



Millen Primary School
Learning Together

Healthy Food and Drink

Endorsed November 2017

Millen Primary School's 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.

Millen Primary School's 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 Millen's Crunch and Sip program
- applies to all operators of a canteen or tuckshop including Parents and Citizens' Associations, external contractors and local caterers/shops that provide a food service to the school.

Role of Millen Primary School's canteen/food service

Millen Primary School's canteen/food service will:

- provide a canteen food service to students and staff that meets their cultural and nutritional needs, promotes healthy food, is part of a whole school approach, and is affordable and financially sustainable

Millen Primary School's canteen/food service committee

Millen Primary School will have a canteen/food service committee. The committee will participate in the decision making process for the canteen menu, pricing, purchasing and maintenance of equipment.

Menu planning

Millen Primary School's canteen/food service menu will:

- include a minimum of 60% GREEN menu choices
- include a maximum of 40% AMBER menu choices
- not make available food and drinks that do not meet specified minimum nutrient criteria
- limit savoury commercial products in the AMBER category to those that meet the criteria for registration and making them available no more than twice a week.¹

See Appendix 1: What's on the Menu: A guideline from the Department of Education for healthy food and drink choices in schools.

Healthy eating at Millen Primary School will be supported at the canteen by:

- changing the menu according to the summer and winter seasons.
- having available a wide range of the foods that should make up the majority of a healthy diet (GREEN);
- offering a range of foods that recognise and accommodate Millen's cultural needs and allergies.

¹ Source: Department of Education's *Healthy Food and Drink* policy

Whole school approach

Millen Primary School and the canteen/food service committee will work together to support healthy eating. Through a whole school approach, consistent messages can be promoted through the curriculum and social and physical environments.

Millen Primary School will adopt a whole school approach to promote healthy lifestyles through the following:

- school bush tucker garden
- Crunch 'N Sip (Appendix 2)
- Physical Education curriculum and sport program
- Health curriculum

Food safety and hygiene

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.

The *Food Act 2008 (WA)* and the *Food Regulations 2009 (WA)* require that:

- all food services apply for registration with the local council as a food business (a fee may be applicable);
- food prepared for sale is only made in approved premises, for example a food business approved by the appropriate enforcement agency. Food prepared in a home that has not been approved as a food business must not be sold in a canteen.

The Australia New Zealand Food Standards Code requires that:

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

Occupational health and safety

The canteen/food service at Millen 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 canteen/food service staff and volunteers to be made aware of evacuation procedures in case of fire or other emergency
- All canteen/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 canteen/food service staff and volunteers rostered for duty may enter the canteen premises during normal canteen opening hours

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

Canteen management issues

1. Appointment

- The volunteer canteen manager shall be appointed by, and if necessary, dismissed by the Executive of the Parents and Citizens' Association in consultation with the Millen Primary School Principal.

2. Skills and knowledge

- The Department of Education requires the volunteer canteen manager to undertake 'traffic light' 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 Millen Primary School's canteen/food service is to provide a nutritious food service
- The canteen/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).
- Profit making by Millen Primary School's canteen/food service will not be made at the expense of providing students with less healthy choices (AMBER)
- The average mark-up on healthy (GREEN) items shall be lower than that applied to less healthy (AMBER) products.

4. Canteen/food service equipment

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

5. Gifts/concessions

- All discounts, allowances, complimentary articles, gifts, concessions and the proceeds thereof from any supplier of goods or services, directly or indirectly, to the canteen shall remain the property of the canteen and be properly recorded and later accounted for at the time of stocktaking. Public school canteens must comply with Department of Education policies, including the *Financial Management in Schools Finance and Accounting* policy.

Distribution of the policy/general policy issues

- A current copy of the Department of Education's "What's on the Menu" guide for healthy food and drink choices in schools.(Appendix 1) will be on permanent display in canteen/food service

- This policy shall not be added to, or amended, except with the approval of the School Board.
- This policy will be reviewed on an as needs basis to ensure it remains fit-for-purpose.

Appendix 1: WHAT'S ON THE MENU

Downloaded from <http://det.wa.edu.au/healthyfoodanddrink/detcms/navigation/information-for-schools/> on 18/11/2017

What's on the menu for WA public schools

The table below provides examples of GREEN, AMBER and RED foods under the 'traffic light' system for public schools. This is not the entire list of available food or drinks.

Nuts and nut spreads do not appear in the table. Schools are advised to refer to the Department's *Student Health Care* policy and the *Anaphylaxis Management Guidelines for Schools* from the Department of Health before deciding whether or not to include nuts and nut spreads on the canteen/food service menu.

GREEN	Examples
Fill the menu	
Breads	A variety of bread types
Cereal foods	Wholegrain cereals; oats; pasta; noodles; rice; polenta; cous cous; quinoa; barley
Vegetables	Vegetables (fresh, frozen and tinned); salads (reduced fat dressing only); all salad mixtures
Fruit	Fresh; frozen; tinned (in natural juices)
Legumes	Tinned (e.g. bean mix, kidney beans); cooked; baked beans
Reduced fat dairy products and alternatives	Milk (plain) and their alternatives e.g. soy milk, no serve size restrictions; milk (flavoured), maximum serve size 375mL; yoghurt (fresh, plain or fruit); cheese; liquid breakfast*
Lean meat, fish, poultry and alternatives	All lean meats; chicken (no skin) or registered meats*; fish (e.g. tuna, salmon, sardines); egg
Sandwich fillings	Lean meats (excluding ham); lean chicken; fish; creamed corn/corn kernels; egg; canned spaghetti (reduced salt); salads; baked beans; reduced fat cheese; hommus; vegemite; yeast spreads; fish spreads*
Hot food	Jaffles/hot rolls/toasted sandwiches (fillings as for sandwich fillings); baked potatoes; rice; soups; toast; English muffins; crumpets (wholemeal); raisin toast; meals meeting the criteria for registration such as curry and rice and pasta dishes
Snacks	Scones; raisin or fruit bread; pikelets; bread sticks; bruschetta; water crackers; rice cakes; rice crackers; popcorn (plain air-popped); seed packs; trail mix based on breakfast cereals; other registered snacks*
Drinks	Water (including carbonated)
AMBER	Examples
Select carefully and limit	
Breakfast cereals	Refined cereals with added sugar
Reduced fat dairy products	Milk (flavoured) larger than 375mL; reduced fat dairy desserts
Full fat dairy foods and alternatives	Milk; soy; yoghurt; custard; cheese
Savoury commercial products#	Registered products such as ovenable fish/chicken/potato portions should be chosen because they are lower in fat/salt*
Processed meats	Lean ham, lean bacon
Dried fruit	Dried fruit (excluding fruit leathers)
Snack food bars	Registered products such as breakfast bars; cereal bars; and fruit bars*
Savoury snacks	Registered products such as oven baked vege chips; garlic or herb bread (lightly spread)*; lightly flavoured snacks such as crisps, crackers and popcorn*
Cakes, muffins and sweet biscuits	Registered products such as cakes; muffins and biscuits (reduced fat and/or sugar and based on wholemeal flour)*
Ice-creams, ice blocks, fruit based ice poles, slushies	Registered ice-creams; milk based ice confectionery; frozen yoghurts; rice cream*; 99% fruit juice based ice poles
Drinks	Fruit juices, vegetable juices and mixed juices (including carbonated products): 99% and with no added sugar or sweeteners and serving must not contain more than 250mL juice.
RED	Off the menu
Drinks	Soft drinks; artificial or intense sweetened soft drinks; energy drinks; cordials (including low joule); sports drinks; water flavoured with fruit juice, sugar, artificial or intense sweetener (including carbonated products); high caffeine drinks (e.g. drinks containing guarana); fruit juices, vegetable juices and mixed juices (including carbonated products): with less than 99% juice and/or added sugar and/or sweeteners and/or serving contains more than 250mL juice.
RED	Continued
Off the menu	
Confectionery	All types, caramelised popcorn
Pastry items	All types that do not meet the criteria for registration
Sandwich meats	High fat sandwich meats including polony (devon) and salami
Deep fried foods	All types
Savoury snacks	Crisps, chips and other similar products that do not meet the criteria for registration
Ice-creams	Chocolate coated and premium ice-creams
Sandwich fillings	Honey, jam, chocolate spreads, confectionery sprinkles
Cakes, muffins and sweet	Croissants, doughnuts, cream filled buns/cakes, sweet pastries, slices

pastries

* Meets the criteria for Star Choice™ registration.# To be offered a maximum of two occasions per week.

Appendix 2: Crunch 'N Sip Policy (Version 2, endorsed July 2016)

Crunch 'N Sip

Crunch 'N Sip is the practice of eating fruit or raw vegetables and drinking water in the classroom. Millen Primary School has introduced Crunch 'N Sip to support students to establish healthy eating habits whilst at school.

Goal:

All students and teachers at Millen Primary School can enjoy a Crunch 'N Sip and eat fruit or vegetables and drink water in the classroom every day.

Objectives:

The objectives of the Crunch 'N Sip:

1. Increase awareness of the importance of eating fruit/vegetables and drinking water every day
2. Enable students, teachers and staff to eat fruit/vegetables while working or during a Crunch 'N Sip break in the classroom
3. Encourage students, teachers and staff to drink water throughout the day or in the classroom, break times, excursions, camps and sport sessions
4. Encourage parents to provide fruit/vegetables every day

Implementing Crunch 'N Sip:

In the classroom-

Teachers will:

- Encourage students to bring fruit/vegetables to school each day
- Encourage students daily to eat fruit/vegetables in the classroom either during a Crunch 'N Sip break or throughout the day.
- Encourage students to drink water from their drink bottle throughout the day.

Students will:

- Eat only fruit/vegetables and drink only water for Crunch 'N Sip

Disseminating information to parents and staff:

The Millen Primary School Community will be made aware of Crunch 'N Sip by including details:

- In the School Policy (published on the school website)
- At Parent-Teacher meetings in Term 1
- Reminders for parents and teachers in the newsletter

Millen Primary School incorporates nutrition into the appropriate curriculum key learning areas to raise students' awareness of the importance of good nutrition and adequate hydration during childhood and adolescence.

Review:

It is important to check the process of Crunch 'N Sip in our school.

We will:

- Review Crunch 'N Sip bi-annually
The final revised version will be presented to staff and the School Council for endorsement.
- Regularly update and evaluate the nutrition curriculum component.

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Fruit/vegetable and water guidelines:

Fruit

- All fresh fruit is permitted
- No canned fruit.

Vegetables

- All fresh vegetables are permitted

Water

- Only plain water in the classroom

Creating a supportive environment:

Millen Primary School has created an environment to support the establishment of healthy eating habits for students, teachers and staff. Specifically, eating more fruit and vegetables and increasing water intake, at the following times:

Phys Ed and Sport

All students will be encouraged to drink water from a bottle during phys ed, sports classes and daily fitness lessons.

Camps and Excursions

All students will be required to bring an individual water bottle for camps and excursions.

Role modelling:

Teachers, staff and parents will model appropriate consumption of fruit/vegetables and water to reinforce Crunch 'N Sip.

Occupational health and safety:

- Water bottles washed daily
- Inform parents and students about the importance of washing fruit/vegetables and hands before eating.

School management:

- Maintain a water supply for students to refill water bottles
Help assist students who don't have access to regular fruit/vegetables by developing a