



*Floreat Park Primary School | An Independent Public School*

## *Healthy Food and Drink Policy*

<b>Ratified by</b>
<b>School Board</b>
<b>Review Date</b>

<b>Date</b>
<b>May 2023</b>
<b>May 2024</b>





# Floreat Park Primary School

## *Healthy Food and Drink policy*

(including policy pertaining to the School Canteen)

As a school community, we actively promote a healthy lifestyle through education, modelling and encouraging positive attitudes to physical and mental health and wellbeing, and healthy food and drink choices. The success of this approach is evidenced by data and the successful implementation of the policy.

### **What the data says about the Floreat Park Primary School students and wider community.**

- According to the WA Health & Well-being Surveillance System in 2020, An estimated one in four (25.4%) children aged 5 to 15 years were either overweight or obese.
- Approximately 4.6% of our students have diagnosed allergies or conditions that warrant adjustments to diet.

### **Floreat Park Primary School's Healthy Food and Drink policy**

Our school is committed to providing healthier food and drinks for the school community. The Australian Dietary Guidelines and the Australian Guide to Healthy Eating establish the basis for a healthy eating approach. [A key message of the guidelines is to enjoy a wide variety of nutritious foods every day. This policy aims to create a safe and empowering school food environment that supports children to become confident, adventurous eaters who have a positive relationship with food and their bodies.](#)

### **Floreat Park Primary School's Healthy Food and Drink policy:**

- is underpinned by the Australian Dietary Guidelines, the Australian Guide to Healthy Eating and the Health Promoting Schools Framework
- aligns with the Department of Education's *Healthy Food and Drink* policy
- applies to classroom rewards, cooking activities, school camps and excursions.
- applies to all operators of a canteen including Parents and Citizens' Association (P&C), schools and school boards, external contractors and local caterers/shops that provide a food service to the school.
- P&C fundraising initiatives are exempt.

### **Floreat Park Primary School's canteen**

**Floreat Park Primary School** has a canteen, with representation from the whole of school community, including where possible students, parents and teachers. The committee participates in the decision-making process for the canteen menu, pricing, purchasing and maintenance of equipment etc through its canteen sub-committee. The canteen sub-committee will follow the terms of reference as agreed by the Parents and Citizens' Association or school board.

### **Role of Floreat Park Primary School's canteen**

Our canteen/food service will:

- align with the Department of Education's *Healthy Food and Drink* policy



- provide a food service to students and staff that meets their nutritional needs, promotes healthy food, is part of a whole of school approach, and is affordable and financially sustainable
- reinforce nutrition messages being taught in the classroom by modelling healthier food and drink choices that are tasty, interesting and affordable.

### Menu planning (see appendix 1)

**Floreat Park Primary School's** canteen lunch menu will:

- include a minimum of 60% GREEN menu choices<sup>1</sup>
- include a maximum of 40% AMBER menu choices<sup>2</sup>
- not make available food and drinks that do not meet specified minimum nutrient criteria (RED)<sup>3</sup>
- limit savoury commercial products in the AMBER category to those that meet the criteria for registration and making them available no more than twice a week.<sup>4</sup>
- The recess menu will include a minimum of 60% GREEN menu choices<sup>5</sup>

Healthy eating at **Floreat Park Primary School** will be supported by:

- changing the menu according to the summer and winter seasons
- having available every day and promoting a wide range of the foods that should make up the majority of a healthy diet (GREEN)
- offering a range of foods taking into consideration Australia's multicultural society

### Whole of school approach

Schools are well placed to support healthy eating as they provide the opportunity for easy and regular access to a 'captive audience' and have a vital role to play in helping to reduce the worldwide epidemic of obesity. Canteen staff, parent and school staff (teaching and non-teaching) can be positive roles models and champions to endorse health promotion in schools.

**Floreat Park Primary School** and the canteen will work together with the school to support healthy eating by adopting a whole of school approach. Consistent messages can be promoted through the curriculum, social and physical environments.

**Floreat Park Primary School** will adopt a whole of school approach to promote healthy lifestyles through the following:

- healthy catering at meetings and events
- advising the community in advance of menus at 'special occasions' including school and P&C events out of school hours so informed choices can be made.
- fitness programs
- communication on healthy eating and/or other health promoting messages e.g. the P&C community newsletter;
- non-food related fundraising initiatives

<sup>1</sup> GREEN menu choices must make up a minimum of 60%. Source: Department of Education's *Healthy Food and Drink* policy

<sup>2</sup> AMBER menu choices must not exceed 40%. Source: Department of Education's *Healthy Food and Drink* policy

<sup>3</sup> Source: Department of Education's *Healthy Food and Drink* policy

<sup>4</sup> Source: Department of Education's *Healthy Food and Drink* policy

<sup>5</sup> GREEN menu choices must make up a minimum of 60%. Source: Department of Education's *Healthy Food and Drink* policy



- fundraising initiatives which promote physical activity such as 'lapathons'
- whole of school staff (teaching and non-teaching) health and wellbeing initiatives e.g. professional development workshops and training about food, nutrition and broader health messages
- For P&C events that encourage active lifestyle, GREEN items will be provided (ie at Walk to School or Lapathon)
- Other school-based health promotion programs, such as Crunch & Sip and Jump Rope for Heart.

#### *Provision of food by parents and caregivers:*

Floreat Park Primary School will nurture an environment where students receive consistent, evidence-based messages about health and well-being by:

- Providing 2 opportunities for dedicated eating times during the school day.
- In the Early Years (K-2), students will participate in the Crunch&Sip® program in addition to recess and lunch.
- Trusting parents to supply appropriate food for their children, in-line with the DoR recommendations<sup>1</sup>
- Trusting children to eat as much as they need to be full, in whatever order they choose
- Avoid unsafe messages about food and nutrition to children
- Align all health messages to the WHO definitions<sup>2</sup>, avoiding black-and-white discussions about food and nutrition

<sup>1</sup> This is based on the Satter Division of Responsibility in Feeding (DoR), which helps parents, teachers and other caregivers to support children to have a healthy relationship with food and their body and to reduce stress at mealtimes.

<sup>2</sup> The World Health Organization (1946, 2020) defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

#### **Food safety and hygiene**

The *Food Act 2008 (WA)* and the *Food Regulations 2009* require that:

- all food services must apply for registration with the local council as a food business. A fee may be applicable
- schools must notify the local council prior to conducting a charitable or community event involving food (i.e. a cake stall or sausage sizzle).

Information on these requirements will be sought from the local council prior to any school function, i.e. cake stall or sausage sizzle, where food will be provided.

It is a requirement that all canteen staff at **Floreat Park Primary School** must:

- complete the FoodSafe Food Handler Training program or its equivalent. The training must be completed in a timely manner, preferably prior to commencement
- wear aprons which provided by the canteen
- not sell foods made at home through the canteen
- not heat up food that has not been prepared in the canteen



- prepare, cook, transport and serve food in such a way as to retain nutrients and to minimise bacterial contamination and growth.

### Occupational health and safety

The canteen/food service at **Floreat Park Primary School** is a workplace and will comply with the *Occupational Safety and Health Act 1984* and *Occupational Safety and Health Regulations 1996*. The Department of Education has a number of policies and procedures related to health and safety.

Some of the requirements include:

- All canteen staff and volunteers to be made aware of evacuation procedures in case of fire or other emergency
- All canteen and volunteers to wear enclosed footwear. Shoes with heels or open sandals are not acceptable
- Students and teachers are not permitted to enter the canteen premises during normal trading hours unless it is part of a supervised school curriculum activity
- Only canteen and volunteers rostered for duty may enter the canteen premises during normal canteen opening hours
- Children (i.e. children of volunteers) are not permitted in the canteen during normal canteen opening hours.
- Promote and follow the FPPS Student Health Care Policy which outlines the schools position in supporting students with food allergies.

### Canteen management issues

#### 1. Employment

- The canteen manager and co-ordinator/s shall be employed in accordance with the current legal requirements pertaining to minimum conditions, or a salary negotiated and approved under an enterprise agreement (minimum award conditions must apply, including superannuation.)
- The Canteen will comply with equal opportunity guidelines for employment.
- The canteen coordinator/s shall have a written job description agreed to by the Canteen sub-committee and P&C and canteen coordinator/s.
- The canteen manager and/or co-ordinator/s shall be appointed by, and if necessary, dismissed by the Executive of the P&C in consultation with the **Floreat Park Primary School's** Principal.
- The Canteen will operate under a Terms of Reference, endorsed annually at a General P&C meeting by the P&C.

#### 2. Skills and knowledge

- The Department of Education requires the canteen manager and coordinator/s and employer (e.g. P&C representative) to undertake 'traffic light' training conducted by the Western Australian School Canteen Association Inc. and achieve competencies in nutrition, food safety and hygiene and canteen management.

#### 3. Pricing policy/profits



- The primary objective of **Floreat Park Primary School's** canteen is to provide a nutritious food service.
  - The canteen may endeavour to provide a financial contribution towards resources for all students in the school after its financial obligations have been met (e.g. for maintenance of facilities and equipment, new equipment, professional development and training)
  - Profit making by **Floreat Park Primary School's** canteen will not be made at the expense of providing students with less healthy choices (AMBER)
  - The average mark-up on healthy (GREEN) items shall be lower than that applied to less healthy (AMBER) products.
4. Canteen equipment
- The canteen sub-committee shall provide essential, safe equipment and ensure that it is well maintained, in good repair and used according to the appliance directions.
  - The canteen sub-committee shall report to the Principal any structural defect(s) within the canteen.
5. Gifts/concessions
- All discounts, allowances, complimentary articles, gifts, concessions and the proceeds thereof from any supplier of goods or services, directly or indirectly, to the canteen shall remain the property of the canteen and be properly recorded and later accounted for at the time of stocktaking. Public school canteens must comply with Department of Education policies, including the *Financial Management in Schools Finance and Accounting* policy.

#### **Distribution of the policy/general policy issues**

- A current copy of the Department of Education *Healthy Food and Drink* policy and **Floreat Park Primary School's** policy will be on permanent display in the canteen/
- A copy of the current **Floreat Park Primary School's** policy (signed and dated) will be provided to all canteen sub-committee members at the first committee meeting following the P&C's Annual General Meeting
- This policy shall not be added to, or amended, except at the Annual General Meeting of the P&C, or a special meeting thereof (called for that purpose); and then only with the approval of the majority of those present and entitled to vote
- This policy will be reviewed annually by **Floreat Park Primary School's** canteen sub-committee and suggested amendments will be forwarded to the Parents and Citizens' Association.

*Jane Rowlands*

Jane Rowlands

05 / 30 / 2023

*Jane Caforio*

Jane Caforio

23 / 08 / 2023

## Appendix 1

### The 'traffic light' system

- **GREEN** Fill the menu
- **AMBER** Select carefully
- **RED** Not to be provided as there is ample opportunity for students to enjoy these types of food and drinks outside the school setting and with the supervision of their parents.

### GREEN food and drinks

These food/drinks should be encouraged and promoted. In general these foods/drinks are excellent sources of important nutrients; low in saturated fat and/or added sugar and/or salt; and help to avoid an intake of excess energy (kilojoules). Examples include, whole grain breads and cereals, vegetables, fruit, legumes, lean meat, eggs, reduced fat dairy, water, reduced fat milk (plain and flavoured) and 100% fruit juice 250mL or less.

### AMBER food and drinks

Choices should not be dominated by these food and drinks. They should be limited and chosen carefully. Large serving sizes should be avoided. Examples include, breakfast cereals with added sugar, some reduced fat/reduced salt pastries, meat patties, chicken nuggets, full fat dairy, fruit muffins and 100% fruit juice greater than 250mL.

### RED food and drinks

These are called 'extra foods' in the *Australian Guide to Healthy Eating*. They should not be offered in schools because they lack adequate nutritional value; are high in saturated fat, and/or added sugar and/or salt; can contribute to excess energy; and can contribute to tooth decay and erosion. Examples include confectionery, high fat sandwich meats, soft drinks, crisps/chips, honey, jam, croissants, doughnuts and iced cakes.

