



# ALBANY SENIOR HIGH SCHOOL

## Healthy Food and Drink Policy and Procedures

VERSION 2 ENDORSED AUGUST 2017



## Rationale

The Department of Education (the Department) promotes student health, manages student health care needs and identifies and minimises health risks, within the context of the schools' resources and the assistance available from specialist services.

## Background

The provision of health care is necessary to promote and maintain the health and wellbeing of all students. Health care provision includes;

- promoting the health, safety and welfare of all students;
- managing the health care needs of students who require health care support while under the school's supervision;
- informing and preparing staff to manage student health care needs, and respond to health emergencies; and
- providing staff with access to advice, resources and training when planning to meet the health care needs of students.

Schools and their canteen or food service are well placed to support healthy eating and in fact have a vital role to play in helping to reduce the worldwide epidemic of childhood obesity.

Children should eat a wide range of foods so that they have the energy for learning and growing. A 'traffic light' system is in place to help public schools plan menus full of healthy, nutritious and affordable food and drinks.

The new standards require that foods in the:



GREEN food and drinks are encouraged. Schools should aim to fill their menus with these healthy foods.



AMBER food and drinks should be selected carefully and eaten in moderation.



RED food and drinks are off the menu and will not be available in public schools.

Nutrition and physical activity messages are being taught in the classroom to promote healthy lifestyles. The standards for healthy food and drink choices in public schools are consistent with these curriculum messages and apply to canteens and food services, class treats and cooking activities, school camps and excursions.

Parents are encouraged to use the GREEN, AMBER and RED system at home too.

## **Scope**

This policy applies to all staff at Albany SHS and the Healthy Food Policy relates to the following:

- Only food that complies with the appropriate department standards is to be sold in the canteen. See Appendix 1
- Teachers are to encourage the eating of healthy food. Hence, the ban on cake breaks is not just against eating food in classrooms, it is about encouraging students to eat healthy food.
- Whilst the P&C can sell chocolates as a fund raising initiative, these chocolates cannot be sold to students on the school site during school hours.

## Appendix 1

### School Canteen Traffic Light Tables



## What's on the menu in WA school canteens?



<p><b>GREEN - FILL THE MENU</b>                      Minimum 60%                      Encourage and promote                      EVERYDAY choices</p>	<p><b>AMBER - SELECT CAREFULLY</b>                      Maximum 40%                      Do not let these foods dominate the                      menu and choose small serves</p>	<p><b>RED — OFF THE MENU</b>                       NOT AVAILABLE</p>
<ul style="list-style-type: none"> <li>• Cereal foods — wholegrain cereals, pasta, noodles, rice, cous cous, quinoa</li> <li>• A variety of bread types including wholegrain/ wholemeal</li> <li>• Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, garden salads, potato salad, coleslaw (using reduced fat dressings )</li> <li>• Fruit, fresh and frozen, whole, fruit salad, sliced fruit</li> <li>• Fruit canned in natural juice</li> <li>• A variety of sandwich/roll fillings, preferably served with salad e.g.                             <ul style="list-style-type: none"> <li>- egg</li> <li>- reduced fat cheese</li> <li>- tuna, canned in spring water or brine</li> <li>- lean meats i.e. roast beef</li> <li>- yeast spreads</li> <li>- hummus</li> </ul> </li> <li>• Lean meats, fish, poultry</li> <li>• Meals<sup>#</sup>, especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls</li> <li>• Reduced fat dairy products including:                             <ul style="list-style-type: none"> <li>- plain milk</li> <li>- flavoured milk (375mL or less)</li> <li>- cheese</li> <li>- plain and flavoured yoghurt</li> </ul> </li> <li>• Plain water</li> <li>• Plain mineral water</li> </ul>	<ul style="list-style-type: none"> <li>• Savoury breads such as garlic, herb and pizza bases</li> <li>• Reduced fat pastry items<sup>#</sup></li> <li>• Frankfurts and sausages for hot dogs and/or sausage sizzles<sup>#</sup></li> <li>• Savoury commercial products e.g. fish, chicken, potato portions, pizza<sup>#</sup></li> <li>• Hamburger patties<sup>#</sup></li> <li>• Processed meat e.g. ham, skin-free processed chicken</li> <li>• Assorted cakes/biscuits or muffins<sup>#</sup></li> <li>• Sweet and savoury snack foods<sup>#</sup></li> <li>• Plain dried fruit</li> <li>• Ice creams and icy poles<sup>#</sup></li> <li>• Reduced fat flavoured milk (more than 375mL and less than 600mL)</li> <li>• High schools only: reduced fat coffee flavoured milk (375mL or less)</li> <li>• Full fat dairy products e.g. plain milk, yoghurt, cheese</li> <li>• Full fat flavoured milk (375mL or less)</li> <li>• 99% fruit juices (250mL or less) and no added sugar</li> <li>• Dairy desserts<sup>#</sup> e.g. reduced fat custard, ice cream and mousse (milk/milk alternative listed as first ingredient)</li> </ul> <p><i>NOTE: Reduced fat dairy recommended for children over the age of 2 years</i></p>	<ul style="list-style-type: none"> <li>• Full-fat pastry items</li> <li>• Deep fried food of any description</li> <li>• Sweet sandwich fillings including jam, nut spreads, honey or confectionery sprinkles</li> <li>• High fat sandwich meats including polony and salami</li> <li>• Confectionery e.g. chocolate, liquorice, cough lollies, fruit juice based jellies</li> <li>• Sweet or savoury snack items that do not meet the criteria e.g. potato chips</li> <li>• Soft drinks, cordial, sports drinks</li> <li>• Reduced fat flavoured milk (more than 600mL)</li> <li>• Reduced fat coffee flavoured milk drink (more than 375mL)</li> <li>• Full fat coffee flavoured milks all sizes</li> <li>• High caffeine drinks e.g. drinks containing Guarana</li> <li>• Chocolate coated and premium style ice-creams</li> <li>• Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices</li> <li>• Fruit juice (more than 250mL) and/or with added sugar or sweetener</li> <li>• Water flavoured with fruit juice, sugar and/or sweetener</li> </ul>

<sup>#</sup>Only those meeting FOCiS/Star Choice<sup>™</sup> nutrient criteria  
 Effective 1 July 2017