

HEALTHY FOOD AND DRINK POLICY



GLENDALE
PRIMARY SCHOOL

INDEPENDENT PUBLIC SCHOOL

A learning community giving VOICE to all

Endorsed by the School Board February 2021

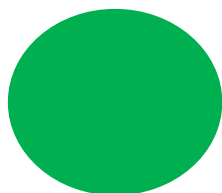
POLICY INSTRUCTION

This policy has been written in accordance with the Department of Education Healthy Food and Drink in Public Schools Policy and Procedures, version 2.7, 4 Feb 2014.

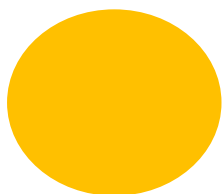
The Glendale Primary School Healthy Food and Drink Policy is to ensure a whole school approach to healthy eating within the school and to promote healthy eating within the community. This policy is inclusive of the cultural mores held by students, parents, carers and staff, and takes into account the medical needs for children.

Healthy food and drinks refers to 'green' and 'amber' food and drinks in the school setting, including classroom rewards, classroom cooking activities, school camps and excursions. Food and drinks categorised as 'red' will not be provided to students unless essential to the learning program and then only on limited occasions and in small amounts. This school does not support fundraising which encourages the community purchasing of 'red' foods.

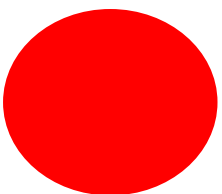
DEFINITION OF FOOD CATEGORIES



Green food and drinks are good sources of nutrients, contain less saturated fat and/or sugar and/or salt and help to avoid an intake of excess energy (kJ). For example: fruit and vegetables, lean meat and fish, eggs, nuts, seeds, beans, lentils, wholegrain bread, cereal, rice, pasta, reduced fat dairy products, water and milk.



Amber Amber food and drinks have some nutritional value, contain moderate levels of saturated fat and/or added sugar and/or salt and can, in large serves, contribute to excess energy (kJ). For example: processed meat with reduced fat and salt, refined and processed bread and cereal, full fat dairy products, reduced fat/sugar cakes, muffins, slices and biscuits, reduced fat flavoured milk and juice with no added sugar.



Red food and drinks lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ). For example: hot chips, sausages, salami, luncheon pies, hot dogs, chicken nuggets, potato chips, salty savoury snacks, chocolate cake, muffins, muesli bars, donuts, camembert, fizzy drinks.

CRUNCH AND SIP

Crunch and Sip is for students to eat fruit or salad vegetables and drink water in the classroom each day.

- to support students to establish healthy eating habits whilst at school.
- increase awareness of the importance of eating fruit or vegetables and drinking water every day.
- enable students and staff to eat fruit or vegetables during the morning in the classroom.
- encourage students and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps.
- encourage parents to provide students with fruit or vegetables every day.
- develop strategies to help students who don't have regular access to fruit and vegetables.

Teachers will:

- ensure a Crunch and Sip happens each day in the morning.
- encourage all students daily to eat a piece of fruit or vegetable in the classroom.
- encourage students to drink a bottle of water in the classroom throughout the day.

Students will:

- wash their hands prior to the eating their fruit and vegetables.
- bring fruit or vegetables to school each day to eat.
- wash their water bottle and fill it with water daily, as directed by their teacher.

The school community will:

- find ways to provide fruit or vegetables for students who do not have access to them.

Crunch and Sip Guidelines

Fruit

- All fresh fruit is permitted (e.g. whole fruits, chopped melon)
- Fruit canned in water, juice or no added sugar is permitted (e.g. peach slices)
- Dried fruit is permitted, although, fresh fruit or vegetables is the first choice because dried fruit contains high concentration of natural sugar and it tends to cling to teeth, increasing risk of tooth decay (e.g. sultanas)

Vegetables

- All fresh vegetables are permitted (e.g. celery, carrot sticks, broccoli bits etc.)

Water

- Only plain water is to be consumed in the classroom.

Foods not permitted in class for Crunch and Sip

- Fruit canned with artificial sweeteners added is not permitted. Artificial sweeteners are not recommended for children.
- All other foods
- All other drinks (including waters with added vitamins, minerals, or carbonates) are not permitted including:
 - Fruit juice or fruit juice drink
 - Fruit cordial or mineral waters
 - Vegetable juices

P&C




- The canteen menu is to comply with the requirements detailed in the Healthy Food and Drink in Public Schools Procedures. The canteen menu is to promote a wide range of healthy food that consists of:
 - a minimum of 60% 'green' food and drinks
 - a maximum of 40% 'amber' food and drinks
 - only offers savoury commercial products that are 'amber' foods a maximum of twice per week
 - contains no 'red' food and drinks
- The Canteen Manager is to ensure healthy handling of food and drinks procedures are maintained at all times and be trained in 'traffic light' or similar food/nutrition training.
- The canteen must be registered with the City of Stirling as a food outlet.

- Food prepared fresh for sale must be produced on the premises. Food prepared in a home that is not approved as a food business must not be sold in a canteen.
- Children are not to work in the canteen as a volunteer. The only time children may be in the canteen is if it is part of an educational programme for the students. Please note that young children could constitute a hazard in the canteen.

PARENTS AND CARERS PROVIDING FOOD TO SHARE

- When parents provide foods to be shared during classroom activities, teachers are to inform parents prior to the event of the heating/cooling facilities available at the school so that final preparation of high risk foods is catered for appropriately.
- An ingredients list is to be provided by the parent or carer to the teacher in charge of the activity so that the food can be checked to ensure it will not trigger a reaction in students with known medical conditions or offend any religious or cultural needs.
- When a teacher is planning a food based event which requires parents and carers to bring food they are to plan for health foods and guide parents with food selection.
- Where possible, individual serves are to be provided to minimize handling of food by many people.

What's on the menu

 Fill the menu >60%	 Select carefully ~40%	 Off the menu
<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