

BINNU PRIMARY SCHOOL Healthy Food and Drink Policy



Rationale

Binnu Primary School aims to promote nutritional eating habits in a safe, supportive environment for all children. We believe that learning healthy eating habits commences early in life. Schools are required to adopt a whole school approach to healthy eating within the school community. Fundamental to this is the implementation of strategies which inform, support and promote healthy eating within the guidelines of the Department of Education Policy for Healthy Food and Drinks in Schools 2014.

The standards are based on a traffic light system: GREEN – fill the menu; AMBER – select carefully and RED – off the menu. It:

- is underpinned by the Australian Dietary Guidelines, the Australian Guide to Healthy Eating and the Health Promoting Schools Framework.
- is compliant with the Department of Education's Healthy Food and Drink policy.
- applies to classroom rewards, cooking activities, school camps, excursions, and assemblies.
- applies to (where applicable) all operators of a canteen (including external contractors, local caterers/shops or P&C Association that provide a food service to the school).
- Parents and Citizens' Association fundraising is exempt from the requirement to use only 'green' and 'amber' food and drinks however consistent messages are encouraged.

Role of the School

Binnu Primary School will adopt a whole school approach to support healthy eating. Through this approach, consistent messages can be promoted through the curriculum and social and physical environments.

Binnu Primary School will adopt a whole school approach to promote healthy lifestyles through the following:

- Before school Breakfast Club with healthy options for students
- Newsletter communications on healthy eating and/or health promotion messages
- Crunch & Sip program - a set break time where children can eat fruit or vegetables and drink water in the classroom
- Include fundraising initiatives which promote physical activity (such as lapathons)
- Include non-food related fundraising initiatives
- Teachers will use reward systems in the classroom to support the healthy ethos of the school and reinforce the health lessons taught in the classroom.
- Cooking classes with students to support and compliment health lessons.

Family Support

In the likely case that a student with a food allergy, who is subject to an anaphylactic reaction, enrolls at Binnu Primary School, we will commit to ensuring a safe environment is provided for these students. We commit to educating our students about allergies in general and, with parental agreement, inform students about individual allergies. Please refer to the school's Anaphylaxis Policy for further information.

Role of the Family

- We ask students not to share food.
- Families are encouraged to provide their child/ren with cut up fruit or vegetables (bitesize) and a water bottle for Crunch & Sip.
- Parents are encouraged to provide a variety of healthy lunches, snacks and drinks as outlined in the healthy eating traffic light system packed in appropriate reusable containers and appropriate to the season.
- If parents are providing birthday treats for the children in a class, it is recommended that there are healthy options. Parents to check with the classroom teacher regarding allergies to particular foods. Birthday treats are distributed to children at either recess, lunch break or at the end of the day.

External Providers

The menu is established in accordance with the guidelines outlined in the healthy traffic light system.

GREEN foods and drinks (include a minimum of 60% Green)

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).

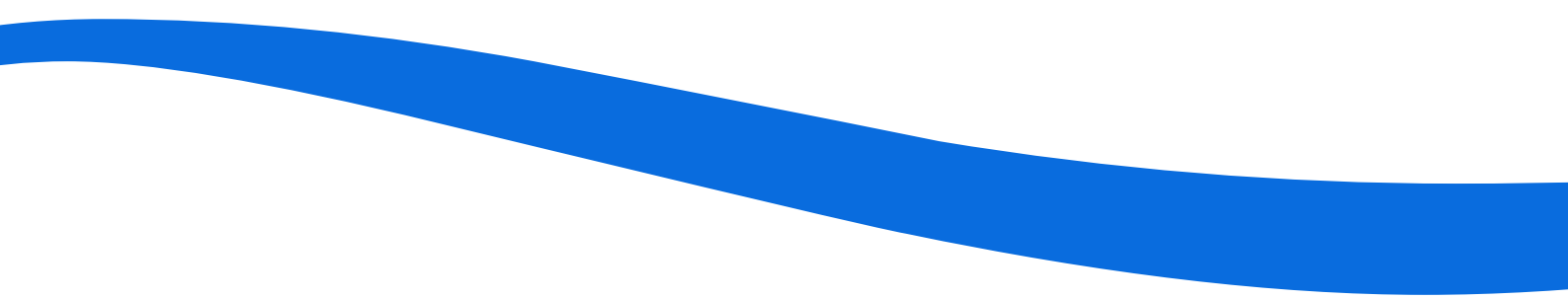
AMBER foods and drinks

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 foods and drinks

Lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute to excess energy (kJ).

Refer to appendix 1 for greater detail.



Distribution of the policy

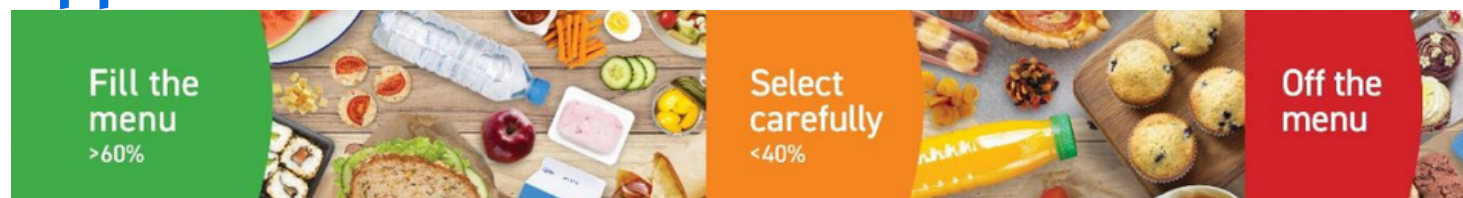
A current copy of the Department of Education's HFD Policy and Binnu Primary School's Healthy Food and Drink Policy will be held on file in the Front Office and made available via the school's website.

Reference

- 1.Australian Dietary Guidelines 2013
- 2.Australian Guide to Healthy Eating 2013
- 3.Health Promoting Schools Framework
- 4.Student Health Care in Public Schools
- 5.Anaphylaxis Management and Guidelines for Western Australian Schools
- 6.What's on the Menu
- 7.Department of Education Health Food and Drink in Public Schools Policy 2014

This policy was endorsed by the School Board on:

Appendix 1



Green food and drinks	Amber food and drinks	Red food and drinks
• Cereal foods - wholegrain cereals, pasta, noodles, rice, cous-cous, quinoa • A variety of bread types including wholegrain/wholemeal • Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, garden salads, potato salad, coleslaw (using reduced fat dressings) • Fruit, fresh and frozen, whole, fruit salad, sliced fruit • Fruit canned in natural juice • A variety of sandwich/roll fillings, preferably served with salad e.g. egg, reduced fat cheese, tuna, canned in spring water or brine, lean meats, i.e. roast beef, yeast spreads, hummus • Lean meats, fish, poultry • Meals, especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls • Reduced fat dairy products including: plain milk, flavoured milk (375mL or less), cheese, plain and flavoured yoghurt • plain water • plain mineral water	• Savoury breads such as garlic, herb and pizza bases • Reduced fat pastry items • Frankfurts and sausages for hot dogs and/or sausage sizzles • Savoury commercial products, e.g. fish, chicken, potato portions, pizza • Hamburger patties • Processed meat e.g. ham, skin-free processed chicken • Assorted cakes/biscuits or muffins • Sweet and savoury snack foods • Plain dried fruit • Ice creams and icy poles • Reduced fat flavoured milk (more than 375mL & less than 600mL) • High schools only: reduced fat coffee flavoured milk (375mL or less) • Full fat dairy products e.g. plain milk, yoghurt, cheese • Full fat flavoured milk (375mL or less) • 99% fruit juices (250mL or less) and no added sugar • Dairy desserts e.g. reduced fat custard, ice cream and mousse (milk/milk alternative listed as first ingredient)	• Full fat pastry items • Deep fried food • Sweet sandwich fillings e.g. jam, honey, confectionary sprinkles • High fat meats e.g. polony and salami • Confectionary e.g. chocolate, liquorice, cough lollies, jellies • Sweet or savoury snack items that do not meet the criteria e.g. potato chips • Soft drinks, cordial, sports drinks, energy drinks • Reduced fat flavoured milk (more than 600mL) • Reduced fat coffee flavoured milk drink (more than 375mL) • Full fat flavoured milk (more than 375mL) • Chocolate coated ice-creams • Jelly; fruit with jelly • Croissants, cream or iced buns/cakes, doughnuts, sweet pastries, slices • Fruit juice (more than 250mL) and/or with added sugar or sweetener • Water flavoured with fruit juice, sugar and/or sweetener