect healthy food choices (*Department of Education Healthy Food and Drink Choices Factsheet, WA 2016*).

This policy outlines the requirements for the supply of food and drinks at the school and aligns with the Department of Education's *Healthy Food and Drink* policy, for Western Australian schools.

The policy applies to all operators including the P&C Association and external contractors that provide a food service to the school. The policy also applies to all areas in the school where food and drinks are supplied.

Aim




The school canteen/food service aims to reinforce nutrition and healthy activity messages being taught in the classroom to promote healthy lifestyles, 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.

Food providers will support healthy eating by having available and promoting a wide range of the foods that should make up the majority of a healthy diet. Consideration will be given to healthier alternatives and avoiding large serving sizes of foods that should be eaten in moderation. Food that does not meet minimum nutrient criteria should not be available.

Implementation

The 'traffic light' system is to be used to help plan menus full of healthy, nutritious and affordable food and drinks, across the school. This system complies with the *new standards* for foods.

The new standards require that foods in the:

-  GREEN are encouraged. Schools should aim to **fill their menus** with these healthy foods.
-  AMBER foods should be **selected carefully** and eaten in moderation.
-  RED food and drinks are **off the menu** and will not be available in public schools.

GREEN



Fill the Menu

Breads	A variety bread types
Grains	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 Items	Reduced fat: milk (plain and flavoured), yoghurt (fresh, frozen, plain or fruit), cheese
Sandwich Fillings	All lean meats, lean chicken, fish, creamed corn/corn kernels, egg, canned spaghetti (reduced salt), salads, baked beans, low fat cheese, hommos, 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, plain mineral water

AMBER



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 Foods	Oven baked fish/chicken/ potato portions, chosen because they are lower in fat/salt*, vege chips, garlic or herb bread (lightly spread) *
Snack Foods Bars	Registered products such as breakfast, cereal and fruit bars *
Fruit	Dried fruit
Frozen Treats	Registered ice-creams, milk based ice confectionary, frozen yoghurts and rice cream *
Drinks	Fruit juice that is 100% fruit juice (250mls or less)

RED



Off the Menu

Sugar & Artificially Sweetened Drinks	Soft drinks, artificially sweetened soft drinks, energy drinks, cordials, sports drinks, flavoured mineral water, high caffeine and guarana.
Confectionery	All types, caramelised popcorn
Pastry items	All types such as eclairs, cream puffs and strudels
Sandwich Fillings	High fat sandwich meats including polony or salami/ Honey, jam, chocolate spreads, confectionary sprinkles
Deep Fried Foods	All types
Savoury Snacks	Crisps and chips or similar products
Frozen Treats	Chocolate coated and premium ice creams
Sweet Treats	Croissants, doughnuts, cream filled buns/ cakes, sweet pastries, slices

Parents are encouraged to also use the GREEN, AMBER, RED traffic light system at home.