

Healthy Food and Drink Policy

OUR SCHOOL VISION

Koorana Education Support Centre is part of the Koorana Primary Campus which is an inclusive community where students work collaboratively in a rich learning environment to achieve their academic, social and emotional potential.

PURPOSE

We aim to foster an environment that is inclusive for all at our school. We believe that providing opportunities for students to access all areas of the curriculum is a vital part of their learning and we value the development of students across extra-curricular activities.

STRATEGIC DIRECTION

- Excellence in Teaching
- Excellence in Learning
- Positive Community
- Partnership
- Positive Healthy Community

Rationale

Childhood obesity is a serious problem both within Western Australia and nationally. When children carry too much weight and are obese they face a greater risk of immediate and long-term health and behavioural problems. There has been a community call for us all to work together to help our children become healthier and reduce their risk of suffering serious health problems later in life. Schools, canteens and other types of food services can support healthy lifestyle choices.

Students with Disability

The Disability Discrimination Act 1992 and the Disability Standards for Education 2005 require education and training service providers to support the rights of students with disability to access the curriculum on the same basis as students without disability.

Many students with disability are able to achieve educational standards commensurate with their peers, as long as the necessary adjustments are made to the way in which they are taught and to the means through which they demonstrate their learning.

In some cases, curriculum adjustments are necessary to provide equitable opportunities for students to access age-equivalent content in the Western Australian Curriculum: Mathematics. Teachers can draw from content at different levels along the Pre-primary to Year 10 sequence. Teachers can also use the extended general capabilities learning continua in Literacy, Numeracy and Personal and social capability to adjust the focus of learning according to individual student need.

Healthy Eating and Drinking Policy

Food and drinks have been rated on how good they are for you, setting the standard for all food and drink sold in public school canteens/food services. The standards make it clear what food can and cannot be sold in school canteens and food services. Many schools and food suppliers in Western Australia already know these standards and the Star Choice system operated by the Western Australian School Canteen Association (WASCA). Star Choice registered food and drinks are generally lower in fat, sugar and salt (and higher in fibre and calcium where relevant) than other products of that food type available in the market. The policy sets out whether a food/drink should be eaten most of the time, some of the time or only eaten outside of school with parents' approval. To

make this clear, the policy uses a 'traffic light' system, similar to that used in other states where foods/drinks are categorised as GREEN, AMBER or RED.

Examples of foods found in each category

Everyday choices	Limited choices	Off the menu
Fruit, preferable fresh, but may include canned (in natural juice) or frozen	Registered* cereal with added sugars	Full fat pastry
Vegetables or legumes, eg salads, stuffed potato, corn on the cob	Registered* reduced fat pastry items	Deep fried foods
Cereal foods, eg wholegrain cereals, pasta or rice	Hot dogs made with registered frankfurts	Sweet sandwich fillings including jam
Wholegrain or wholemeal bread	Registered* sausages for sausage sizzle events	Confectionary
A variety of sandwich fillings which are all available with salad	Registered* hamburger patties	Chocolate confectionary
Lean meats, fish, poultry	Registered* assorted cakes and muffins	Soft drinks, sports drinks, cordial
Reduced fat dairy products including plain milk (no size restriction), flavoured milks (less than 375ml), cheese and yoghurt	Registered* sweet and savoury snack foods	High caffeine drinks
Plain water, mineral water	Reduced fat flavoured milk (greater than 375ml)	Doughnuts, cakes or croissants
	Full fat dairy products	Large serve fruit juices-250ml or larger

GREEN foods and drinks These foods/drinks should be encouraged and promoted and they should fill the canteen/food service menu. In general, these foods/drinks:

- are excellent sources of important nutrients
- are low in saturated fat and/or added sugar and/ or salt
- help to avoid an intake of excess energy (kilojoules).

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. Food and drinks that have not been registered in the Star Choice Buyers' Guide may be used if they meet the minimum nutrient criteria for registration.

RED foods and drinks These are called 'extra foods' in The Australian Guide to Healthy Eating. They should not be offered in schools because they:

- lack adequate nutritional value
- are high in saturated fat, and/or added sugar and/or salt
- can contribute excess energy (kilojoule)
- can contribute to tooth decay and erosion.

Examples include (but are not limited to) soft drinks, confectionery, deep fried foods and other items such as chips, chocolate coated ice-creams, cakes and muffins that do not meet the criteria for registration. Sushi, pasta meals and fried rice are

suggestions of what can be used to replace the 'RED' foods. All RED food and drink were removed from the canteen by the end of Term 1, 2007

Other Areas Affected by the Healthy Food and Drink Choices Policy

The policy applies to areas in the school where the principal is directly responsible for the supply of food and drinks, for example:

- classroom rewards
- school camps
- school excursions

Food rewards provided to students must comply with the policy including food vouchers. Rewarding with confectionery sends the wrong message and reinforces the RED foods, which are already being consumed frequently and excessively by children and young people. Using food and drinks of poor nutritional value as a reward for students contradict the messages promoted in the school curriculum. Utilising such foods may reinforce students' preferences for them and prove counterproductive to learning programs that promote healthy eating. Praise and positive reinforcement are the preferred methods in encouraging students. The following non-food rewards are recommended alternatives:

- communication with parents/carers through email or telephone contact
- appreciation certificates and merit awards
- computer time
- playing a game or puzzle
- discount vouchers
- raffle tickets

Other Areas Not Affected by the Healthy Food and Drink Choices Policy

Areas where the principal is not directly responsible for food supply are not part of the policy, for example, fundraising by the P & C and school fetes.

Birthday Cakes

Birthday cakes can still be brought to school on a child's birthday. This is because these foods are brought from home. The policy only applies to food and drink supplied by the school. Small serving sizes are encouraged.

Recipes Used by the Canteen

Foods made on the premises i.e. pikelets, muffins and lasagne, will be made using recipes that are lower in saturated fat and sugar. WASCA can provide recommended recipes for the most popular items and is available to provide advice to canteens on the recipes they are currently using. The canteen will consult with the local council to see what classification the food premises has as this will affect the amount of food preparation that can be undertaken.

Reporting

As part of the school review process, the principal will report to District Director on how the school has put the policy in place. The school will also report to parents each year through the school newsletter.

Food Allergies

The school has been declared a “nut free” environment where risks are reduced to the extent possible but where all concerned recognise the need for ongoing vigilance.

Additives in Foods

Additives must meet national standards set by Food Standards Australia New Zealand. The food sold in the canteen will meet the national FOCiS nutrient criteria.

Confectionery

Confectionery includes chocolates, carob and yoghurt based confectionery, and all types of lollies such as boiled lollies, cough lollies, liquorice, lollies made from fruit juice, and jelly lollies. All confectionery falls into the RED category. Foods containing confectionery, such as chocolate chips, sprinkles and icing, cannot be registered and are therefore RED. The Star Choice Buyers' Guide may help to determine whether or not a food falls into the AMBER category.

Full-fat Milk Products

Full-fat milk products are classified as AMBER products and should be selected carefully. Reduced fat milk products are classified as GREEN products and are healthier choices for children. The Australian Dietary Guidelines for Children and Adolescents (2003), developed by the National Health and Medical Research Council, recommends that the consumption of reduced fat milk products is encouraged in children over two years of age to reduce saturated fat intake. Full fat milk products should only be available when reduced fat products cannot be sourced.

Cooking Food at Home for Sale for Fundraising Activities

The school and parents /caregivers should be aware of food safety in relation to selling food cooked from home. All food must be handled to ensure it is safe for sale; this includes preparation, cooking, storage and transportation. Hot savoury dishes are high risk foods compared with baked products such as cakes and biscuits, and need to be handled carefully.

Fundraising Activities such as Chocolate and Lamington Drives

Fundraising activities that promote health and wellbeing are encouraged. These could include seasonal fruits e.g. mangoes, freeze dried fruits, toothbrushes, healthy food cookbooks, sun block, nursery products. To help ensure foods used for fundraising activities are consistent with the standards for healthy food and drinks, the school can:

- provide suggestions to P & C Associations/ parents/caregivers of the types of products they wish to sell
- include products that fall into the GREEN category in the list of suggestions (e.g.. scones, fruit salad)
- provide recipes, including ideas on modifying recipes to make them healthier
- suggest home cooked products such as cakes and slices be provided in small serving sizes
- suggest home cooked products without adding extras such as jam, cream or ice-cream
- provide information on food safety