



John Forrest Secondary College

Healthy Food and Drink policy

Background

The College is committed to providing healthier food and drinks for the school community. 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.

John Forrest Secondary College's *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 consistent with the Department of Education's *Healthy Food and Drink* policy
- applies to classroom rewards, cooking activities, school camps and excursions
- applies to all operators of a canteen/foodservice including the parent body, schools and school boards, external contractors and local caterers/shops that provide a food service to the school.

Role of John Forrest Secondary College's Canteen

Our Canteen will:

- comply with the Department of Education's HFD policy
- provide a food service to the school community that:
 - meets their nutritional needs
 - promotes healthy food
 - prepares and stores food in a safe manner
 - is part of a whole school approach
 - 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.

Menu planning (see Appendix 1)

John Forrest Secondary College's Canteen menu will:

- include a minimum of 60% GREEN menu choices
- include a maximum of 40% AMBER menu choices
- not include food and drinks categorised as RED as they do not meet specified minimum nutrient criteria
- limit savoury commercial AMBER products to no more than twice per week.

Healthy eating 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

Our school is well placed to support healthy eating as it provides the opportunity for regular access to a 'captive audience' and has a vital role to play in helping to reduce the worldwide epidemic of obesity. Canteen staff, parent and school staff (teaching and non-teaching) can be positive role models and champions to endorse health promotion in schools.

John Forrest Secondary 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, social and physical environments.

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

- school breakfast program
- healthy catering at meetings and events
- whole school staff (teaching and non-teaching) health and wellbeing initiatives



Appendix 1

What's on the menu in WA school canteens?



<p>GREEN - FILL THE MENU Minimum 60% Encourage and promote EVERYDAY choices</p>	<p>AMBER - SELECT CAREFULLY Maximum 40% Do not let these foods dominate the menu and choose small serves</p>	<p>RED – OFF THE MENU NOT AVAILABLE</p>
<ul style="list-style-type: none"> • Cereal foods – wholegrain cereals, pasta, noodles, rice, cous cous, quinoa • A variety of bread types including wholegrain/ wholemeal • Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, garden salads, potato salad, coleslaw (using reduced fat dressings) • Fruit, fresh and frozen, whole, fruit salad, sliced fruit • Fruit canned in natural juice • A variety of sandwich/roll fillings, preferably served with salad e.g. <ul style="list-style-type: none"> - egg - reduced fat cheese - tuna, canned in spring water or brine - lean meats i.e. roast beef - yeast spreads - hummus • Lean meats, fish, poultry • Meals[#], especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls • Reduced fat dairy products including: <ul style="list-style-type: none"> - plain milk - flavoured milk (375mL or less) - cheese - plain and flavoured yoghurt • Plain water • Plain mineral water 	<ul style="list-style-type: none"> • Savoury breads such as garlic, herb and pizza bases • Reduced fat pastry items[#] • Frankfurts and sausages for hot dogs and/or sausage sizzles[#] • Savoury commercial products, e.g. fish, chicken, potato portions, pizza[#] • Hamburger patties[#] • Processed meat e.g. ham, skin-free processed chicken • Assorted cakes/biscuits or muffins[#] • Sweet and savoury snack foods[#] • Plain dried fruit • Ice creams and icy poles[#] • Reduced fat flavoured milk (more than 375mL & less than 600mL) • High schools only: reduced fat coffee flavoured milk (375mL or less) • Full fat dairy products e.g. plain milk, yoghurt, cheese • Full fat flavoured milk (375mL or less) • 99% fruit juices (250mL or less) and no added sugar • Dairy desserts[#] e.g. reduced fat custard, ice cream and mousse (milk/milk alternative listed as first ingredient) <p><i>NOTE: Reduced fat dairy recommended for children over the age of 2 years</i></p>	<ul style="list-style-type: none"> • Full-fat pastry items • 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 (e.g. chocolate, liquorice, cough lollies, and fruit juice based jellies) • Sweet or savoury snack items that do not meet the criteria e.g. potato chips • Soft drinks, cordial, sports drinks • Reduced fat flavoured milk (more than 600mL) • Reduced fat coffee flavoured milk drink (more than 375mL) • Full fat coffee flavoured milks all sizes • Full fat flavoured milk (more than 375mL) • High caffeine drinks (e.g. drinks containing Guarana) • Chocolate coated and premium style ice-creams • Desserts: jelly; fruit with jelly; dairy desserts high in energy • Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices • Fruit juice (more than 250mL) and/or with added sugar or sweetener • Water flavoured with fruit juice, sugar and/or sweetener