

Western Australian School Canteen Association Inc.



Supporting healthy choices

Kindy orientation video resource support

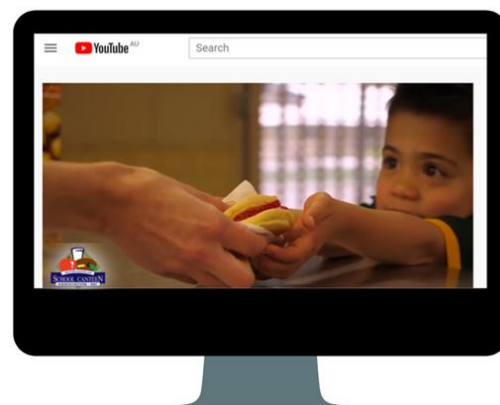
The Western Australian School Canteen Association Inc. (WASCA) is contracted to support schools to implement the Department of Education's Healthy Food and Drink (HFD) policy. The HFD policy is based on a traffic light system of categorising foods; Red foods are off the menu, amber foods should be selected carefully and green foods and drinks should fill the menu. The HFD policy aims to create a healthy food environment in schools. It does not apply to lunch boxes, however parents are encouraged to support the policy and their children's health by not sending red foods such as lollies, chocolates and chips to school.

WASCA recognises that:

- parents can build good life long eating habits in their children from an early age
- children **and** teachers benefit when children consume nutritious wholesome food while at school
- children who eat well have the ability to focus, to learn, to play and to interact with others.

WASCA has delivered or facilitated delivery of kindy orientation presentations across WA since term four, 2011, reaching over 30,000 families. In the past seven years WASCA has engaged with others such as School Nurses and Health Professionals, teachers and canteen staff in metro and regional areas to deliver these sessions on WASCA's behalf. This has increased the overall reach of the sessions dramatically.

To ensure consistency and provide additional support we are encouraging the use of the **Kindy orientation video**. This seven-minute video can be played at Kindy orientations to support and encourage parents to provide healthy choices for their children. The video is complemented by support resources such as the Packed with Goodness booklet and ABCD poster. In 2020 WASCA distributed 2,583 booklets in support of the video that was played via our Youtube channel over 1,200 times.



To access the video [click here](#) or go to <https://www.waschoolcanteens.org.au/schoolcommunity/parents/>

To order support resources email Sophie.nolan@education.wa.edu.au using the template below.

School name:	
Postal Address:	
Contact details (person ordering resources):	
Role (person ordering resources):	
Resource	Quantity
Packed with goodness booklet (i.e 1 per new family)	
ABCD poster (i.e. 1-2 per kindy class)	
Traffic light poster (i.e. 1-2 per kindy class)	
You Deserve the best posters for the school grounds	