

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

Parent Body Associations 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
 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:



- Role model the consumption of healthy food and drinks (green)
- Seek advice about running a viable canteen from [WASCA](#) and [WACSSO](#)
- Coordinate and participate in a canteen committee
- Support the school canteen by:
 - providing professional development opportunities for canteen staff
 - encouraging regular communication with canteen staff
 - encouraging parents to volunteer in the canteen
 - encouraging parents to pack healthy lunchboxes and avoid red items
 - ensuring healthy choices are included in class parties.

Parent Body Associations are encouraged to:

- Use healthy fundraising initiatives e.g. sunblock, seeds, tea towels, student art
Check out WASCA's Fundraising Kit for great ideas
- Offer a variety of healthy food and drinks choices at events e.g. plain popcorn at discos, reduced fat sausages at fetes, bottled water at sports carnivals.



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What's on the menu in WA school canteens?

<p style="text-align: center;">GREEN - FILL THE MENU Minimum 60% Encourage and promote EVERYDAY choices</p>	<p style="text-align: center;">AMBER - SELECT CAREFULLY Maximum 40% Do not let these foods dominate the menu and choose small serves</p>	<p style="text-align: center;">RED – OFF THE MENU NOT AVAILABLE</p>
<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