The Department of Education’s Healthy Food and Drink (HFD) policy aims to:

- contribute to the health and wellbeing of students and staff
- support the Australian Dietary Guidelines and Guide to Healthy Eating
- create a supportive culture where healthy food and drink choices are valued and encouraged.

Canteen staff will:

Check off each point when completed

☐ Contribute to a whole school approach to healthy eating
☐ Advocate for HFD policy compliance by:
  1. contributing to a written policy (sample template available)
  2. promoting healthy eating to the school community e.g. newsletters, colour coded menus, theme days, green meal deals/specials
  3. ensuring traffic light training is completed
  4. ensuring FoodSafe® Food Handler Training Program (or its equivalent) is completed
  5. ensuring the canteen menu includes:

- Green - fill the menu
- Amber - select carefully
- Red - off the menu

Green = always available
Snacks and drinks = restrict
Savoury commercial items = 2 days/week

☐ Role model the consumption of healthy food and drinks (green)
☐ Develop menus based on seasonal produce and Australia’s multicultural society
☐ Provide healthy catering options for school events and staff meetings
☐ Encourage healthy fundraising activities by the parent body
☐ Actively participate in a canteen committee
☐ Engage with teachers to promote healthy food and drink classroom activities and support other programs such as Crunch&Sip; Foodbank school breakfast program; Stephanie Alexander Kitchen Garden Program.

Canteen staff will avoid:

☐ Using ‘red’ food and drinks on the canteen menu
☐ Using ‘red’ food and drinks for specials/promotions.

See checklists for Principals Teachers and Parent Bodies
### What’s on the menu in WA school canteens?

<table>
<thead>
<tr>
<th>GREEN - FILL THE MENU</th>
<th>AMBER - SELECT CAREFULLY</th>
<th>RED – OFF THE MENU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum 60%</td>
<td>Maximum 40%</td>
<td>NOT AVAILABLE</td>
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<tr>
<td>Encourage and promote everyday choices</td>
<td>Do not let these foods dominate the menu and choose small serves</td>
<td></td>
</tr>
</tbody>
</table>

- Cereal foods — wholegrain cereals, pasta, noodles, rice, cous cous, quinoa, bread
- Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix
- Fruit, fresh and frozen, whole, fruit salad, sliced fruit
- Fruit canned in natural juice
- A variety of sandwich/roll fillings, preferably served with salad e.g. egg, cheese, tuna, lean meats i.e. roast beef, yeast spreads, hummus
- Lean meats, fish, poultry
- Meals; especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls
  - Reduced fat dairy products e.g. plain milk, flavoured milk (375mL or less), cheese, plain and flavoured yoghurt
- Plain water; mineral water
- Savoury breads such as garlic, herb and pizza bases
- Reduced fat sausages for sausage sizzles
- Savoury commercial products e.g. reduced fat pies, sausage rolls, fish, chicken, potato portions, pizza
- Processed meat e.g. ham, chicken
- Assorted cakes/biscuits or muffins
- Sweet and savoury snack foods
- Plain dried fruit
- Reduced fat flavoured milk (more than 375mL & less than 600mL)
- High schools only: reduced fat coffee flavoured milk (375mL or less)
- Full fat dairy products e.g. plain milk, yoghurt, cheese, flavoured milk (375mL or less)
- 99% fruit juices (250mL or less) and no added sugar; icy pole
- Dairy desserts e.g. reduced fat custard, ice cream (milk listed as first ingredient)
- 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 (e.g. chocolate, liquorice, cough lollies, and fruit juice based jellies)
- Sweet or savoury snack items e.g. potato chips
- Soft drinks, cordial, sports drinks
- Reduced fat flavoured milk (more than 600mL)
- Reduced fat coffee flavoured milk drink (more than 375mL)
- Full fat coffee flavoured milks all sizes
- High caffeine drinks (e.g. drinks containing Guarana)
- Desserts: jelly; fruit with jelly; dairy desserts high in energy
- Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices
- Fruit juice (more than 250mL) and/or with added sugar or sweetener
- Water flavoured with fruit juice, sugar and/or sweetener

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**NOTE:** Reduced fat dairy recommended for children over the age of 2 years

<table>
<thead>
<tr>
<th>Classroom rewards</th>
<th>As above Plus non-food rewards</th>
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<tbody>
<tr>
<td></td>
<td>canteen voucher</td>
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<tr>
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<td>stationery</td>
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<td>free time</td>
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<td>books</td>
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<td>chocolates</td>
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<td>ice creams</td>
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<td>donuts</td>
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