



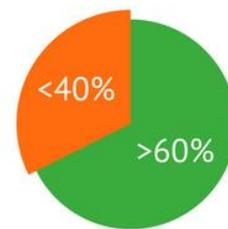
# Healthy food and drink policy

## Teacher Checklist

See checklists for Principals, Canteens 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
- support a traffic light system of categorising food and drinks



Schools have a very important role to play in promoting health and wellbeing to students. Teachers can do this through the curriculum and the positive experiences they provide. Principals are responsible for implementing the mandated\* HFD policy (applies to schools with and without a canteen).

### Teachers will:

- ✓ Advocate for adherence to the HFD policy
- ✓ 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)
- ✓ Support the school canteen by promoting green food and drinks to students; link curriculum activities to the canteen; encourage regular communication with canteen staff; participate in the canteen committee
- ✓ 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.

### Teachers will 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.



# Healthy food and drink policy

## Teacher Checklist

### What's on the menu in WA school canteens?

<p><b>GREEN - FILL THE MENU</b>  <b>Minimum 60%</b>            Encourage and promote            EVERYDAY 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>             NOT AVAILABLE</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>• Processed meat e.g. ham, chicken</li> <li>• Assorted cakes/biscuits or muffins</li> <li>• Sweet and savoury snack foods</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 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 milk</li> <li>• High caffeine drinks (e.g. drinks containing Guarana)</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>
<p>Teachers are reminded to support the HFD policy in the classroom. This includes using green and amber foods for cooking activities and classroom rewards. Alternatively, use non-food rewards:</p> <ul style="list-style-type: none"> <li>- canteen voucher</li> <li>- stationery, books, yoyo's</li> <li>- free time.</li> </ul>	<p>Avoid unhealthy food rewards:</p> <ul style="list-style-type: none"> <li>- lolly jar, lolly pops</li> <li>- chocolates</li> <li>- soft drink</li> <li>- doughnuts, cup cakes.</li> </ul>	