

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).

Canteen staff 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)
- ✓ Develop menus based on seasonal produce and Australia's multicultural society
- ✓ Promote healthy eating to the school community e.g. newsletter inserts, colour coded menus, theme days, 'green' meal deals/specials
- ✓ Provide healthy catering options for school events and staff meetings
- ✓ Encourage healthy fundraising activities by the parent body (e.g. P&C)
- ✓ Actively participate in a canteen committee and encourage regular communication with canteen staff, school staff and parents
- ✓ Engage with teachers to promote healthy food and drink classroom activities for example:
 - Implementing complimentary programs such as [Crunch&Sip](#); [Foodbank school breakfast program](#); [Refresh.Ed](#); [Stephanie Alexander Kitchen Garden Program](#).

Canteen staff will avoid:

- x Using 'red' food and drinks on the menu
- x Using 'red' food and drinks for specials/promotions.

*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?



Green food and drinks	Amber food and drinks	Red food and drinks
<p>Fill the menu >60%</p> <ul style="list-style-type: none"> • 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. <ul style="list-style-type: none"> - 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: <ul style="list-style-type: none"> - plain milk - flavoured milk (375mL or less) - cheese - plain and flavoured yoghurt • Plain water • Plain mineral water 	<p>Select carefully <40%</p> <ul style="list-style-type: none"> • 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) <p><i>NOTE: Reduced fat dairy recommended for children over the age of 2 years</i></p>	<p>Off the menu</p> <ul style="list-style-type: none"> • 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

[#]Only those meeting FOCiS/Star Choice™ nutrient criteria

Canteen staff are reminded to visit the [WASCA website](#) regularly and follow us on [Facebook](#). New and delicious recipes are added often and the [training schedule](#) includes upcoming events, professional development dates and networking opportunities.