



BOORAGOON PRIMARY SCHOOL

**Clements Road,
Booragoon WA 6154
Telephone 6274 1800**



Healthy Eating Guidelines

PURPOSE

To promote a culture that fosters healthy eating habits of students at the school
To comply with Department of Education guidelines on healthy eating
To ensure teachers, students parents and members of the school community are informed about the healthy eating guidelines and the school's approach to implementing these.

RATIONALE

Booragoon Primary School is committed to health promotion strategies and believes that learning healthy eating habits commences early in life. The school and staff promote a culture of healthy eating and are committed to providing relevant information, skills and resources to students and caregivers.

GUIDELINES

1. Educating students as part of the curriculum on making healthy food choices and developing healthy eating habits (eg, Health Education, curriculum, cooking classes, vegetable garden links, Crunch 'N Sip etc.)
2. Providing information and resources (eg, pamphlets, posters) of a general nature to students and caregivers
3. When special occasions occur within the school or classroom and snacks are provided, healthy food choices are recommended
4. If parents provide birthday treats for children in class, it is recommended that they are healthy options. Parents are encouraged 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.
5. Classroom rewards provided to students are not to include unhealthy snacks such as chocolates or lollies
6. Students are encouraged to take home food not eaten at school to ensure caregivers are aware of their eating habits during the school day
7. Fundraising at swimming and athletics carnivals and other school events are called food stalls and healthy food choices are recommended
8. 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 appropriate to the season. (Refer to the Sustainability Policy). Use of cooler packs is encouraged during summer.
9. Parents are encouraged not to give children foods containing nuts or peanuts to be consumed at school. (Refer to the Nut Minimisation Policy).
10. Students are encouraged to drink plenty of water through the day, especially during the summer months.

MEALS PROVIDED BY A LUNCH PROVIDER

Where a lunch provider exists, the menu is established in accordance with the guidelines outlined in the Healthy Eating Traffic Light System.

<http://www.det.wa.edu.au/healthyfoodanddrink/faq.html>

Green Foods and Drinks

These foods/drinks should be encouraged and promoted and they should fill the canteen/food service menu. Examples include, but are not limited to:

Fruit (fresh, canned, frozen and dried), vegetables, wholegrain breads and cereals, reduced fat dairy products such as milk, yoghurt and cheese, lean meats, fish and chicken, eggs, plain water and 100% fruit juice in small sizes.

Amber Foods and Drinks

Canteen/food service menus should not be dominated by these foods and drinks. They should be limited and chosen carefully. Large sizes should not be used. Examples include, but are not limited to:

Refined cereals with added sugars, full fat dairy foods and commercial products such as Star Choice registered pastry items, snack food bars, ice-creams, cakes, muffins and fruit drinks.

Red Foods and Drinks

These are called 'extra foods' in the Australian Guide to Healthy Eating. They should not be offered in schools. Examples include, but are not limited to:

Soft drinks, confectionary, deep-fried foods and other items such as chips, chocolate coated ice-creams, cakes and muffin that do not meet the criteria for registration.

Links

Australian Guide to Healthy Eating
What's on the menu for WA Schools?

WHO HAS TO FOLLOW THIS POLICY?

The policy applies to all public school canteens and food services provided in place of a canteen. This includes:

- School canteens managed by Parents & Citizens' Associations
- School canteens contracted by the school
- Breakfast programs provide at the school
- Any onsite vending machines available to students
- Food services provided by local shops in place of a canteen

REFERENCE

1. Health Act, 1911 (WA)
2. Health (Food Hygiene) Regulations, 1993 (WA)
3. Dietary Guidelines for Adolescents and Children in Australia (2003)
4. Department of Education, Student Health Care Policy
5. Department of Education, Anaphylaxis Advice Paper
6. Foodsafe Guidelines
7. WA School canteen Association Guidelines
8. Occupational Safety and Health Act (1984)
9. Occupational Safety and Health Regulations (1996)