

CITY BEACH PRIMARY SCHOOL HEALTHY EATING GUIDELINES**PURPOSE**

1. To promote a culture that fosters healthy eating habits of students at the school.
2. To comply with Department of Education guidelines on healthy eating.
3. To ensure teachers, students, parents and visitors are informed about the healthy eating guidelines and the school's approach to implementing these.

RATIONALE

City Beach Primary School is committed to health promotion strategies and believes that learning healthy eating habits commences early in life. The School and staff promote a culture of healthy eating and are committed to providing relevant information, skills and resources to students and caregivers.

GUIDELINES FOR HEALTHY EATING

In general the school promotes healthy eating in the following ways:

- Education to students as part of the curriculum on making healthy food choices and developing healthy eating habits (e.g. Health Education Curriculum).
- Providing information and resources (e.g. pamphlets, posters) of a general nature to students and caregivers.
- Where special occasions occur within the school or classroom and snacks are provided, healthy food choices are recommended.
- If parents are providing birthday treats for the children in a class, it is recommended that they are healthy options. Parents to check with the classroom teacher regarding allergies to particular foods. Birthday treats are distributed to children at either recess, lunch break or at the end of the day.
- Classroom rewards provided to students are not to include unhealthy snacks such as chocolates or lollies.
- Students are encouraged to take home food not eaten at school to ensure caregivers are aware of their eating habits during the school day.
- Fundraising at Swimming and Athletics carnivals and other school events are called Food Stalls and healthy food choices are recommended.
- Parents are encouraged not to give children foods containing nuts or peanuts to be consumed at school.
- Parents are encouraged to provide a variety of healthy lunches, snacks and drinks as outlined in the healthy eating traffic light system packed in appropriate reusable containers appropriate to the season. Use of cooler packs is encouraged during summer.
- Students are encouraged to drink plenty of water through the day especially during summer.

MEALS PROVIDED BY A LUNCH PROVIDER

Where a lunch provider exists, the menu is established in accordance with the guidelines outlined in the healthy eating traffic light system.

<http://www.det.wa.edu.au/healthyfoodanddrink/faq.html>

GREEN foods and drinks

These foods/drinks should be encouraged and promoted and they should fill the canteen/food service menu.

Examples include (but are not limited to):

Fruit (fresh, canned, frozen and dried), vegetables, wholegrain breads and cereals, reduced fat dairy products such as milk, yoghurt and cheese, lean meats, fish and chicken, eggs, plain water and 100% fruit juice in small sizes.

AMBER foods and drinks

Canteen/food service menus should not be dominated by these foods and drinks. They 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.

Examples include (but are not limited to):

Soft drinks, confectionary, deep fried foods and other items such as chips, chocolate coated icecreams, cakes and muffins that do not meet the criteria for registration.

Links:

Australian Guide to Healthy Eating: <http://www.health.gov.au/internet/main/publishing.nsf/content/health-publhlth-strateg-food-guide-index.htm>

WHO HAS TO FOLLOW THIS POLICY?

The policy applies to all public school canteens and food services provided in place of a canteen.

This includes:

- school canteens managed by Parents and Citizens' Associations (P&Cs)
- school canteens contracted by the school
- breakfast programs provided at the school
- any onsite vending machines available to students
- food services provided by local shops in place of a canteen service.

REFERENCES

1. Health Act, 1911 (WA)
2. Health (Food Hygiene) Regulations, 1993 (WA)
3. Dietary Guidelines for Adolescents and Children in Australia (2003)
4. Department of Education and Training, Student Health Care policy
5. Department of Education and Training, Anaphylaxis Advice Paper
6. Foodsafe Guidelines
7. WA School Canteen Association guidelines
8. Occupational Safety and Health Act (1984)
9. Occupational Safety and Health Regulations (1996)