



# Healthy Food and Drink policy

*This document should be read in conjunction with Comet Bay College Health and Wellbeing Policy.*

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. The Comet Bay College canteen aims to provide a healthy and food service to the school community by offering a wide variety of nutritious foods every day.

## **Comet Bay College Healthy Food and Drink policy:**

- 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 the canteen, classroom rewards, cooking activities, school camps and excursions.

## **Role of Comet Bay College canteen**

Comet Bay College canteen will:

- comply 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 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 can support students to make informed decisions about their health and wellbeing by influencing 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.

## **Comet Bay College health committee**

- The Comet Bay College health committee includes representation from the whole school community, including where possible students, parents, school nurse, canteen supervisor and teachers. The committee will participate in the decision making process for the canteen.

## **Menu planning (see appendix 1)**

The canteen menu will:

- include a minimum of 60% GREEN menu choices<sup>1</sup>
- include a maximum of 40% AMBER menu choices<sup>2</sup>

<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

- 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>

Healthy eating at Comet Bay College 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 and taking into consideration Australia's multicultural society.

### **Whole school approach**

Childhood obesity is recognised as a worldwide epidemic. Comet Bay College and the canteen will work together with the school to support healthy eating. By adopting a whole school approach, consistent messages can be promoted through the curriculum and social and physical environments.

Comet Bay College will adopt a whole school approach to promote healthy lifestyles through the following:

- newsletter communications (at least 1 per term) on healthy eating and/or health promoting messages
- non-food related fundraising initiatives and/or fundraising initiatives which promote physical activity such as lap-a-thons
- promote activities or events that encourage physical activity
- other school based health promotion programs as decided upon by the school.

### **Food safety and hygiene**

The Comet Bay College canteen will comply with the *Food Act 2008 (WA)* and the *Food Regulations 2009* require.

- The canteen will apply for registration with the local council as a food business
- The canteen and/or schools will 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.

All canteen staff and volunteers at Comet Bay College 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 hats, hairnets and aprons which will be provided by the canteen
- Not sell foods made at home through the canteen
- Must prepare, cook, transport and serve food in such a way as to retain nutrients and to minimise bacterial contamination and growth.

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<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

## **Occupational health and safety**

The canteen at Comet Bay College 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 staff and volunteers to wear enclosed footwear. Shoes with heels or open sandals are not acceptable
- Children (i.e. children of volunteers) are not permitted in the canteen during normal canteen opening hours.

## **Canteen management**

### **1. Management**

- The Comet Bay College canteen is operated by a private contractor. The canteen will operate in accordance with the contract between the private contractor and the school and will adhere to the aims and objectives outlined in this policy
- The canteen supervisor will report directly to the Principal
- The canteen supervisor will work in conjunction with the health committee.

### **2. Skills and knowledge**

- The Comet Bay College canteen supervisor will undertake 'traffic light' training conducted by the Western Australian School Canteen Association Inc.

### **3. Pricing policy/profits**

- The primary objective of Comet Bay College's canteen is to provide a nutritious food service
- Profit making by Comet Bay College's canteen will not be made at the expense of providing students with less healthy choices (AMBER)
- Where ever possible, the average mark-up on healthy (GREEN) items shall be lower than that applied to less healthy (AMBER) products.

### **4. Canteen equipment**

- The canteen shall use essential, safe equipment and ensure that it is well maintained, in good repair and used according to the appliance directions
- The canteen supervisor shall report to the Principal any structural defect(s) within the canteen.

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

- A current copy of the Department of Education's *Healthy Food and Drink* policy and the Comet Bay College policy will be on permanent display in the canteen
- A copy of the current Comet Bay College policy (signed and dated) will be provided to all health committee members and canteen staff
- This policy will be reviewed annually by the Comet Bay College health committee

The Department of Education's Healthy Food and Drink policy includes the following traffic light system for categorising food and drinks.

### **GREEN – FILL THE MENU – Encourage and promote.**

#### **These are EVERYDAY choices**

- Fruit, preferably fresh but may include frozen, canned (in natural juice)
- Vegetables and legumes, fresh, e.g. stuffed potatoes, corn-on-cob, or canned varieties e.g. baked beans, 3 bean mix. Salads (using reduced fat dressings only), all salad mixes
- Cereal foods – wholegrain cereals, pasta, noodles, rice
- A variety of bread types including wholegrain and/or wholemeal
- A variety of sandwich/roll fillings that are all available with salad e.g. egg, reduced fat cheese, skin-free chicken, tuna, lean meats, yeast spreads, hummus
- Lean meats, fish, poultry and alternatives e.g. skin-free chicken meat, lean meats, fish (tuna, salmon, sardines)
- Reduced fat dairy products including plain milk flavoured milk (less than 375mL), cheese and yoghurt
- Plain water, plain mineral water.

### **AMBER – Select carefully. Do not let these foods dominate the menu and choose small serves.**

#### **These are LIMITED**

- Registered cereals with added sugars\*
- Registered reduced fat pastry items\*
- Hot dogs made using registered frankfurts\*
- Registered sausages for sausage sizzles or special events organised by the canteen\*
- Registered savoury commercial products, e.g. fish, chicken, potato portions, pizza\*
- Registered hamburger patties\*
- Registered assorted cakes/biscuits or muffins, sweet and savoury snack foods\*
- Registered ice-creams/icy poles\*
- Reduced fat flavoured milks (greater than 375mL)
- Full fat dairy foods, e.g. milk, yoghurt, low fat dairy desserts, cheese
- Fruit juices – small sizes (250mL or less) and no added sugar.

**NOTE:** Full fat dairy products cannot be registered. Reduced fat dairy products are recommended for children over the age of 2 years. Only choose the full fat varieties if reduced fat is not available.

### **RED – OFF THE MENU**

#### **These are NOT AVAILABLE**

- Full-fat pastry items of any description
- Deep fried food of any description
- Sweet sandwich fillings including jam, nut spreads, honey, or confectionery sprinkles
- High fat sandwich meats including polony and salami
- Confectionery (including liquorice, cough lollies, and fruit juice based jellies) and/or sweet or savoury snack items not approved by WASCA or FOCIS
- Chocolate confectionery; chocolate coated and premium style ice creams
- Soft drinks, cordial, sports drinks
- High caffeine drinks (e.g. drinks containing Guarana)
- Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices
- Fruit juices – large sizes (250mL or greater).
- Water flavoured with 100% fruit juice

\* Or meets the criteria for registration

\* Nuts and savoury nut spreads do not appear in the table. Schools are advised to refer to the Department of Education's Student Health Care policy and the Anaphylaxis Management Guidelines for Schools from the Department of Health before deciding whether or not to include nuts and nut spreads on the canteen menu.