



Department of
Education
and Training

HEALTHY FOOD AND DRINK

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1 POLICY STATEMENT

Food and drinks provided in Western Australian public schools are required to support the development of healthy eating in students.

2 BACKGROUND

Childhood obesity is now recognised as a world wide epidemic. In Western Australian the number of children and young people who are overweight or obese has tripled since 1985, with a quarter of boys and a third of girls aged 7-15 years overweight or obese in 2003¹. Young people who carry excess weight or are obese have a greater risk of a number of immediate and long-term health and behavioural problems.

In March 2006 the Premier and the Minister for Education and Training announced a review of the nutritional value of food sold in Western Australian school canteens. The purpose of the review was to gain an accurate understanding of what was being sold in school canteens and to develop a policy and strategies to ensure all food and drinks provided by a school support the development of healthy eating by students. The review made recommendations for a policy and standards for healthy food and drinks in Western Australian public schools.

Regulation 72(1) of the *School Education Regulations 2000* provides the Principal with the power to give permission for the school's premises or part of the school's premises to be used for an activity not directly related to the purposes of school education including the provision of the canteen facilities. Implementation of this policy by the canteen is a condition upon which permission will be given.

3 DEFINITIONS

3.1 FOCIS NUTRIENT CRITERIA

FOCiS has developed a nutrient criteria where registered products must not exceed levels of energy, total fat, saturated fat, sodium and sugar provided in the criteria. There are 9 categories of foods and 61 sub-categories, each with its own set of minimum nutrient criteria.

FOCiS, formerly known as the Federation of Canteens in Schools, is the professional body representing canteens nationally and has members from state and territory canteen associations. FOCiS coordinates a national register of products that meet the *Dietary Guidelines for Children and Adolescents in Australia* (2003).

¹ Hands, B., Parker, H., Glasson, C., Brinkman, S. & Read, H. (2004) *Physical Activity and Nutrition Levels in Western Australian Children and Adolescents: Report*. Perth, Western Australia: Western Australian Government.

3.2 'TRAFFIC LIGHT' SYSTEM

The FOCiS minimum nutrient criteria have been used to define the categorisation of food and drinks into a 'traffic light' system. Accordingly, food and drinks have been classified as 'green', 'amber', or 'red'.

3.2.1 'GREEN' FOOD AND DRINKS

'Green' food and drinks are good sources of nutrients, contain less saturated fat and/or added sugar and/or salt and help to avoid an intake of excess energy (kJ).

3.2.2 'AMBER' FOOD AND DRINKS

'Amber' food and drinks have some nutritional value, contain moderate levels of saturated fat and/or added sugar and/or salt and can, in large serves, contribute excess energy (kJ).

3.2.3 'RED' FOOD AND DRINKS

'Red' food and drinks lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ).

3.3 STAR CHOICE BUYERS' GUIDE

The Star Choice Buyers' Guide produced by the Western Australian School Canteen Association (WASCA) is a register of all products that meet the FOCiS minimum nutrient criteria for the food type.

4 PRINCIPLES

The policy will be underpinned by a whole school approach and a recognition that:

- a variety of foods are to be enjoyed every day; and
- the primary role of a school canteen is to provide a healthy and nutritious food service to students and staff.

5 RELEVANT LEGISLATION OR AUTHORITY

Food Bill 2005 (not yet enacted)

Health Act 1911 (WA)

Health (Food Hygiene) Regulations 1993 (WA)

School Education Act 1999 (WA)

School Education Regulations 2000 (WA)

State Supply Commission (Procurement and Purchasing)

Working with Children (Criminal Record Checking) Act 2004

5.1 RELEVANT POLICIES AND OTHER DOCUMENTS

Anaphylaxis Advice Paper

Australian Guide to Healthy Eating (AGTHE)

Dietary Guidelines for Children and Adolescents in Australia (2003)

Duty of Care for Students

Student Health Care

What's on the menu for WA schools

6 PROCEDURES

6.1 SCOPE OF THE POLICY

This policy must be read in conjunction with the Department's *Student Health Care* Policy and Anaphylaxis Advice Paper for information on how to address the issue of known allergies and allergic reactions.

This policy applies to all operators of a canteen or tuckshop on public school sites including Parents and Citizens' Associations (P & Cs), external contractors and local caterers/shops that provide a food service to students.

The policy also extends to areas where the Principal is directly responsible for the supply of food and drinks, eg classroom rewards and cooking activities, school camps, excursions.

Guidelines

The role of the school canteen is to provide a food service to students and staff that is part of a whole school approach that supports healthy eating, is affordable and financially sustainable. Financial profit is a secondary objective for school canteens and must be achieved through the sale of healthy foods.

The policy does not apply to areas where the Principal is not directly responsible, for example fundraising by the P & Cs or birthday cake supplied by a parent. For those areas the Principal should consult with the school community in deciding the policy for healthy food and drinks.

The school curriculum is an ideal place for teachers to model healthy eating practices and demonstrate how healthy foods can be introduced into the diet.

Teachers can engage students in curriculum activities that promote the Australian Guide to Healthy Eating (AGHE). A powerful way to do this is to involve students in preparing and tasting nutritious foods that are also appealing in taste and presentation.

'Red' foods should only be included as part of the curriculum in line with the AGHE, that is, on limited occasions and in small amounts across the course of study. Including the preparation and presentation of 'red' foods can indirectly promote consumption of these foods and should be avoided where possible.

Where student engagement with 'red' foods is essential, consideration should be given to the connection to other learning outcomes of the Curriculum Framework and the importance of students' learning to make healthy food choices, (refer to Appendix A).

In recognition of the 'home environment' provided by public schools and colleges that have boarding facilities, the 'traffic light' system need not apply to all situations in which food and drinks are supplied. For example, the policy will apply during school hours, that is from 8:30-3:30pm. Food and drinks available after school hours such as dinner, vending machines and the canteen/kiosk do not need to adhere to the policy.

6.2 CANTEEN MENU

Schools must support healthy eating by students in accordance with the 'traffic light' system and the *Australian Guide to Healthy Eating* (refer to Appendix B). The canteen menu must:

- Have available every day and promote a wide range of the foods that comprise the majority of a healthy diet ('green').
- Have available only sometimes, use healthier alternatives and avoid large serving sizes of foods that should be eaten in moderation ('amber'). Savoury commercial products in the 'amber' category of foods must only be offered twice per week.
- Not include foods that do not meet specified minimum nutrient criteria ('red').

All canteen menus must promote 'green' food and drinks and ensure they are available every day. The minimum standard required for compliance with the policy is a menu made up of 60% 'green' and 40% 'amber' food and drinks according to the 'traffic light' system in 3.2. Schools are encouraged to exceed this minimum standard.

Canteen managers are required to use the *What's on the menu* (refer to Appendix C) as a resource when menu planning.

Schools must familiarise themselves with the Common Use Arrangement (CUA) 39404 for the purchase of bulk groceries and food related products.

Guidelines

The Australian Guide to Healthy Eating (AGTHE) and the national Dietary Guidelines for Children and Adolescents in Australia (2003) establish the basis for a healthy eating approach. A key message of the AGTHE is to enjoy a variety of foods every day.

The guidelines provide recommendations for healthy eating not only to reduce the risk of diet-related disease, but also to improve the community's health and wellbeing. For overall good health, school-aged children need to drink plenty of water and eat plenty of fruit, vegetables, legumes and cereals; adequate amounts of lean meat and low fat milk products; and importantly, choose foods containing less fat, less saturated fat, less sugar and less salt.

The AGTHE specifically identifies a number of 'extra' foods that are recommended to be eaten only sometimes or in small amounts. These foods are not essential to provide the body's nutrients and/or contain too much fat, salt and sugars (eg. fizzy drinks, high fat items such as crisps, pies, pasties, sausage rolls and high sugar items such as lollies).

Food and drinks that are lower in fat, sugar and salt (and higher in fibre and calcium where relevant) should be used in preference to other products of that food type available in the market.

There are no limitations on the fruits, vegetables and whole grain foods used. It is these foods that should be promoted and encouraged in primary and high school canteen menus.

When combined with 'green' foods such as salad, savoury commercial products may be offered more than twice per week. This type of 'meal deal' would then be categorised as a 'green' menu item.

The Star Choice Buyers' Guide should be used as a resource for planning menus and making decisions about serving sizes. All foods that are registered in the Star Choice Buyers' Guide or capable of being registered, i.e. meet the FOCiS minimum nutrient criteria, are recommended for inclusion in the school setting. Foods that are registered are lower in fat, sugar, salt (and higher in fibre and calcium where relevant) than other products of that food type available in the market.

The Western Australian School Canteen Association (WASCA) and local health professionals can provide advice to canteen managers on recipes and sourcing local products that meet the FOCiS minimum nutrient criteria.

6.3 SCHOOL BASED CANTEEN POLICY

In consultation with their school community, all schools are required to develop a school based policy that is consistent with the Department's *Healthy Food and Drink* policy.

The school policy must be inclusive of the views held by students, parents and staff, reflect the local circumstances and be informed by the *Student Health Care* policy and Anaphylaxis Advice Paper.

Guidelines

The school newsletter is one mechanism by which schools can communicate with their communities to provide information, seek feedback and report on achievements.

6.4 FOOD SAFETY AND HYGIENE

The *Health Act 1911 (WA)* and the *Health (Food Hygiene) Regulations 1993 (WA)* requires that food is prepared in a safe and hygienic environment.

- All canteen staff (paid and volunteer) must complete the FoodSafe Food Handler Training program or its equivalent. The training must be completed in a timely manner, preferably prior to commencement.
- All canteen staff (paid and volunteer) are required to wear hats, hairnets and aprons which will be provided by the canteen;
- Foods made by the canteen manager or canteen staff (paid or volunteer) in their own home must not be accepted for sale through the canteen; and
- All foods must be prepared, cooked, transported and served in such a way as to retain nutrients and to minimise bacterial contamination and growth.

6.5 REPORTING ON COMPLIANCE

Schools are to demonstrate compliance through the Principal when required by district directors and report annually to parents via the school newsletter.

All schools will be required to reach at least the minimum level on a rating system (refer to Appendix D) which includes criteria such as canteen menu, canteen policy, skills and knowledge, food safety and hygiene and school community involvement.

Guidelines

The rating system allows schools to make continuous improvement across a series of levels of achievement.

7 FOR FURTHER INFORMATION

For further information on the policy, contact Strategic Policy and Planning Branch on 9264 5077.

For information on menu planning and canteen management, contact:

Western Australian School Canteen Association
Level 1, 151 Royal Street
EAST PERTH WA 6004

Postal Address: PO Box 25, HILLARYS WA 6923
Tel: 9264 4999
Fax: 9264 4981
Email: wasca@det.wa.edu.au
Web: www.waschoolcanteens.org.au

APPENDIX A 'RED' FOODS AND THE CURRICULUM

The school curriculum is an ideal place for teachers to model healthy eating practices and demonstrate how healthy foods can be introduced into the diet.

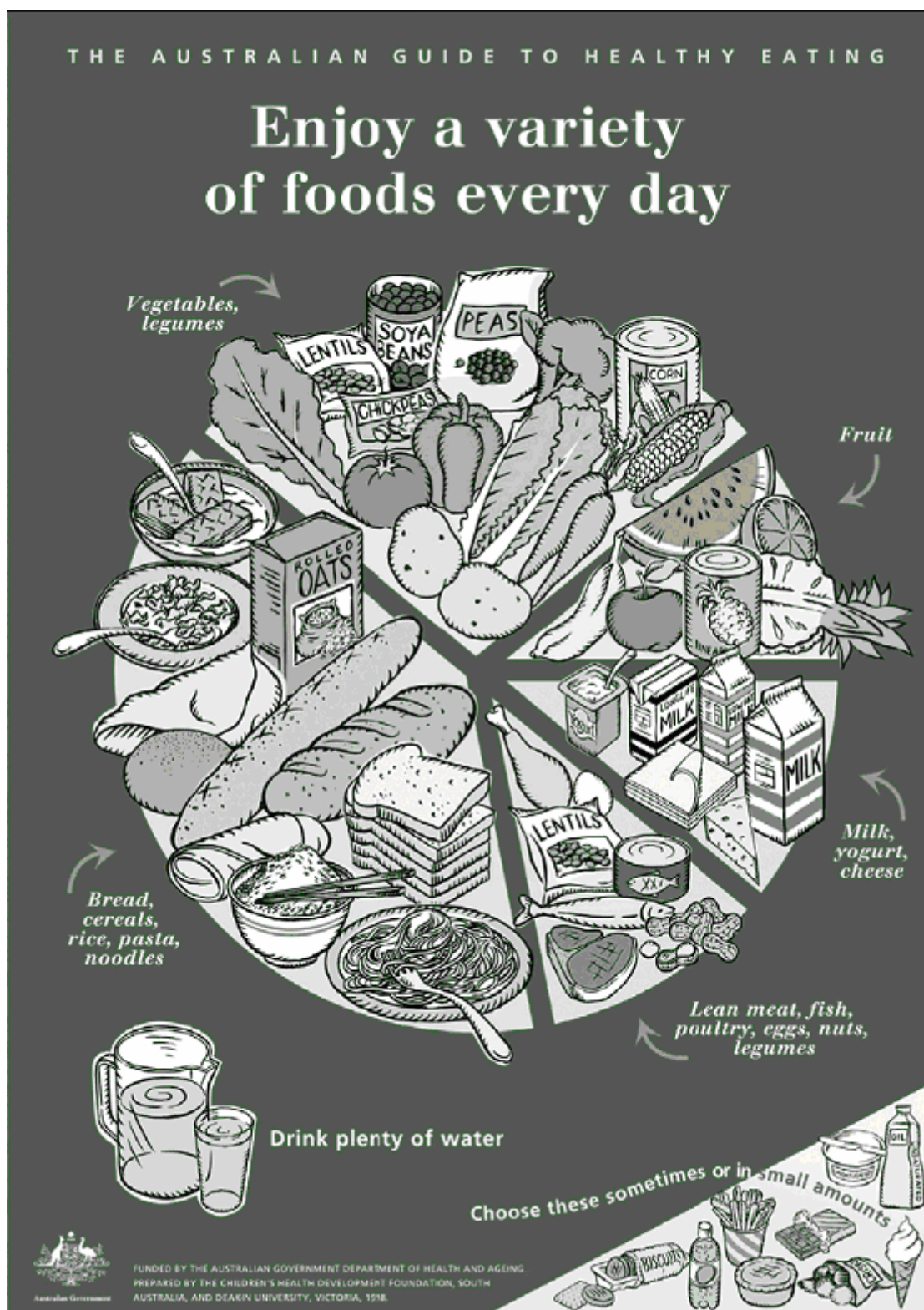
Teachers can engage students in curriculum activities that promote the *Australian Guide to Healthy Eating* (AGHE). A powerful way to do this is to involve students in preparing and tasting nutritious foods that are also appealing in taste and presentation.

'Red' foods should only be included as part of the curriculum in line with the AGHE, that is, on limited occasions and in small amounts across the course of study. Including the preparation and presentation of 'red' foods can indirectly promote consumption of these foods and should be avoided where possible.

Where student engagement with 'red' foods is essential, consideration should be given to the connection to other learning outcomes of the *Curriculum Framework* and the importance of students' learning to make healthy food choices. This means that:

- In any food preparation activity, all categories of food such as appetisers, main course, dessert, should reflect a focus on healthy foods, recognising that in order for students to prepare and serve a range of foods and use a range of techniques, they may, on limited occasions, be preparing and serving 'red' foods and/or preparing foods in such a way that renders them 'red' foods.
- Making and tasting small quantities of 'red' foods can increase students' understanding of the properties of food and the related food science. This understanding should be used to justify that only small amounts of 'red' foods should be eaten.
- In instances where it is necessary for students to engage in comparative food studies that involve 'red' foods, and there is a need to taste these foods, then it should be in small taste-testing experiences. The focus of the curriculum is on students developing an understanding of the reasons for national differences in food behaviours due to, for example, food availability, social, economic, cultural, environmental, political and technological factors.
- Food is often used to reflect a particular cultural context such as Oktoberfest or Bastille Day. It is acknowledged that some of these foods may be 'red' foods, however, these occasions should be limited, and the 'red' foods should be kept to small amounts.
- Food preparation techniques such as deep frying and pastry making are essential competencies of the vocational curriculum. The technique should only be practised until the required level of competency has been achieved.
- In meal preparation activities where a variety of techniques are necessary, those that are associated with 'red' foods, such as deep frying, should be balanced by a focus on techniques that encourage the use of 'green' and 'amber' foods.

APPENDIX B AUSTRALIAN GUIDE TO HEALTHY EATING



From: Smith A, Smith B, Kellett E & Schmerlaib Y (1998) *The Australian guide to healthy eating: Background information for nutrition educators*. Australian Government Department of Health and Ageing, Canberra. Accessed at <http://www.health.gov.au/internet/wcms/Publishing.nsf/Content/health-publth-publicat-document-fdeduc-cnt.htm> on 17.08.06.

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Healthy Food and Drinks

All policy and procedural statements contained within this document are lawful orders for the purposes of section 80(a) of the Public Sector Management Act 1994 (WA) and are therefore to be observed by all Department of Education and Training employees.

APPENDIX C WHAT'S ON THE MENU

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 (eg 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, hommos, 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 icepoles, slushes	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 salami
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

APPENDIX D PROGRESS TOWARDS IMPLEMENTATION OF THE POLICY AND STANDARDS FOR HEALTHY FOOD AND DRINKS SOLD IN PUBLIC SCHOOLS

Component	Progress towards implementation of the policy and standards for healthy food and drinks sold in public school canteens		
Canteen Policy	Developing	Developed	Highly developed
<p>Each school is required to have a written school canteen policy that complies with the Department of Education and Training's Healthy Food and Drinks Policy (DET policy)</p>	<div style="text-align: right; margin-bottom: 10px;"><input type="checkbox"/></div> <p>Canteen Committee¹ with representation from the whole school community, including students, parents and teachers is part of the decision making process for the canteen menu.</p> <p>Canteen policy aligns with the DET Nutritional Policy.</p>	<div style="text-align: right; margin-bottom: 10px;"><input type="checkbox"/></div> <p>Canteen Committee¹ with representation from the whole school community, including students, parents and teachers is part of the decision making process for the canteen menu.</p> <p>Canteen policy aligns with the DET Nutritional Policy.</p> <p>School has a coordinated whole of school approach to promote health i.e. school health committee and school policy to promote health.</p>	<div style="text-align: right; margin-bottom: 10px;"><input type="checkbox"/></div> <p>Canteen Committee¹ with representation from the whole school community, including students, parents and teachers is part of the decision making process for the canteen menu.</p> <p>Canteen policy aligns with the DET Nutritional Policy.</p> <p>School has a coordinated whole of school approach to promote health i.e. school health committee and school policy to promote health.</p> <p>School works in partnership with the community and associated professionals (school nurses and health promotion officers) to promote health.</p>
Skills and knowledge	Developing	Developed	Highly developed
<p>Canteen supervisor and/or employer (e.g. P & C representative) has received training and achieved competencies in nutrition (incorporating DET policy), food safety and hygiene and canteen management.</p>	<div style="text-align: right; margin-bottom: 10px;"><input type="checkbox"/></div> <p>Participation in 'traffic light' training.</p>	<div style="text-align: right; margin-bottom: 10px;"><input type="checkbox"/></div> <p>Participation in 'traffic light' training <i>and</i> food service/hospitality industry experience.</p>	<div style="text-align: right; margin-bottom: 10px;"><input type="checkbox"/></div> <p>Participation in TAFEWA School Canteen Management Course <i>or</i> qualified cook/chef.</p>
Canteen menu	Developing	Developed	Highly developed
<p>Food and drinks supplied through the school canteen comply with DET policy.</p>	<div style="text-align: right; margin-bottom: 10px;"><input type="checkbox"/></div> <p>60% Green 40% Amber (Shown by menu choices)</p>	<div style="text-align: right; margin-bottom: 10px;"><input type="checkbox"/></div> <p>75% Green 25% Amber (Shown by menu choices)</p>	<div style="text-align: right; margin-bottom: 10px;"><input type="checkbox"/></div> <p>85% Green or more 15% Amber (Shown by menu choices)</p>

Component	Progress towards implementation of the policy and standards for healthy food and drinks sold in public school canteens		
School community involvement	Developing	Developed	Highly developed
<p>Students, parents and teaching staff contribute to the canteen's promotion of healthy eating.</p>	<p style="text-align: center;"><input type="checkbox"/></p> <p>Canteen policy aligns with the DET policy.</p> <p>School newsletter includes at least 1 newsletter communication per term on healthy eating and the school's canteen policy.</p>	<p style="text-align: center;"><input type="checkbox"/></p> <p>Canteen policy aligns with the DET policy.</p> <p>School newsletter includes at least 2 newsletter communications per term on healthy eating and the school's canteen policy.</p>	<p style="text-align: center;"><input type="checkbox"/></p> <p>Canteen policy aligns with the DET policy.</p> <p>School newsletter includes more than 2 newsletter communications per term on healthy eating and the school's canteen policy.</p>
Food safety and hygiene	Developing	Developed	Highly developed
<p>Safe food means that it is prepared, cooked, transported and served in such a way as to retain nutrients and to minimise bacterial contamination and growth.</p> <p>Note: Compliance with the <i>Health Act 1911 (WA)</i> and the <i>Health (Food Hygiene) Regulations 1993 (WA)</i> is mandatory. Each canteen needs to comply with the requirements of its food premises classification according to the <i>Health (Food Hygiene) Regulations 1993 (WA)</i>. The <i>Food Bill 2005</i> will enact the Australia New Zealand Food Standards Code (Food Safety Standards).</p>	<p style="text-align: center;"><input type="checkbox"/></p> <p>All staff (paid and volunteer) have completed the FoodSafe Food Handler Training Program or its equivalent.</p>	<p style="text-align: center;"><input type="checkbox"/></p> <p>All staff (paid and volunteer) have completed the FoodSafe Food Handler Training Program or its equivalent.</p> <p>Person in charge of the canteen is to have undertaken a higher level of accredited training.</p>	<p style="text-align: center;"><input type="checkbox"/></p> <p>All staff (paid and volunteer) have completed the FoodSafe Food Handler Training Program or its equivalent.</p> <p>Person in charge of the canteen is to have undertaken a higher level of accredited training.</p>

¹Canteen Committee (refers to a body i.e. Parent and Citizens Association) that oversees the operation of the school canteen