



Healthy food and drink policy

Canteen Checklist

See checklists for Principals, Teachers and the Parent body

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

- contribute to the health and wellbeing of students and staff by supporting the [Australian Dietary Guidelines and Guide to Healthy Eating](#)
- recognise that the health and wellbeing of our students and staff is important
- create a supportive culture where healthy food and drink choices are valued and encouraged

Schools have a very important role to play in promoting health and wellbeing to students. Principals are responsible for implementing the mandated* HFD policy (applies to schools with and without a canteen).

Canteen staff will:

- ✓ 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)
- ✓ Develop menus based on seasonal produce and Australia's multicultural society
- ✓ Promote healthy eating to the school community e.g. newsletter inserts, colour coded menus, theme days, 'green' meal deals/specials
- ✓ Provide healthy catering options for school events and staff meetings
- ✓ Encourage healthy fundraising activities by the parent body (e.g. P&C)
- ✓ Actively participate in a canteen committee and encourage regular communication with canteen staff, school staff and parents
- ✓ Engage with teachers to promote healthy food and drink classroom activities for example:
 - Implementing complimentary programs such as [Crunch&Sip](#); [Foodbank school breakfast program](#); [Refresh.Ed](#); [Stephanie Alexander Kitchen Garden Program](#).

Canteen staff will avoid:

- x Using 'red' food and drinks on the menu
- x Using 'red' food and drinks for specials/promotions.

*The HFD policy is mandated in Public (including IPS) and Catholic schools; and strongly encouraged in Independent schools.



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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 • 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 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 milk • 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

Canteen staff are reminded to visit the [WASCA website](#) regularly and follow us on [Facebook](#). New and delicious recipes are added often and the [training schedule](#) includes upcoming events, professional development dates and networking opportunities.