

EDEN HILL PRIMARY SCHOOL



HEALTHY FOOD AND DRINK PROCEDURES

(Developed 2014)

Review: 2018

Eden Hill Primary School

Healthy Food and Drink Procedures

Rational

Healthy food and drink choices are a new set of standards that have been implemented by the WA Government to promote healthy eating in Public Schools. The standards are based on a traffic light system: GREEN – fill the menu; AMBER – select carefully; and RED – off the menu. The policy also applies to all areas of the school in which the Principal is directly responsible for the supply of food and drinks.

Objectives

The objectives of the Healthy Food and Drink Policy are to:

1. Increase awareness of the importance of eating healthy food and drink in everyday life.
2. Encourage parents to provide students with healthy food and drink options, every day, in their lunchboxes.
3. To encourage staff to use healthy choice cooking lessons.

DEFINITIONS

GREEN FOOD AND DRINKS

Are good sources of nutrition; they contain less saturated fat and/or sugar and/or salt and help to avoid an intake of excess energy (kJ).

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).

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).

Principals will:

- Promote healthy eating within the school community; and
- Develop and implement a school-based policy for the provision of healthy food and drinks which meets, or preferably exceeds, the minimum standard for 'green' food and drinks mandated in these procedures and which incorporates the following:
 - Students will be supplied 'green' and 'amber' foods in school settings, including classroom rewards, classroom cooking activities, school camps and excursions.
 - Students will only be supplied 'red' foods on limited occasions and in small amounts and only when it is essential to the learning program.
 - Permission to use a school's premises for use as a canteen/food service will only be granted on the basis that the *Healthy Food and Drinks Policy and Procedures* are implemented.
 - Principals will ensure canteen/food service workers and volunteers have completed Food Safe Food Handler training or its equivalent.

IMPLEMENTING THE POLICY

The Eden Hill staff will support healthy eating by:

- promoting a wide range of foods that are a good source of nutrients, contain less saturated fat and/or sugar and/or salt and help to avoid an intake of excess energy (kj) (GREEN);
- choosing healthier alternatives (AMBER);
- not making available foods that do not meet specified minimum nutrient criteria (RED).

Eden Hill Primary School – Healthy Eating, Healthy Lifestyle

Eden Hill Primary School will work towards creating an environment to support the establishment of healthy eating and lifestyle habits for students and staff. The following are some of the ways we plan to promote healthy eating and drinking habits:

- **Water** - All children have a water bottle and are expected to have a water bottle on their desks to sip throughout the day.
- **Physical education and sport** – All students will participate in two hours of physical education that will be timetabled into the week. All students will be encouraged to drink water from a water bottle during physical education and sports classes. They will also have access to a water drink fountain.
- **Camp and excursions** – All students are required to bring an individual water bottle for all camps and excursions.
- **Adult role modelling** – Teachers and staff will model appropriate consumption of healthy food and drink choices.
- **Community education** – The school will also be accessing health professionals (eg. dental nurse) to provide information on healthy eating and drinking choices.
- **Rewards / incentives** – Lollies/sweets will only be used as a reward by the Principal after consultation with, and approval from, the School Board. Any variations of this, by staff, will need to be discussed with the Principal. Rewards may be any of the following: stickers, prizes, free time, privileges, tokens, lucky dip, etc.
- **Special occasions** – Classroom cooking activities will endeavour to use healthy options whenever possible. However, special events such as Easter and birthdays will be still celebrated in the traditional way e.g. sharing a birthday cake if it is supplied by a student's parents.

Disseminating information to parents and staff

The Eden Hill Primary School community will be made aware of Healthy Eating, Healthy Lifestyle by including details:

- in the school parent handbook
- in newsletters

The Eden Hill 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 progress of the Healthy Food and Drink Policy in our school. We will:

- Review the Healthy Food and Drink Policy annually with recommendations for improvements to be made if necessary. If changes are made, the revised version will be presented to the School Board for endorsement.
- Regularly evaluate and update the nutrition curriculum component.