



# HEALTHY FOOD AND NUTRITION POLICY

EFFECTIVE: JANUARY 2018

## RATIONALE

In Australia, around 25% of school-aged children and 20% of pre-schoolers are overweight or obese. Childhood obesity is an epidemic that has no boundaries as it affects rural and urban Australian children, from all states, all age groups and all socioeconomic levels (Booth et al, 2001).

Therefore, it is important to adopt a multi-faceted approach to decrease the numbers of overweight or obese children in our schools. All schools should promote and model healthy eating and good nutrition in school programs and activities relating to or involving food and drink.

## POLICY

The health and wellbeing of the students of St James' Anglican School is relevant to their learning and is important to our school. The present and future health of our students can be enhanced by quality learning and positive experiences at St James'.

St James' Anglican School uses the traffic light system developed for school canteens to promote healthy eating as the guide for all school programs and activities relating to or involving food and drink.

A traffic light system has been developed to help school canteens promote healthy eating in menu planning:

**Green** – fill the menu every day with a wide range of foods that make up a healthy diet. Examples include fresh, frozen and tinned (in natural juices) fruit, vegetables and salads (reduced fat dressing only), and cereal foods such as wholegrain pasta, noodles and rice.

**Amber** – select carefully, these foods are available only sometimes and should be eaten in moderation. Examples include breakfast cereals and full fat dairy foods.



**Red** – off the menu, not making available foods that do not meet specified minimum nutrient criteria. Examples include sugar and artificially sweetened drinks such as soft drinks and energy drinks and all types of confectionery

## PROCEDURE

Access details of the traffic light initiative through:

- WA School Canteen Association (WASCA) – once the school has a canteen; or
- The WA Department of Education [www.det.wa.edu.au/healthyfoodanddrink](http://www.det.wa.edu.au/healthyfoodanddrink)

Further information on the policy, resource packages and fact sheets can also be obtained from this website. This information is to be adopted as best practice for school activities and programs, and in the school canteen.

1. Any activities and programs within the school setting relating to or involving food and drink should promote healthy eating and good nutrition to students.
2. The teaching of nutrition education is part of the Personal Development, Health and Physical Education key learning area and is mandatory for all students from Kindergarten to Year 10. Teaching and learning and all class activities in all other key learning areas should reinforce healthy eating and good nutrition wherever possible.
3. Ensure that the students in the Early Childhood Centre at the school are exposed to healthy eating practices, as required by the National Quality Standards.
4. Offsite school activities that involve the provision of food and drink to students should be consistent with the traffic light system.
5. Where school activities involve the provision of food and drink to the wider school community consideration should be given to modelling and promoting healthy eating.
6. School activities that involve the provision of food will address the requirements of the school's Allergy Awareness Policy.
7. In addition to following the traffic light system, the school will be responsive to local needs, including cultural diversity.