

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:

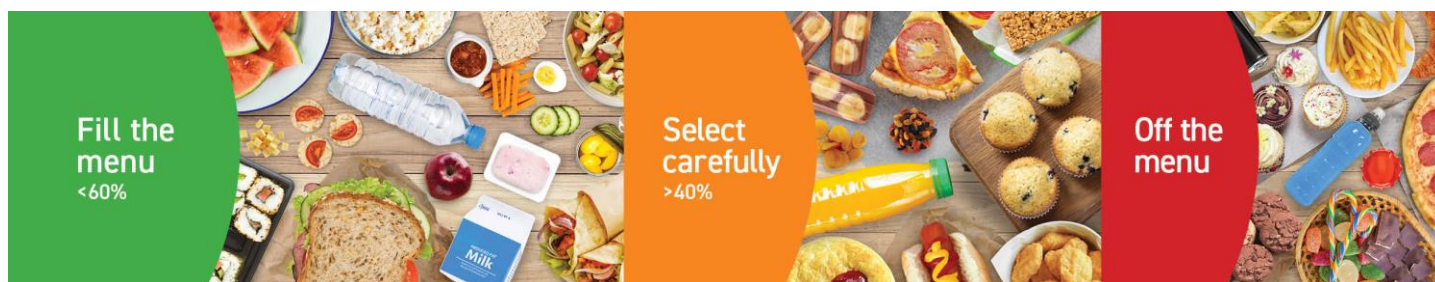
- ✓ Advocate for adherence to the HFD policy
- ✓ Advocate for healthy catering at staff meetings and events e.g. morning tea 'bring a plate' celebrations
- ✓ Role model the consumption of healthy food and drinks (green)
- ✓ Support the school canteen by promoting green food and drinks to students; link 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.

Department of Education's *Healthy Food and Drink* policy
What's on the menu in WA school canteens?



Fill the menu
 <60%

Select carefully
 >40%

Off the menu

Green food and drinks

- Cereal foods – wholegrain cereals, pasta, noodles, rice, cous cous, quinoa
- A variety of bread types including wholegrain/ wholemeal
- Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, garden salads, potato salad, coleslaw (using reduced fat dressings)
- 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
 - reduced fat cheese
 - tuna, canned in spring water or brine
 - 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
- Reduced fat dairy products including:
 - plain milk
 - flavoured milk (375mL or less)
 - cheese
 - plain and flavoured yoghurt
- Plain water
- Plain mineral water

Amber food and drinks

- Savoury breads such as garlic, herb and pizza bases
- Reduced fat pastry items[#]
- Frankfurts and sausages for hot dogs and/or sausage sizzles[#]
- Savoury commercial products, e.g. fish, chicken, potato portions, pizza[#]
- Hamburger patties[#]
- Processed meat e.g. ham, skin-free processed chicken
- Assorted cakes/biscuits or muffins[#]
- Sweet and savoury snack foods[#]
- Plain dried fruit
- Ice creams and icy poles[#]
- 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
- Full fat flavoured milk (375mL or less)
- 99% fruit juices (250mL or less) and no added sugar
- Dairy desserts[#] e.g. reduced fat custard, ice cream and mousse (milk/milk alternative listed as first ingredient)

NOTE: Reduced fat dairy recommended for children over the age of 2 years

Red food and drinks

- Full-fat pastry items
- Deep fried food
- Sweet sandwich fillings e.g. jam, honey, confectionery sprinkles
- High fat meats e.g. polony and salami
- Confectionery e.g. chocolate, liquorice, cough lollies, jellies
- Sweet or savoury snack items that do not meet the criteria e.g. potato chips
- Soft drinks, cordial, sports drinks, energy drinks
- Reduced fat flavoured milk (more than 600mL)
- Reduced fat coffee flavoured milk drink (more than 375mL)
- Full fat flavoured milk (more than 375mL)
- Chocolate coated ice-creams
- Jelly; fruit with jelly
- Croissants, cream or iced buns/cakes, doughnuts, sweet pastries, slices
- Fruit juice (more than 250mL) and/or with added sugar or sweetener
- Water flavoured with fruit juice, sugar and/or sweetener

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:

- canteen voucher
- stationery, books, yoyo's, free time.

Avoid unhealthy food rewards such as:
 lolly jar, lolly pops
 chocolates, soft drink,
 doughnuts, cup cakes.

*#*Only those meeting FOCiS/Star Choice™ nutrient criteria*