



Department of **Health**  
Department of **Education**



# Healthy food and drink compliance

The Department of Education's *Healthy Food and Drink* policy promotes healthy eating in schools. The policy is mandatory for all public schools (including Independent Public Schools).

[det.wa.edu.au/healthyfoodanddrink](http://det.wa.edu.au/healthyfoodanddrink)

## 1. Develop a written healthy food and drink policy

[waschoolcanteens.org.au/samplepolicy/](http://waschoolcanteens.org.au/samplepolicy/)

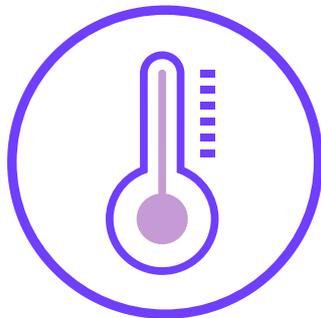
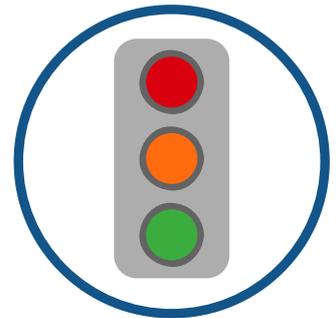


## 2. Promote healthy eating to the school community

School newsletter, website, breakfast program, healthy catering at events and meetings  
[waschoolcanteens.org.au/menus/ecanteens/](http://waschoolcanteens.org.au/menus/ecanteens/)

## 3. Complete traffic light training - online or face-to-face

[waschoolcanteens.org.au/trainings/training-schedule/](http://waschoolcanteens.org.au/trainings/training-schedule/)



## 4. Complete FoodSafe® Food Handler Training Program (or equivalent)

[eh.org.au/resources/foodsaf](http://eh.org.au/resources/foodsaf)

## 5. Canteen menu

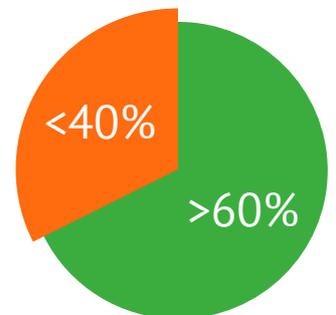
**Green - fill the menu** **Amber - select carefully** **Red - off the menu**



Green = always available



Snacks and drinks = restrict  
Savoury commercial items = 2 days/week



The Western Australian School Canteen Association Inc. provide advice, training and resources to support canteens to operate healthy and viable food businesses. Access the Star Choice™ Buyer's Guide for **green** and **amber** products: [waschoolcanteens.org.au/star-choice-program/product-database/](http://waschoolcanteens.org.au/star-choice-program/product-database/)

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🌐 [waschoolcanteens.org.au](http://waschoolcanteens.org.au)  
📘 [facebook.com/wascainc](https://facebook.com/wascainc)

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"> <li>• Cereal foods – wholegrain cereals, pasta, noodles, rice, cous cous, quinoa</li> <li>• A variety of bread types including wholegrain/ wholemeal</li> <li>• Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, garden salads, potato salad, coleslaw (using reduced fat dressings )</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.               <ul style="list-style-type: none"> <li>- egg</li> <li>- reduced fat cheese</li> <li>- tuna, canned in spring water or brine</li> <li>- lean meats i.e. roast beef</li> <li>- yeast spreads</li> <li>- hummus</li> </ul> </li> <li>• Lean meats, fish, poultry</li> <li>• Meals<sup>#</sup>, especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls</li> <li>• Reduced fat dairy products including:               <ul style="list-style-type: none"> <li>- plain milk</li> <li>- flavoured milk (375mL or less)</li> <li>- cheese</li> <li>- plain and flavoured yoghurt</li> </ul> </li> <li>• Plain water</li> <li>• Plain mineral water</li> </ul>	<ul style="list-style-type: none"> <li>• Savoury breads such as garlic, herb and pizza bases</li> <li>• Reduced fat pastry items<sup>#</sup></li> <li>• Frankfurts and sausages for hot dogs and/or sausage sizzles<sup>#</sup></li> <li>• Savoury commercial products, e.g. fish, chicken, potato portions, pizza<sup>#</sup></li> <li>• Hamburger patties<sup>#</sup></li> <li>• Processed meat e.g. ham, skin-free processed chicken</li> <li>• Assorted cakes/biscuits or muffins<sup>#</sup></li> <li>• Sweet and savoury snack foods<sup>#</sup></li> <li>• Plain dried fruit</li> <li>• Ice creams and icy poles<sup>#</sup></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</li> <li>• Full fat flavoured milk (375mL or less)</li> <li>• 99% fruit juices (250mL or less) and no added sugar</li> <li>• Dairy desserts<sup>#</sup> e.g. reduced fat custard, ice cream and mousse (milk/milk alternative 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>• Full-fat pastry items</li> <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 that do not meet the criteria 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>• Full fat flavoured milk (over 375mL)</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>

<sup>#</sup>\*Only those meeting FOCiS/Star Choice™ nutrient criteria