

Mullaloo Beach Primary School

Healthy Food and Drink Policy

2023

Rationale

Mullaloo Beach Primary School aims to promote nutritional eating habits in a safe, supportive environment for all children. We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in both the short and long term.

Schools are required to adopt a whole school approach to healthy eating within the school community. Fundamental to this is the implementation of strategies which inform, support and promote healthy eating within the guidelines of the Department of Education Policy for Healthy Food and Drinks in Schools 2014.

The standards are based on a traffic light system:

GREEN – fill the menu;

AMBER – select carefully;

and RED – off the menu.

It is underpinned by the Australian Dietary Guidelines, the Australian Guide to Healthy Eating and the Health Promoting Schools Framework.

- is compliant with the Department of Education’s Healthy Food and Drink policy.
- applies to classroom rewards, cooking activities, school camps, excursions, and assemblies.
- applies to all operators of a canteen (including external contractors, local caterers/shops, or P&C Association that provide a food service to the school).
- Parents and Citizens’ Association fundraising is exempt from the requirement to only use ‘green’ and amber’ food and drinks however consistent messages are encouraged.

Role of the school

Mullaloo Beach Primary School and the canteen/food service will work together to support healthy eating. By adopting a whole school approach, consistent messages can be promoted through the curriculum and social and physical environments.

Mullaloo Beach Primary School will adopt a whole school approach to promote healthy lifestyles through the following:

- Before school fitness programs
- Sway/Connect communications on healthy eating and/or health promoting messages
- Crunch & Sip program - a set break time where children can eat fruit or vegetables and drink water in the classroom
- Include fundraising initiatives which promote physical activity (such as lapathons).
- Include non-food related fundraising initiatives

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- Teachers will use reward systems in the classroom to support the healthy ethos of the school and reinforce the health lessons taught in the classroom.
- Nude Food/Wrapper Free days with Family Support
- We have a number of students who have food allergies and are subject to an anaphylactic reaction. In an effort to provide a safe environment for students with these allergies, we commit to educating our students about allergies in general and, with parent agreement, inform students about individual allergies.

Role of the family

- We ask students not to share food.
- The children's birthdays are well celebrated at school with the teacher and classmates. To support our Healthy Food and Drink Policy families are asked not to send in snacks or birthday cakes to their child's classroom.
- Families are encouraged to provide their child/ren with cut up fruit or vegetables (bitesize) and a water bottle for Crunch & Sip.
- Parents are encouraged to provide a healthy recess and lunch for their child/ren.

Role of the Canteen or Food Service Provider

Mullaloo Beach Primary School's canteen/food service will:

- Provide a food service to students and staff that meets their nutritional needs, promotes healthy food, is part of a whole 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. This has the potential to influence food choices by students at school and in the wider community, and help to equip students with the knowledge to continue to make healthy choices throughout their adult lives.
- Canteen/food service menu will follow the standards for the provision of healthy food and drink choices in public schools by using the traffic light system:
 - o include a minimum of 60% GREEN menu choices
 - o include a maximum of 40% AMBER menu choices
 - o not make available RED menu choices (food and drinks that do not meet specified minimum nutrient criteria)
 - o limit savoury commercial products in the AMBER category to those that meet the criteria for registration.

Links

- Department of Education – Healthy Living: <https://www.education.wa.edu.au/healthy-living>