

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 school community is important
- create a supportive culture where healthy food and drink choices are valued and encouraged.

Principals are responsible for implementing the mandated* HFD policy (applies to schools with and without a canteen). Schools have a very important role to play in promoting health and wellbeing to students. Parents can do this through supporting a whole of school approach to healthy eating.

Parent Body Associations 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)
- ✓ Seek advice about running a viable canteen from [WASCA](#) and [WACSSO](#)
- ✓ Coordinate and participate in a canteen committee
- ✓ Support the school canteen by providing professional development and encouraging regular communication with canteen staff
 - Support other school community programs e.g. implementing complimentary programs such as [Crunch&Sip](#); [Foodbank school breakfast program](#); [Stephanie Alexander Kitchen Garden Program](#)
 - Multicultural food days
 - Ensure healthy choices are included in class parties.

Parent Body Associations are encouraged to:

- Use healthy fundraising initiatives e.g. sunblock, seeds, tea towels, student art
- Offer a variety of healthy food and drinks choices at events e.g. plain popcorn at discos, reduced fat sausages at fetes, bottled water at sports carnivals. Check out [WASCA's Fundraising Kit for great ideas.](#)



*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?



<p>Fill the menu >60%</p>	<p>Select carefully <40%</p>	<p>Off the menu</p>
<p>Green food and drinks</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>Amber food and drinks</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>Red food and drinks</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*

Parents are encouraged to support healthy eating at school by packing lunch boxes filled with healthy green items. Visit the [WASCA website](#) for [delicious recipes](#) and [healthy eating tips](#).