



North Perth Primary School Draft Policy: Healthy Eating Guidelines

Purpose

1. To promote a culture that fosters healthy eating habits of students at the school.
2. To comply with Department of Education and Training guidelines on healthy eating.
3. To ensure teachers, students, parents and visitors are informed about the healthy eating guidelines and the School's approach to implementing these.

Rationale

North Perth School is committed to health promotion strategies and believes that learning healthy eating habits commences early in life. The School and staff promote a culture of healthy eating and are committed to providing relevant information, skills and resources to students and caregivers.

Guidelines for Healthy Eating

General Guidelines

In general the school promotes healthy eating in the following ways:

1. Education to students as part of the curriculum on making healthy food choices and developing healthy eating habits
2. Providing information and resources (eg pamphlets, posters) of a general nature to students and caregivers
3. Where special occasions occur within the school or classroom and snacks are provided, healthy food choices are recommended
4. Parents are not to bring snacks **or birthday cakes** to their child's classroom. This is for the health and safety of all students, including those who may experience significant allergy to particular foods
5. Classroom rewards provided to students are not to include unhealthy snacks such as chocolates or lollies
6. Students are encouraged not to swap their recess and lunch meals with other students
7. Students are encouraged to take home food not eaten at school to ensure caregivers are aware of their eating habits during the school day

Meals Provided by the Canteen

The canteen menu is established in accordance with the guidelines outlined in the healthy eating traffic light system. This means

- More than 60% of the menu will be derived from food choices identified as "green"
- 40% of menu choices will be derived from food choices identified as "amber"
- No menu choices from the "red" category
- Savoury foods that are produced commercially and are classified as "amber" should not be on the menu more than twice per week

For further information the P&C policy on Use of the Canteen should be consulted.

Reference Documents

1. Health Act, 1911 (WA)
2. Health (Food Hygiene) Regulations, 1993 (WA)
3. Dietary Guidelines for Adolescents and Children in Australia (2003)
4. Department of Education and Training, Student Health Care policy
5. Department of Education and Training, Anaphylaxis Advice Paper
6. Foodsafe Guidelines
7. WA School Canteen Association guidelines
8. Occupational Safety and Health Act (1984)
9. Occupational Safety and Health Regulations (1996)
10. School policy – Shared Use of the Kitchen Facility
11. P&C policy – Use of the Canteen