



Falcon Primary School

A Western Australian Independent Public School

HEALTHY FOOD AND DRINK POLICY

2/2015

RATIONALE

Schools, and in particular teachers, have a very important role to play in promoting health and well being to students. They can do this through the curriculum and through the positive experiences they provide.

POLICY REQUIREMENTS:

The Healthy Food and Drink policy (2007) sets a minimum standard for the provision of food and drinks to students. It was introduced to combat rising rates of obesity. We are responsible for implementing this policy within our school.

1. Using food and drinks of poor nutritional value as a reward for students can contradict the messages promoted in the school curriculum. **Please do not use confectionery as a reward for student work or behaviour.**
2. The **TRAFFIC LIGHT** system is successfully applied to our school canteen 'The Tummy Rumble'. This means that food and drink classified as GREEN are excellent sources of important nutrients, are low in saturated fat and/or added sugar and/or salt and help avoid an intake of excess energy (kilojoules).
3. Food and drinks classified as RED are not offered at school because they lack nutritional value, are high in saturated fat, sugar and/or salt. They contribute to excessive energy and can contribute to tooth decay.
These food categories are not sold at the canteen - Confectionery Soft drinks Crisps/Chips Croissants Doughnuts Iced Cakes
Students are not to be given any of the above categories of food as a form of Classroom Reward. All existing foods that fit into these categories should be removed from the school site.
4. The Principal is directly responsible for the supply of food and drink as Classroom Rewards, on Camps and Excursions, School Fundraising and Cooking Activities.
Therefore, staff and parent volunteers are asked to liaise with the Principal or Assistant Principals for advice when and if appropriate. There are many alternatives that can be used including canteen vouchers, letter of commendation, stickers and other stationery, certificates, computer time, music time, hair accessories, raffle tickets etc
5. The P&C Association fundraising is currently exempt from this policy.

Class Parties

Sweet ideas – fresh fruit served with creamy yoghurt dip; fruit kebabs; jelly cups with fruit; pikelets; fruit muffins

Savoury – cheese or pumpkin scones, finger sandwiches, mini bruschetta; sushi; popcorn

Drinks – water; fruit juice (99% no added sugar); milk – plain or flavoured; milo with reduced fat milk; fruit smoothies (breakfast club uses full cream milk as per supplied through Foodbank)

Celebrations

Anzac Day – Anzac Biscuits **Easter** – Hot cross buns **Christmas** –Collect non perishable foods to be donated to charity

NAIDOC – Damper **Graduation Lunch** -Advise the caterer of the school's policy requirement that the foods meet the criteria for 'green' and 'amber'

Birthdays – No birthday cakes, cup cakes etc (these can be provided at home)

Camps and Excursions

Sample ideas are available. Camp providers will need to be notified in advance of the *Healthy Food Policy* compliance

CONCLUSION: This policy is subject to change as determined by changes to the *Healthy Food and Drink Policy* document accessible on the Department of Education website.