



Jarrahdale Primary School Healthy Food and Drink Policy

Note: It is a requirement for compliance with the Department of Education's Healthy Food and Drink policy that schools have a written Healthy Food and Drink policy.

The Australian Dietary Guidelines and the Australian Guide to Healthy Eating establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

Our *Healthy Food and Drink* policy:

- Is underpinned by the Australian Dietary Guidelines, the Australian Guide to Healthy Eating and the Health Promoting Schools Framework.
- Is compliant with the Department of Education's *Healthy Food and Drink* policy.
- Applies to classroom rewards, cooking sessions and other cooking activities, school camps and excursions.
- Applies to all food service providers including Parents and Citizens' Associations, external contractors and local caterers/shops that may provide a food service to the school. It also applies to food service providers that are fundraising to benefit the school and are using the school's branding to do so.

Role of our weekly morning tea fundraiser¹

This morning tea service will:

- Provide a food service to students and staff that meets their nutritional needs, promotes healthy food, is part of a whole school approach that reflects the whole school philosophy, is affordable financially sustainable, and produced locally where possible.
- Reinforce nutrition messages being taught in the classroom by modelling healthier food and drink choices that are tasty, interesting, and affordable. This has the potential to influence food choices made by students at school and in the wider community, and help to equip them with the knowledge to continue making healthy choices throughout their adult lives.

Menu planning²

The fundraising morning tea menu will:

- Include a minimum of 2 GREEN menu choices³
- Include a maximum of 1 AMBER menu choices⁴
- Not make available RED menu choices, ie food and drinks that do not meet specified minimum nutrient criteria⁵

¹ *Note: It is a requirement for compliance with the Department of Education's Healthy Food and Drink policy that canteen/food service managers/supervisors and/or employers (for example, Parents and Citizens' Association representatives or food service owners) have completed 'traffic light' training or a higher standard of training.*

² *Note: It is a requirement for compliance with the Department of Education's Healthy Food and Drink policy that the menu is made up of a minimum of 60% 'green' choices.*

³ GREEN menu choices must make up a minimum of 60%. Source: Department of Education's *Healthy Food and Drink* policy

⁴ AMBER menu choices must not exceed 40%. Source: Department of Education's *Healthy Food and Drink* policy

⁵ Source: Department of Education's *Healthy Food and Drink* policy

Healthy eating at Jarrahdale Primary School will be supported by:

- Having available and promoting, during every cooking session, a wide range of the foods that should make up the majority of a healthy diet (GREEN);
- Changing the cooking and morning tea fundraiser menu according to the summer and winter seasons.
- Offering a range of seasonal foods and taking into consideration Australia's multicultural society.
- Sourcing food and drinks that are produced locally (where possible), are not overly processed, do not contain additives, have low food miles and do not significantly contribute to the amount of waste that the school sends to landfill.
- Staff modelling healthy eating choices where possible.

Whole school approach

Childhood obesity is now recognised as a world-wide epidemic⁶. To help combat this concerning trend, Jarrahdale Primary School supports healthy eating. By adopting a whole school approach consistent messages can be promoted through the curriculum, social, and physical environments.

We will adopt a whole school approach to promote healthy lifestyles through the following;

- newsletter communications (at least 1 per term) on healthy eating and/or health promoting messages
- education of school community through workshops and events about healthy food and drink options
- non-food related fundraising initiatives
- school kitchen garden
- Crunch&Sip
- Nude Food Days
- positive rewards for healthy lunch boxes
- fundraising initiatives which promote physical activity such as Walkathons
- ensuring adherence to the weekly 2 hour minimum mandate for physical activity
- classroom rewards provided to students are not to include unhealthy snacks such as chocolates or lollies
- encouraging children to take home uneaten food to ensure caregivers are aware of their eating habits during the school day
- use of cooler packs are encouraged during summer
- students are encouraged to drink plenty of water through the day especially during summer

Food safety and hygiene⁷

- Principal will ensure that food service coordinators involved with the P&C and Earth Aware Program have completed a FoodSafe Food Handler training or equivalent.
- FoodSafe Food Handler training or equivalent can be completed online or by attending a course (usually presented by the local Shire).

The Australia New Zealand Food Standards Code requires that:

- Food handlers' personal hygiene practices and cleanliness minimises the risk of food contamination. Risks can be minimised by the wearing of hats, hairnets, gloves and aprons provided by the canteen/food service.
- The preparation, cooking, transportation and serving of food is done in such a way as to retain nutrients and minimise bacterial contamination.

⁶ Karnik, S., & Kanekar, A. (2012). Childhood Obesity: A Global Public Health Crisis. *International Journal of Preventive Medicine*, 3(1), 1–7.

⁷ Note: It is a requirement for compliance with the Department of Education's Healthy Food and Drink policy that paid workers and volunteers participate in FoodSafe Food Handler training or its equivalent.

Occupational health and safety

The food service at Jarrahdale Primary School is a workplace and will comply with the *Occupational Safety and Health Act 1984 (WA)* and *Occupational Safety and Health Regulations 1996 (WA)*.

The Department of Education has a number of policies and procedures related to health and safety. Some of the requirements include:

- All food service staff and volunteers to be made aware of evacuation procedures in case of fire or other emergency.
- All food service staff and volunteers to wear enclosed footwear. Shoes with heels or open sandals are not acceptable.
- Students and teachers are not permitted to enter the canteen premises during normal trading hours unless it is part of a supervised school curriculum activity.
- Only food service staff and volunteers rostered for duty may enter the canteen premises during opening hours.

The *Occupational Health and Safety Act 1984* requires all practicable measures are taken to minimise exposure to hazards in a workplace. Young children accompanying paid workers, or volunteers and enrolled students working in a canteen, could constitute a hazard.

Food management issues

1. Employment

- The food service supervisor shall be employed in accordance with the current legal requirements pertaining to minimum conditions, or a salary negotiated and approved under an enterprise agreement (minimum award conditions must apply, including superannuation).

2. Skills and knowledge

- The Department of Education requires the food service supervisor to be familiar with the 'traffic light' system and where possible will participate in training conducted by the Western Australian School Canteen Association Inc. and achieve competencies in nutrition, food safety and hygiene and canteen management.

3. Pricing policy/profits

- The primary objective of Jarrahdale Primary School food service is to provide a nutritious food service.
- The food service may endeavour to provide a financial contribution towards resources for all students in the school after its financial obligations have been met (e.g. for maintenance of facilities and equipment, new equipment, professional development and training).

4. Food service equipment

- The food service supervisor shall provide essential, safe equipment and ensure that it is well maintained, in good repair and used according to the appliance directions.
- The food service supervisors shall report to the Principal any structural defect(s) within the canteen.

Food Allergies Students who have been medically diagnosed anaphylaxis have the potential to suffer a sudden, severe and potentially fatal allergic reaction to nuts, eggs, shell fish, milk etc. Even trace amounts of some foods can cause anaphylaxis or a reaction if skin contact or inhalation occurs.

- The responsibility needs to be with the parents of children with anaphylaxis and/or food allergies, to notify the school of foods that must be avoided. Children also need to be aware of their own self-care.
- Staff will be advised of children in the school who suffer from anaphylaxis and may require an EpiPen. Staff will also be provided with a list of children who have any food allergy. Teachers can refer to this information when food is presented in the classroom (eg when parents bring food/ cakes into the classroom for birthdays or special occasions, class parties etc.).
- Good communication is essential in situations where food is to be shared.

Crunch&Sip Program

- Teachers required to set a Crunch&Sip time each morning.
- Students are encouraged daily to eat a piece of fruit or vegetable in the classroom during the designated Crunch&Sip break.
- Students are to bring a bottle of water into the classroom to drink from throughout the day.
- Students will wash their hands prior to and after the Crunch&Sip break.

Home Support

- Parents are encouraged to use the GREEN AMBER RED (refer page 5) system at home and when preparing school lunches.
- Parents are encouraged to provide their children with Crunch&Sip products daily.
- If parents are providing birthday treats for the children in a class, it is recommended that they are healthy options. Parents are to check with the classroom teacher regarding class member's food allergies. Birthday treats are distributed to children at either recess, lunch break or at the end of the day.
- Parents are encouraged not to give children foods containing nuts or peanuts for consumption at school.
- Parents are encouraged to provide a variety of healthy lunches, snacks and drinks as outlined in the healthy eating traffic light system, and packed in appropriate reusable containers.
- Parents are encouraged to shop locally, reduce the amount of packaging in lunch boxes and reduce the amount of processed food and food additives in lunchboxes.

RED, GREEN, AMBER Food choice system

GREEN FOODS AND DRINKS

These foods/drinks should be encouraged and promoted and they should make up the majority of lunchbox items. Examples include, but are not limited to, fruit (fresh, canned, frozen and dried), vegetables, wholegrain breads and cereals, reduced fat products such as milk, yoghurt and cheese, lean meats, fish and chicken, eggs, and plain water in small sizes.



AMBER FOODS AND DRINKS

These foods should be limited and chosen carefully. Large serving sizes should not be used. Examples include, but are not limited to, refined cereals with added sugars, full fat dairy foods and commercial products such as Star Choice registered pastry items, snack food bars, ice-creams, cakes, muffins and fruit drinks.



RED FOODS AND DRINKS

These are called 'extra foods' in The Australian Guide to Healthy Eating. They should not be offered in schools or included in lunch boxes. Examples include, but are not limited to, soft drinks, confectionary, deep fried foods and other items such as chips, chocolate coated ice-creams, cakes and muffins that do not meet the criteria for registration.



Distribution of the policy/general policy issues

- A current copy of the Department of Education’s *Healthy Food and Drink* policy and Jarrahdale Primary School’s policy will be on permanent display in canteen/food service.
- A copy of the current policy (signed and dated) will be provided to all P&C members, School Board Members and Food Service Supervisors at the commencement of each year.
- This policy shall not be added to, or amended, without consultation with the School Board and then only with the approval of the majority of those present and entitled to vote.
- This policy will be reviewed annually by Jarrahdale Primary School’s Board and suggested amendments will be discussed.

Endorsement

We, the undersigned, hereby certify that this policy was adopted on _____ (date).
dd/mm/yyyy

_____ Food Service Provider (Earth Aware Program)
_____ President (Parents and Citizens’ Association)
_____ Principal (Jarrahdale Primary School)
_____ School Board Chair (Jarrahdale Primary School)