Healthy food and drink policy
Principals Checklist

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

Principals will:

Check off each point when completed

- Contribute to a whole school approach to healthy eating
- Implement and report on the mandated HFD policy (applies to schools with and without a canteen)
- Advocate for HFD policy compliance by:
  1. contributing to a written policy (sample template available)
  2. promoting healthy eating to the school community
  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

- Advocate for healthy catering at staff meetings and events e.g. staff morning tea
- Role model the consumption of healthy food and drinks (green)
- Encourage healthy fundraising activities by the parent body (e.g. P&C)
- Encourage regular communication with canteen staff, school staff and parents
- Ensure teachers promote healthy food and drink classroom activities and support other programs such Crunch&Sip; Foodbank school breakfast program; Stephanie Alexander Kitchen Garden Program.

Principals will ensure schools avoid:

- Using ‘red’ food and drinks as classroom rewards
- Using ‘red’ food and drinks for school fundraising activities, events and excursions
- Using ‘red’ food and drinks in cooking activities (exceptions include food preparation techniques that are essential competencies of the vocational curriculum).

See checklists for Teachers, Canteen Staff 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>
</tr>
<tr>
<td>Encourage and promote</td>
<td>Do not let these foods</td>
<td></td>
</tr>
<tr>
<td>EVERYDAY choices</td>
<td>dominate the menu and</td>
<td></td>
</tr>
<tr>
<td></td>
<td>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 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

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

<table>
<thead>
<tr>
<th>Classroom rewards</th>
<th>As above</th>
<th>As above e.g.</th>
<th>As above e.g.</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Plus non-food rewards</td>
<td>99% fruit juice icy poles</td>
<td>hoodie jar</td>
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<tr>
<td></td>
<td>- canteen voucher</td>
<td></td>
<td>- chocolates</td>
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<tr>
<td></td>
<td>- stationery</td>
<td></td>
<td>- ice creams</td>
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<tr>
<td></td>
<td>- free time</td>
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<td>- donuts</td>
</tr>
<tr>
<td></td>
<td>- books</td>
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<tr>
<td></td>
<td>- yoyo’s</td>
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