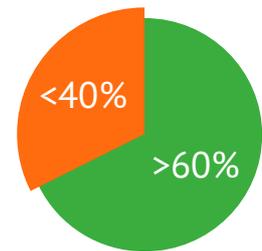


The Department of Education's Healthy Food and Drink (HFD) policy aims to:

- 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
- support a traffic light system of categorising food and drinks



Teachers will:

Check off each point when completed

- Contribute to a whole school approach to healthy eating
 - Advocate for adherence to the HFD policy
 - Advocate for healthy catering at staff meetings and events
 - Role model the consumption of healthy food and drinks (green)
 - Support the school canteen by:
 - promoting green food and drinks to students
 - link curriculum activities to the canteen e.g. multicultural days
 - encourage regular communication with canteen staff; participate in the canteen committee
 - Ensure healthy choices are included in class parties
- Link healthy eating messages to the curriculum; support other programs such as [Crunch&Sip](#); [Foodbank school breakfast program](#); [Refresh.Ed](#); [Stephanie Alexander Kitchen Garden Program](#)

Teachers will avoid:

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

What's on the menu in WA school canteens?

GREEN - FILL THE MENU Minimum 60% Encourage and promote EVERYDAY choices		AMBER - SELECT CAREFULLY Maximum 40% Do not let these foods dominate the menu and choose small serves	RED – OFF THE MENU NOT AVAILABLE
<ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> - Reduced fat dairy products e.g. plain milk, flavoured milk (375mL or less), cheese, plain and flavoured yoghurt • Plain water; mineral water 		<ul style="list-style-type: none"> • 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 • Hamburger patties • 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) <p><i>NOTE: Reduced fat dairy recommended for children over the age of 2 years</i></p>	<ul style="list-style-type: none"> • 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) • Chocolate coated and premium style ice-creams • 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
Classroom rewards	As above Plus non-food rewards <ul style="list-style-type: none"> - canteen voucher - stationery - free time - books - yoyo's 	As above e.g. <ul style="list-style-type: none"> - 99% fruit juice icy poles 	As above e.g. <ul style="list-style-type: none"> - lolly jar - chocolates - ice creams - donuts