

Dowerin District High School



Healthy Food and Drink Policy

Effective From:

Review On:

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1. POLICY STATEMENT

Food and drinks provided in Western Australian public schools are required to support the development of healthy eating in students.

2. BACKGROUND

The Department of Education requires all public schools to have a Healthy Food and Drink Policy.

Childhood obesity is recognised as a world wide epidemic. In 2003 one quarter of boys and one third of girls from 7-15 years of age were considered overweight or obese.

PRINCIPLES

This policy will be underpinned by a whole school approach, and recognition that:

- a variety of foods are to be enjoyed every day
- the primary role of a school food service is to provide a healthy and nutritious food service to students and staff

3. PROCEDURES

3.1 SCOPE OF THE POLICY

This policy should be read in conjunction with the

- Healthy Food and Drink Policy (Department of Education)
- Student Health Care Policy (Department of Education)
- Anaphylaxis Management Guidelines for Schools (Department of Health)

This policy applies to

- all food services on public school sites
 - external contractors
 - local caterers and shops
- that provide a food service to students during school hours

This policy extends to areas where the Principal is directly responsible for the supply of food and drinks, including classroom rewards and cooking activities, school camps and excursions.

3.2 PROMOTION OF HEALTHY EATING

The school will promote healthy eating through:

- the inclusion of factual information about nutrition in the school newsletter. This information will be sourced from the school nurse, associated health professionals and online information
- promotion of healthy snacks and lunches at school through school and local media

3.3 FOOD SERVICE MENUS

Menus served at school must:

- Include a majority of 'green' light food options
- Avoid large servings of foods rated 'amber'.
- Not include foods that do not meet the minimum nutrient criteria (red).

3.4 FOOD SAFETY AND HYGEINE

Ensuring food safety and hygiene is important:

- Staff will not take responsibility for heating food, brought from home, for students.
- Refrigerators will be available for students to store their lunch in.
- Staff are encouraged to exclude 'high risk' foods from classroom activities.
- Dowerin District High School is a 'nut aware' school.

4. RELATED DOCUMENTS

4.1 RELEVANT LEGISLATION OR AUTHORITY

Food Act 2008 (WA)

Food Regulations 2009 (WA)

School Education Act 1999 (WA)

School Education Regulations 2000 (WA)

4.2 RELATED DEPARTMENT POLICIES

Healthy Food and Drink

Student Health Care

4.3 OTHER DOCUMENTS

Anaphylaxis Management Guidelines for Schools

Australian Guide to Healthy Eating (AGTHE)

Dietary Guidelines for Children and Adolescents in Australia (2003)