



MOUNT CLAREMONT PRIMARY SCHOOL

HEALTHY FOOD AND DRINK POLICY

Purpose: Mount Claremont PS is committed to creating an environment that promotes learning and teaches good eating and physical activity patterns for long term health.

Mount Claremont PS supports healthy eating and nutrition messages being taught in the classroom by modelling healthy food and drink choices that are tasty, interesting and affordable. Along with the requirement that students participate in a minimum of two hours of physical activity, the healthy food and drink policy is another step in ensuring our children are fit and healthy.

Background:

Childhood obesity is now recognised as a world wide epidemic. The Western Australian government has set a new policy and standards for healthy food and drink in public schools. The policy and standards are based on:

- The National Dietary Guidelines for Children and Adolescents in Australia and the Australian Guide to Healthy Eating (AGTHE).
- A whole school approach which includes canteen workers, principals, teachers, students and parents/caregivers
- A 'traffic light system' for rating the suitability of foods and drink. (see appendix);
GREEN – fill the menu
AMBER – select carefully
RED – off the menu

Implementation Strategies:

- Ensure fresh drinking water is available and easily accessible to students throughout the day.
- Classroom rewards not to include food.
- Canteen lunches to include food choices from Green and Amber.
- Class parties and special celebrations - parents encouraged to provide food from Green and Amber.
- Curriculum activities including food (eg. cooking, excursions, camps) to be selected from Green and Amber. If foods from Red are required for a specific purpose, parents should be advised via letter.
- Parents/caregivers are encouraged to follow traffic light system when packing lunchboxes.
- Information provided to parents/caregivers through newsletter.
- The school will encourage parents/carers to provide students with healthy lunches and will provide education to encourage healthy eating. e.g. parent workshops, newsletter inserts.

APPENDIX

When choosing foods to send to school in lunchboxes and for special occasions GO GREEN and Amber.

What's on the menu for WA schools

The table below provides examples of GREEN, AMBER and RED foods under the new traffic light system for WA public schools. This is not the entire list of available foods.

Nuts and nut spreads do not appear in the table. Schools are advised to refer to the Department's *School Health Care Policy* and *Anaphylaxis Advice Paper* before deciding whether or not to include nuts and nut spreads on the canteen menu.

GREEN	Examples
Fill the menu	
Breads	A variety of bread types
Cereal foods	Wholegrain cereals, pasta, noodles, rice
Vegetables	Vegetables and salads (reduced fat dressing only), all salad mixtures
Fruit	Fresh, frozen and tinned (in natural juices)
Legumes	Tinned leg bean mix, kidney beans, cooked
Reduced fat dairy products	Reduced fat: milk (plain and flavoured), yoghurt (fresh, frozen, plain or fruit), cheese
Lean meat, fish, poultry and alternatives	All lean meats, chicken (no skin) or registered meats, * fish (eg tuna, salmon, sardines), and egg
Sandwich fillings	All lean meats, lean chicken, fish, creamed corn/corn kernels, egg, canned spaghetti (reduced salt), salads, baked beans, low fat cheese, hummos, vegemite, yeast spreads and fish spreads*
Hot food	Jaffles/hot rolls/toasted sandwiches (fillings as for sandwich fillings), baked potatoes, rice, soups, toast, English muffins, crumpets (wholemeal), raisin toast, and meals meeting the criteria for registration such as curry and rice and pasta dishes
Snacks	Yoghurt, scones, raisin or fruit bread, pikelets, cheese sticks, bread sticks, bruschetta, water crackers, rice cakes, rice crackers, popcorn (plain/low fat/flavoured), dried fruit, seed packs, trail mix based on breakfast cereals, registered snacks*
Drinks	Water, reduced fat milk, fresh fruit milkshakes, soy, 100% fruit juice (small size), plain mineral water
AMBER	Examples
Select carefully and limit	
Breakfast cereals	Refined cereals with added sugars
Full fat dairy foods	Milk, yoghurt, custard, low fat dairy desserts and cheese
Savoury commercial products	Registered products such as ovenable fish/chicken/potato portions should be chosen because they are lower in fat/salt*
Snack foods bars	Registered products such as breakfast bars, cereal bars and fruit bars*
Savoury snacks	Registered products such as oven baked vege chips, garlic or herb bread (lightly spread)*
Cakes, muffins and sweet biscuits	Registered products such as cakes, muffins and biscuits (reduced fat and/or sugar and based on wholemeal flour)*
Ice-creams, ice blocks, fruit based icepops, slushies	Registered ice-creams, milk based ice confectionery, frozen yoghurts and rice cream*
Drinks	Fruit drinks, mineral waters flavoured with fruit juice, low joule cordials
RED	Examples
Off the menu	
Sugar and artificially sweetened drinks	Soft drinks, artificially sweetened soft drinks, energy drinks, cordials, sports drinks and mineral waters flavoured with sugar, high caffeine drinks (eg drinks containing guarana)
Confectionery	All types, caramelised popcorn
Pastry items	All types that do not meet the criteria for registration
Sandwich meats	High fat sandwich meats including polony (devon) and selami
Deep fried foods	All types
Savoury snacks	Crisps, chips and other similar products that do not meet the criteria for registration
Ice-creams	Chocolate coated and premium ice-creams
Sandwich fillings	Honey, jam, chocolate spreads, confectionery sprinkles
Cakes, muffins and sweet pastries	Croissants, doughnuts, cream filled buns/cakes, sweet pastries, slices

* Meets the criteria for Star Choice registration