

## Healthy Food and Drink Policy

**Purpose:** Carine Primary School is committed to creating an environment that promotes learning and teaches good eating and physical activity patterns for long term health.

We are well placed to support healthy eating and reinforce nutrition messages being taught in the classroom by modelling healthy food and drink choices that are tasty, interesting and affordable. Along with the requirement that students participate in a minimum of two hours of physical activity, the healthy food and drink policy is another step in ensuring our children are fit and healthy.

**Background:** Childhood obesity is now recognised as a world wide epidemic. The Western Australian government has set a new policy and standards for healthy food and drink in public schools. The policy and standards are based on:

- The National Dietary Guidelines for Children and Adolescents in Australia and the Australian Guide to Healthy Eating (AGTHE).
- A whole school approach which includes P & C, principals, teachers, students and parents/caregivers
- A 'traffic light system' for rating the suitability of foods and drink. (see appendix);  
GREEN - fill the menu  
AMBER - select carefully  
RED - off the menu

### Implementation Strategies:

1. Classroom rewards not to include food.
2. P &C special lunches to include food choices from Green and Amber.
3. Class parties and special celebrations - parents to be encouraged to provide food from Green and Amber.
4. Curriculum activities including food (eg. cooking, excursions, camps) to be selected from Green and Amber.
5. Parents/caregivers are encouraged to follow traffic light system when packing lunchboxes.
6. Information provided to parents/caregivers through newsletter.
7. Nutrition to be focussed on in health curriculum as per operational plan and ACARA.

### Related Areas:

- Crunch 'n Sip Policy
- Health and Physical Education Australian Curriculum

### Carine PS - Healthy Food and Drink Policy

*When choosing foods to send to school in lunchboxes and for special occasions GO GREEN and Amber.*



## Traffic light system in Western Australian schools



As you are aware, the Department of Education's *Healthy Food and Drink* (HFD) policy is underpinned by the FOCiS nutrient criteria (includes values for energy, fat, sodium etc.) and food and drinks are categorised according to the traffic light system.

The recent review of the FOCiS nutrient criteria has led to several changes to the traffic light system. One of the aims of the review was to increase national consistency across Australia; we are pleased to report this has been achieved.

Changes are effective 1 July 2017.

| Category                              | Item  | New colour code  |
|---------------------------------------|---|--|
| Breads and cereals                    | Bread, plain, preferably wholegrain   | GREEN*   |
|                                       | Savoury breads, scrolls, cheese, garlic and herb breads and plain/flavoured pizza bases | AMBER  |
| Dairy products and dairy alternatives | Plain milk  | GREEN: reduced fat*<br>AMBER: full fat   |
|                                       | Flavoured milk  | GREEN: reduced fat; maximum 375mL*<br>AMBER: reduced fat; more than 375mL*<br>AMBER: full fat; maximum 375mL<br>RED: reduced fat; more than 600mL*<br>RED: full fat; more than 375mL |
|                                       | Coffee flavoured milk (reduced fat)   | High schools only<br>AMBER: reduced fat; maximum 375mL<br>RED: reduced fat; more than 375mL<br>RED: full fat   |
|                                       | Plain and flavoured yoghurt   | GREEN: reduced fat*<br>AMBER: full fat   |
|                                       | Cheese  | GREEN: reduced fat*<br>AMBER: full fat   |
| Meat and meat alternatives            | Processed lunch meat e.g. skin-free chicken   | AMBER<br><br>Note: green when served in a sandwich/roll with salad and/or reduced fat cheese   |
| Mixed foods: hot/cold meals/dishes    | Pre-prepared dishes e.g. spaghetti, fried rice, potato salad, sushi                     | GREEN/AMBER/RED<br><br>Maximum serve size 300g   |
| Miscellaneous foods and snacks        | Dairy dessert   | AMBER  |

\* Indicates unchanged criteria and traffic light colour coding

We encourage you to read through the July 2017 Star Choice™ Buyers Guide as there are a number of new products and some items have changed colour code e.g. from green to amber.



## What's on the menu in WA school canteens?



| <p align="center"><b>GREEN - FILL THE MENU</b><br/>Minimum 60%<br/>Encourage and promote<br/>EVERYDAY choices</p>  | <p align="center"><b>AMBER - SELECT CAREFULLY</b><br/>Maximum 40%<br/>Do not let these foods dominate the<br/>menu and choose small serves</p>   | <p align="center"><b>RED — OFF THE MENU</b><br/><br/>NOT AVAILABLE</p>   |
|--|--|--|
| <ul style="list-style-type: none"> <li>• Cereal foods — wholegrain cereals, pasta, noodles, rice, cous cous, quinoa</li> <li>• A variety of bread types including wholegrain/ wholemeal</li> <li>• Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, garden salads, potato salad, coleslaw (using reduced fat dressings )</li> <li>• Fruit, fresh and frozen, whole, fruit salad, sliced fruit</li> <li>• Fruit canned in natural juice</li> <li>• A variety of sandwich/roll fillings, preferably served with salad e.g.               <ul style="list-style-type: none"> <li>- egg</li> <li>- reduced fat cheese</li> <li>- tuna, canned in spring water or brine</li> <li>- lean meats i.e. roast beef</li> <li>- yeast spreads</li> <li>- hummus</li> </ul> </li> <li>• Lean meats, fish, poultry</li> <li>• Meals<sup>*</sup>, especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls</li> <li>• Reduced fat dairy products including:               <ul style="list-style-type: none"> <li>- plain milk</li> <li>- flavoured milk (375mL or less)</li> <li>- cheese</li> <li>- plain and flavoured yoghurt</li> </ul> </li> <li>• Plain water</li> <li>• Plain mineral water</li> </ul> | <ul style="list-style-type: none"> <li>• Savoury breads such as garlic, herb and pizza bases</li> <li>• Reduced fat pastry items<sup>*</sup></li> <li>• Frankfurts and sausages for hot dogs and/or sausage sizzles<sup>*</sup></li> <li>• Savoury commercial products, e.g. fish, chicken, potato portions, pizza<sup>*</sup></li> <li>• Hamburger patties<sup>*</sup></li> <li>• Processed meat e.g. ham, skin-free processed chicken</li> <li>• Assorted cakes/biscuits or muffins<sup>*</sup></li> <li>• Sweet and savoury snack foods<sup>*</sup></li> <li>• Plain dried fruit</li> <li>• Ice creams and icy poles<sup>*</sup></li> <li>• Reduced fat flavoured milk (more than 375mL &amp; less than 600mL)</li> <li>• High schools only: reduced fat coffee flavoured milk (375mL or less)</li> <li>• Full fat dairy products e.g. plain milk, yoghurt, cheese</li> <li>• Full fat flavoured milk (375mL or less)</li> <li>• 99% fruit juices (250mL or less) and no added sugar</li> <li>• Dairy desserts<sup>*</sup> e.g. reduced fat custard, ice cream and mousse (milk/milk alternative listed as first ingredient)</li> </ul> <p align="center"><i>NOTE: Reduced fat dairy recommended for children over the age of 2 years</i></p> | <ul style="list-style-type: none"> <li>• Full-fat pastry items</li> <li>• Deep fried food of any description</li> <li>• Sweet sandwich fillings including jam, nut spreads, honey or confectionery sprinkles</li> <li>• High fat sandwich meats including polony and salami</li> <li>• Confectionery (e.g. chocolate, liquorice, cough lollies, and fruit juice based jellies)</li> <li>• Sweet or savoury snack items that do not meet the criteria e.g. potato chips</li> <li>• Soft drinks, cordial, sports drinks</li> <li>• Reduced fat flavoured milk (more than 600mL)</li> <li>• Reduced fat coffee flavoured milk drink (more than 375mL)</li> <li>• Full fat coffee flavoured milks all sizes</li> <li>• High caffeine drinks (e.g. drinks containing Guarana)</li> <li>• Chocolate coated and premium style ice-creams</li> <li>• Desserts: jelly; jelly with fruit; dairy desserts high in energy</li> <li>• Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices</li> <li>• Fruit juice (more than 250mL) and/or with added sugar or sweetener</li> <li>• Water flavoured with fruit juice, sugar and/or sweetener</li> </ul> |

<sup>\*</sup>Only those meeting FOCIS/Star Choice™ nutrient criteria