



DAWSON PARK
PRIMARY SCHOOL
Strive to Achieve

Healthy Eating Policy



Healthy Eating Policy

Background Information:

Research indicates that eating well and being active are critical to children's health and wellbeing in both the short and long term. They also have a direct impact on children's performance at school. Healthy eating habits begin at home but schools and their canteens play a role in supporting parents and ensuring children understand the importance of making healthy food choices.

Children should eat a wide range of foods so that they have the energy for learning and growing. A 'traffic light' system has been introduced to help canteens plan menus full of healthy, nutritious and affordable food and drinks. Parents are encouraged to use the GREEN AMBER RED system at home too.

The "Traffic Light" standards on Healthy Food and Drinks:



GREEN FOOD AND DRINKS

Are good sources of nutrients, 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).

Implementing the Policy:

Nutrition and physical activity messages are to be taught in the classroom to promote healthy lifestyles.

The standards for healthy food and drink choices in public schools are consistent with these curriculum messages and will apply to canteens and food services, class treats, school camps and excursions.

- Students will be supplied 'green' and 'amber' foods in school settings, including classroom rewards, classroom cooking activities, school camps and excursions.
- At least 60% of the canteen menu will be 'green' food choices.
- Students will only be supplied 'red' foods on limited occasions and in small amounts and only when it is essential to the learning program.

Healthy eating will be promoted by.

- The Crunch and Sip Program supports the healthy eating message with students consuming water and fresh fruit or vegetables at this time each day.
- Including advice in the school newsletter.
- Organising whole school events such as a health/nutrition campaign/events, theme days, school breakfast events; and
- All classroom cooking activities will comply with the no “red” foods policy.
- Food brought to school by parents has direct implications for this policy, food preparation requirements of the Department of Education Healthy Food and Drink Policy as well as the potential for impact on a large number of students with a wide variety of allergies. The provision of birthday cakes and other food treats to classrooms for distribution to students must be discussed and approved by the classroom teacher beforehand.
- Parents and Citizens’ Association fundraising is exempt from the requirement to only use ‘green’ and ‘amber’ food and drinks however consistent messages are encouraged.
- When parents provide foods to be shared during classroom activities, the best practice is that teachers inform parents prior to the event of the heating/cooling facilities available at the school to prevent contamination.

In addition, the school will:

- Raise awareness of the need to consider those with medical care plans in place for food allergies.
- Educate the community about considering the needs of others.
- Provide the necessary training and procedures to cater for the needs of students with emergency care plans for food allergies.
- Require the assistance of the community to limit the amount of food in the environment which is common to food allergies.
- Prevent the sharing of personal food items.
- Restrict foods in class cooking activities to those with no allergy link to students.

School Canteen

A canteen policy will incorporate the policy on the provision of healthy food and drinks and be visible in the canteen alongside the Department of Education Health Food and Drink Policy.

The school will ensure the canteen menu promotes a wide range of healthy foods and that it:

- Consists of a minimum of 60% 'green' food and drinks.
- Consists of a maximum of 40% 'amber' food and drinks.
- Only offers savoury commercial products that are 'amber' foods a maximum of twice per week; and
- Contains no 'red' food and drinks.