



HEALTHY FOOD AND DRINK POLICY

KATANNING SENIOR HIGH SCHOOL

Effective January 31, 2025

Last edited May 2025

Ratified by:	Date
Senior Leadership Group	May 2025
School Board	Nov 2025
Review Date	Nov 2027

BACKGROUND

In 2007, the Department of Education introduced the Healthy Food and Drink (HFD) Policy, setting the standard for the provision of health food and drink choices in public school. The standards are based on a traffic light system which categorises food and drinks as green, amber or red.

GREEN “BEST OPTION” - These foods and drinks are part of a healthy diet, are the healthiest options, and should be eaten every day. They are excellent sources of key nutrients and are needed for optimum health and wellbeing. They include one or more of the five food groups defined by the Australian Dietary Guidelines and the Australian Guide to Healthy Eating. Food and drinks classified as Green are generally lower in energy (kilojoules) saturated fat, added sugar and/or added salt, and higher in fibre.

AMBER “SELECT CAREFULLY” - These foods and drinks should be chosen carefully and eaten in moderation. They provide some nutritional value but may contain moderate amounts of saturated fat, added sugar, and/or salt, and can contribute to excess energy (kilojoule) intake. They are usually more processed than Green items.

RED “LIMIT” - These foods and drinks are typically high in energy (kilojoules), saturated fat, added sugar, and/or added salt. They should be eaten only sometimes and in small amounts. According to the Australian Dietary Guidelines and the Australian Guide to Healthy Eating, they are not an essential part of a healthy dietary pattern or a part of the five food groups.

RATIONALE

Childhood obesity is now recognised as a worldwide epidemic. In this state in 2014, 9 percent of children and teenagers were obese, with 14 per cent overweight. Weight gain and obesity is usually the result of eating too much food or the wrong type of food, combined with too little physical activity. Obesity increases the risk of health problems like heart disease, diabetes, high blood pressure and some cancers.

Over their compulsory schooling life children can consume up to 1500 meals. Therefore, it is crucial that these meals are nutritious whether brought from home or purchased from the school canteen. All meals should reflect healthy food choices. Schools and their canteens are well places to support healthy eating.

PURPOSE

- To comply with Department of Education’s Student Health in Public Schools Policy. Appendix B; Healthy Food and Drink Procedure states that the principal is required to implement a whole school approach to healthy eating suited to the school context.
- To promote the health and wellbeing of all students by encouraging healthy eating habits.
- To ensure the school community are informed about the healthy eating guidelines.
- To facilitate the provision of healthy food choices for students where food and drink is supplied by the school and staff.
- To establish an allergy friendly environment where risks are reduced for all students.

SCOPE

The Healthy Food and Drink Policy applies to:

- School Canteen or Food Services (provided in place of canteen service)
- Areas of the school where the Principal is responsible for the supply of food and drinks – eg. Tuckshop, Breakfast Programs, Homework Class, School events and Whole school Rewards
- Classroom rewards
- Excursion and Camps
- Classroom Cooking

IMPLEMENTATION

1. School Canteen and Food Services

A canteen or food service is a school-based outlet or external provider that provides a food service to students and staff. Any external food services must present the food options to the principal for approval.

The principal only gives permission to use a school premises as a canteen/food service on the basis that the Student Health in Public Schools policy and procedures are implemented. The school canteen will operate in accordance with the “Traffic Light” system.

- Green items must account for minimum of 60% of the menu
- Amber items can account for a maximum of 40% of the menu
- Red items are not on the menu.

The Canteen will establish guidelines that will ensure its compliance with the HFD Policy.

2. Classroom Learning

Students will learn about nutrition, food choices, and the relationship between diet and health through the Health and Physical Education Curriculum.

Practical learning experiences eg. Cooking lessons, school garden, health promotion projects etc will reinforce classroom learning.

Classroom rewards must also comply with this policy.

3. School Events and Fundraising

Fundraising and special events will align with the Healthy Food and Drinks policy. Students must not sell confectionary or other RED foods as part of school organised fundraising.

Staff must ensure compliance with the policy when planning excursion and camps.

Special Events eg. Easter may include the provision of limited red foods with approval of the principal.

Healthy alternatives will be promoted where possible e.g. Fruit smoothies, wholegrain wraps, water refill stations.

Staff and students must consult with the Principal for approval before embarking on any fundraising activities.

4. Parent and Citizens Association

The Department of Education policy states, *P&C Fundraising initiatives are exempt from the requirements, however, practices consistent with the promotion of healthy eating are strongly encouraged.*

During the planning of P&C events/fundraisers, the P&C must consult with the Principal prior to the event.

5. Role Modelling – Guidance to staff

Staff will model healthy eating practices while in the presence of students.

6. Monitoring and Review

The policy will be reviewed **biennially** in consultation with the School Board and Staff.

SUPPORTING DOCUMENTS

Department of Education Student Health in Public Schools Policy inc. Appendix B. Healthy Food and Drink Procedure

Food core Nutrition Services (Formerly WA School Canteen Association Inc) - Changes to school food policy in WA.

Guidelines for healthy foods and drinks supplied in school canteens – Australian Government

Department of Education Healthy Food and drink choices in WA schools

WA healthy food and drink school principal survey 2022 report.