



# Healthy food and drink policy

## Parent Body Checklist

See checklists for Principals, Teachers and Canteen staff

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 school community is important
- create a supportive culture where healthy food and drink choices are valued and encouraged.

Principals are responsible for implementing the mandated\* HFD policy (applies to schools with and without a canteen). Schools have a very important role to play in promoting health and wellbeing to students. Parents can do this through supporting a whole of school approach to healthy eating.

## Parent Body Associations 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)
- ✓ 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 and encouraging regular communication with canteen staff
  - Support other school community programs e.g. implementing complimentary programs such as [Crunch&Sip](#); [Foodbank school breakfast program](#); [Stephanie Alexander Kitchen Garden Program](#)
  - Multicultural food days
  - Ensure 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
- 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. Check out WASCA's *Fundraising Kit* for great ideas.



\*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?

<p><b>GREEN - FILL THE MENU</b>  <b>Minimum 60%</b>            Encourage and promote  <b>EVERYDAY</b> choices</p>	<p><b>AMBER - SELECT CAREFULLY</b>  <b>Maximum 40%</b>            Do not let these foods dominate            the menu and choose small serves</p>	<p><b>RED – OFF THE MENU</b>   <b>NOT AVAILABLE</b></p>
<ul style="list-style-type: none"> <li>• Cereal foods – wholegrain cereals, pasta, noodles, rice, cous cous, quinoa , bread</li> <li>• Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix</li> <li>• Fruit, fresh and frozen, whole, fruit salad, sliced fruit</li> <li>• Fruit canned in natural juice</li> <li>• A variety of sandwich/roll fillings, preferably served with salad e.g. egg, cheese, tuna, lean meats i.e. roast beef, yeast spreads, hummus</li> <li>• Lean meats, fish, poultry</li> <li>• Meals; especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls               <ul style="list-style-type: none"> <li>- Reduced fat dairy products e.g. plain milk, flavoured milk (375mL or less), cheese, plain and flavoured yoghurt</li> </ul> </li> <li>• Plain water; mineral water</li> </ul>	<ul style="list-style-type: none"> <li>• Savoury breads such as garlic, herb and pizza bases</li> <li>• Reduced fat sausages for sausage sizzles</li> <li>• Savoury commercial products e.g. reduced fat pies, sausage rolls, fish, chicken, potato portions, pizza</li> <li>• Hamburger patties</li> <li>• Processed meat e.g. ham, chicken</li> <li>• Assorted cakes/biscuits or muffins</li> <li>• Sweet and savoury snack foods<sup>#</sup></li> <li>• Plain dried fruit</li> <li>• Reduced fat flavoured milk (more than 375mL &amp; less than 600mL)</li> <li>• High schools only: reduced fat coffee flavoured milk (375mL or less)</li> <li>• Full fat dairy products e.g. plain milk, yoghurt, cheese, flavoured milk (375mL or less)</li> <li>• 99% fruit juices (250mL or less) and no added sugar; icy pole</li> <li>• Dairy desserts e.g. reduced fat custard, ice cream (milk listed as first ingredient)</li> </ul> <p><i>NOTE: Reduced fat dairy recommended for children over the age of 2 years</i></p>	<ul style="list-style-type: none"> <li>• Deep fried food of any description</li> <li>• Sweet sandwich fillings including jam, nut spreads, honey or confectionery sprinkles</li> <li>• High fat sandwich meats including polony and salami</li> <li>• Confectionery (e.g. chocolate, liquorice, cough lollies, and fruit juice based jellies)</li> <li>• Sweet or savoury snack items e.g. potato chips</li> <li>• Soft drinks, cordial, sports drinks</li> <li>• Reduced fat flavoured milk (more than 600mL)</li> <li>• Reduced fat coffee flavoured milk drink (more than 375mL)</li> <li>• Full fat coffee flavoured milks all sizes</li> <li>• High caffeine drinks (e.g. drinks containing Guarana)</li> <li>• Chocolate coated and premium style ice-creams</li> <li>• Desserts: jelly; fruit with jelly; dairy desserts high in energy</li> <li>• Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices</li> <li>• Fruit juice (more than 250mL) and/or with added sugar or sweetener</li> <li>• Water flavoured with fruit juice, sugar and/or sweetener</li> </ul>

Parents are encouraged to support healthy eating at school by packing lunch boxes filled with healthy green items. Visit the WASCA website for [delicious recipes](#) and healthy eating tips.