



Healthy food and drink policy

Principals Checklist

See checklists for the Parent Body, 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 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).

Principals will:

- ✓ Advocate for HFD policy compliance by:
 1. ensuring a written policy is adopted ([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:



- ✓ Advocate for healthy catering at staff meetings and events e.g. morning tea 'bring a plate' celebrations
- ✓ 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 classroom activities promote healthy food and drinks, for example:
 - Implementing complimentary programs such as [Crunch&Sip](#); [Foodbank school breakfast program](#); [Refresh.Ed](#); [Stephanie Alexander Kitchen Garden Program](#)
 - Multicultural food days
 - Ensure healthy choices are included in class parties.

Principals will ensure teachers avoid:

- x Using 'red' food and drinks as classroom rewards
- x Using 'red' food and drinks for school fundraising activities and on excursions
- x Using 'red' food and drinks in cooking activities:
 - *Exceptions include food preparation techniques (e.g. deep frying and pastry making) that are essential competencies of the vocational curriculum. These techniques should only be practised until the required level of competency has been achieved.*

*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>GREEN - FILL THE MENU</p> <p>Minimum 60%</p> <p>Encourage and promote EVERYDAY choices</p>	<p>AMBER - SELECT CAREFULLY</p> <p>Maximum 40%</p> <p>Do not let these foods dominate the menu and choose small serves</p>	<p>RED – OFF THE MENU</p> <p>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 • 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

Principals are reminded the Department of Education sends a short survey annually about the HFD policy; this forms part of each schools mandatory reporting to the Department. Feedback is an important element of the HFD policy evaluation and guides ongoing WASCA services to all schools.