

Nutrition and Food Services Policy

Rationale

The College's Nutrition and Food Services Policy reflects the value the school puts on healthy eating practices among students and within the wider school community. In addition to ensuring the availability of nutritious foods, the College plays an important promotional, educational and sociocultural role in fostering healthy eating.

Aims

The aims of the Policy include:

- Fostering a school culture in which healthy food choices are encouraged.
- Promoting foods consistent with the [Dietary Guidelines for Children and Adolescents in Australia](#) and the [Department of Education's School Canteens and Other School Food Services Policy](#).
- Linking to classroom and other school activities to complement and reinforce healthy eating messages.

Implementation

- All college activities involving food, including fundraising activities, special celebrations and the Breakfast Club, should be planned in accordance with the Traffic Light system of healthy eating (see guidelines in Attachment 1).
- Where possible, menus should include fresh food that is in season and locally available.
- The wider school community, including parents, families and food service providers, should be involved in creating a culture which fosters healthy eating practices.
- Each year the school should participate in a Health Promotion activity such as Heart Week, Nutrition Week or Fruit 'n' Veg Week.
- Healthy eating can be connected with the College's environmental programs such as the Sustainable Schools Program and activities such as recycling and composting.

Confectionary and Soft Drinks

Since 2008, confectionary and soft drinks (including flavoured mineral waters and energy drinks) have been banned from school grounds.

These items may not be brought to school by students, or made available to them by food service suppliers on school grounds.

Exceptions to this rule may include one-off events, or items required by individual students for medical reasons.

Primary Students

Younger students should be encouraged to come together to eat at recess and lunchtime. Supervising staff may need to observe the eating habits of some students and refer concerns to the Principal.

Secondary Students

Students in Years 7-12 should follow the dietary guidelines listed below. It is expected that this age group is able to take responsibility for their own food choices and to model good behaviour for younger students.

In 2012, an arrangement was formalised permitting secondary students to leave school on Mondays and Fridays to purchase lunch at the local shops. Local businesses should be encouraged to make healthy, reasonably priced foods available on these days.

Wherever relevant, strategies for living a healthy life should be incorporated into the curriculum, such as:

- Strategies for recognising healthy (and deceptively unhealthy) foods
- The effects of preservatives and additives on the human body and the environment
- Menu planning and budgeting skills
- The environmental benefits of choosing locally available produce

Staff

Staff are encouraged to act as good role models when making their own food choices.

Incentives for students should not include confectionary or drinks with a high sugar content. Exceptions to this may be determined by the Principal.

Breakfast Club

Given the importance of breakfast as a foundation for the day ahead, it is vital that the food and drinks on offer at the Breakfast Club be nutritionally sound, particularly for the students who arrive at school without having already eaten.

The nutritional value of white bread and fruit juice is negligible, and these items should be avoided in favour of:

- Wholemeal and multigrain breads
- Wholegrain cereals (Weetbix, Vitabrits, muesli)
- Fresh, seasonal fruit (cut up on platters)
- Water and milk (with a small amount of Milo)
- During Winter, porridge and boiled eggs could be offered on an occasional basis.

Fundraising Activities and Special Celebrations

- All activities should emphasise foods listed in the 'Green traffic light' category and avoid those in the 'Red' category.

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- Exceptions to these guidelines for special events may be approved by the Principal.
- Barbeques should include a salad and wholegrain bread.

Food Hygiene and Safety

Activities must comply with current food safety and hygiene regulations.

Occupational Health and Safety

Activities must comply with current OHS regulations (refer to Policy).

Evaluation

This policy will be reviewed as part of the school's three year review cycle.

The policy was last ratified by School Council in **June 2013**.

A handwritten signature in black ink, appearing to read "B. Wallace". The signature is written in a cursive style with a large initial "B" and a long, sweeping underline.

Signed:

Date: 19th June 2013

Attachment 1: Traffic Light System of food categories

Adapted from http://www.healthyoptions.health.wa.gov.au/visitors/traffic_light.cfm

Under the traffic light system, food and drinks are classified into categories based on their nutritional value, energy density and levels of saturated fat, added sugar, salt and fibre.

Green Food and Drinks

Foods and drinks classified as 'Green' are the healthiest choices. They are excellent sources of important nutrients needed for health and wellbeing, and low in saturated fat, added sugar and salt, and are lower in energy density.

Green foods should be eaten every day and at every meal.

Examples include: Plain or whole grain breads and cereals, vegetables and salads, fruit, low fat milks and dairy products, lean meats, fish and poultry, eggs, and nuts and legumes.

Amber Food and Drinks

Foods and drinks classified as 'Amber' are mainly processed foods. They have some nutritional value but contain moderate levels of saturated fat, added sugar and/or salt and can, in large amounts, contribute to excess energy intake.

These foods should be carefully selected and eaten in moderation.

Examples include: Full fat milk and dairy products, some breakfast and cereal bars, plain, lower fat cakes and muffins, some processed meats (such as ham and pastrami), poly- or mono-unsaturated spreads, breakfast cereals with no added sugar or fat.

Red Food and Drinks

Foods and drinks classified as Red are energy dense and nutrient poor foods and drinks that are high in saturated fat, sugar and/or salt. They can contribute to excess energy intake if consumed in large amounts or on a frequent basis.

These foods should only be eaten occasionally.

Examples include: Fried foods, savoury commercial products such as pies and sausage rolls, processed meats (such as salami), snack bars, sweet biscuits, cakes and sweet pastries, confectionary and chocolate, chips and other salty snacks, soft drinks, and energy and sports drinks.