

Healthy Food and Drink Policy

Teacher Information

Introduction

- Food and drinks provided in Western Australian public schools are required by the WA Department of Education and Training to support healthy eating.
- This applies to canteens and food services, class treats, school camps and excursions.
- An easy-to-follow 'traffic light' system has been introduced to help public schools plan menus based on healthy, nutritious and affordable food and drinks.

The traffic light system in school canteens

- School canteens operate as an important part of the school, and as such should provide foods which support the health messages delivered by the nutrition curriculum.
- Classification of foods into green, red and amber categories is based on the Australian Dietary Guidelines and food composition criteria developed by the WA School Canteen Association.

The new standards require that:



GREEN category foods and drinks are encouraged, and a minimum of 60% of all foods and drinks offered by the canteen must come from this category. These foods are to be available every day.



AMBER foods should be selected carefully and eaten in moderation. No more than 40% of the foods, drinks and snacks offered may be from the amber category.



RED food and drinks are off the menu and will not be available in public schools.

Read more at: <http://www.det.wa.edu.au/healthyfoodanddrink/detcms/portal/>



Refresh.ED



Department of Health



Examples of foods found in each category

Everyday choices	Limited choices	Off the menu
Fruit, preferable fresh, but may include canned (in natural juice) or frozen	Registered cereal with added sugars	Full fat pastry
Vegetables or legumes, eg salads, stuffed potato, corn on the cob	Registered reduced fat pastry items	Deep fried foods
Cereal foods, eg wholegrain cereals, pasta or rice	Hot dogs made with registered frankfurts	Sweet sandwich fillings including jam
Wholegrain or wholemeal bread	Registered sausages for sausage sizzle events	Confectionary
A variety of sandwich fillings which are all available with salad	Registered hamburger patties	Chocolate confectionary
Lean meats, fish, poultry	Registered assorted cakes and muffins	Soft drinks, sports drinks, cordial
Reduced fat dairy products including plain milk (no size restriction), flavoured milks (less than 375ml), cheese and yoghurt	Registered sweet and savoury snack foods	High caffeine drinks
Plain water, mineral water	Reduced fat flavoured milk (greater than 375ml)	Doughnuts, cakes or croissants
	Full fat dairy products	Large serve fruit juices-250ml or larger

Registered products can be identified at the following website: <http://www.waschoolcanteens.org.au/pages/starchoice/02-starchoice.php>