



## HEALTHY SCHOOL FOOD POLICY

### DEFINITION

The *School Food Services Policy* applies to food services within the school environment, including foods used in curriculum activities.

Surrey Hills Primary School encourages provision of foods that reflect the *Dietary Guidelines for Children and Adolescents in Australia* (National Health and Medical Research Council 2003).

### RATIONALE

A whole-school approach to building a school culture in which students actively choose nutritious foods and a healthy lifestyle is encouraged with parents, teachers and students working together to support this policy.

A healthy school food policy:

- makes it easy for students to choose healthy snacks and meals
- offers a variety of nutritious foods
- promotes foods that are consistent with the *Dietary Guidelines for Children and Adolescents in Australia*
- is an integral part of the entire healthy school environment.

### PURPOSE

To provide guidelines for the school which encourages students to:

- have fruit/ vegetable breaks in class
- choose water as a drink in the classroom and for physical education classes
- enjoy a wide variety of nutritious foods
- eat plenty of vegetables, legumes, fruits, breads, cereals, rice, pasta and noodles
- include lean meat, fish, poultry and/or alternatives
- include milk, yoghurt, cheese
- limit saturated fat and moderate total fat intake
- choose foods low in salt
- consume only moderate amounts of sugars and foods containing added sugars.

### SCOPE

The school's Healthy School Food Policy comprises the following:

1. Curriculum, teaching and learning
2. School organization, ethos and environment
3. Community links and partnerships

This policy includes:

- nutrition information about foods to be offered
- strategies for promoting and marketing healthy choices
- roles and responsibilities of staff and volunteers
- food safety and hygiene and occupational health and safety guidelines and procedures
- links to the school's curriculum and community
- evaluation, review and monitoring of processes.

## **CURRICULUM, TEACHING AND LEARNING**

Curriculum development supports healthy food choices. The Victorian Essential Learning Standards (VELS) is used as a basis for curriculum planning and classroom activities to support canteen changes. Students are encouraged to become involved in food-related activities, for example planning meals, growing foods, shopping for food products, cooking and promoting foods.

The growing of seasonal vegetables is to be encouraged, using these fresh foods as basis for cooking activities and supplying the school with fresh produce to supplement healthy food choices for students.

## **SCHOOL ORGANISATION, ETHOS AND ENVIRONMENT**

The healthy foods message will be maintained consistently in all parts of the school operation including fund raising activities involving food products and cooking activities within the curriculum.

Treats such as sweets or chocolate will not be used as rewards for good effort in the classroom.

Cakes and sweets are not to be brought into the classroom to celebrate special occasions such as birthdays. Other avenues to provide recognition for birthdays or a job well done will be utilized.

## **COMMUNITY LINKS AND PARTNERSHIPS**

Links will be continued with Victoria Fruit growers under the auspices of Free Fruit Friday.

We acknowledge our continued encouragement of physical activity through formal classes and incidental exercise in the playground.

## **FOOD SAFETY**

This policy will comply with current requirements which specify that all registered food premises, including schools, must demonstrate that the food prepared and served is safe to eat in accordance with the Victorian *Food Act 1984* and the subsequent *Food Amendment Act 1997* and the *Food Amendment Act 2001*.

School food services are regarded as Class 2 food premises. See Appendix 1.

## **REVIEW:**

The School Council and staff monitor and review the effectiveness of the policy regularly and revise the policy where required or as directed by the Department of Education and Early Childhood Development policy and guidelines.

Policy ratified by School Council: 20<sup>th</sup> June, 2011

## APPENDIX 1:

### Strategies to involve Students and the Community

- Using the Victorian Essential Learning Standards (VELS) as a basis for curriculum planning and appropriate classroom learning activities
- educating and informing parents through articles in the school newsletter
- announcements at school assemblies and community activities
- involving parents and students in decisions about menu items for school activities and healthy fundraising
- encouraging parents to volunteer their services for special food days

## APPENDIX 2:

### Food Safety:

Class 2 food premises must prepare a food safety program.

This is based on a Department of Human Services (DHS) approved template. A template, 'Food Safety Program Template for Retail and Food Service Businesses', can be downloaded from the Food Safety Victoria website at [www.health.vic.gov.au/foodsafety](http://www.health.vic.gov.au/foodsafety)

Food safety and handling requirements cover personal hygiene practices, food preparation practices, food storage and cleaning procedures.

Personal hygiene requirements include:

- washing and drying hands before handling food and frequently during work
- not smoking near food
- not going to work when sick
- using a handkerchief or tissue when coughing or sneezing.

Food preparation requirements include:

- ensuring that food is handled by either a gloved hand or by utensils
- ensuring that benches are clean
- ensuring that there are suitable areas for food preparation (animals are forbidden in these areas)
- avoiding cross-contamination of cooked and raw foods – hands or utensils that have been used to prepare raw foods must be washed properly before they are used to prepare ready-to-eat or cooked foods.

Food storage requirements involve:

- ensuring that cold food is stored below 5°C
- ensuring that frozen food is stored below minus 15°C
- ensuring that hot food is maintained at over 60°C
- minimizing the time that food is kept in the danger zone, that is between 5°C and 60°C– the temperature range at which bacteria are most likely to grow
- ensuring that when cooling hot, potentially hazardous food it is cooled within two hours from 60°C to 21°C and within a further four hours to 5°C.

Cleaning requirements involve:

- ensuring that there is a display of schedules outlining how the premises are cleaned
- having procedures for the storage and disposal of garbage and the location of bins.

For more information see section 4.4.6.11 of the *Victorian Government Schools Reference Guide*.

Further information can also be obtained from [www.health.vic.gov.au/foodsafety](http://www.health.vic.gov.au/foodsafety) or the Food Safety Victoria Hotline on 1300 364 352.

## APPENDIX 3:

### FOOD CATEGORIES

Foods and drinks in the **Everyday category** (Green Foods on the Canteen Menu) are consistent with the *Dietary Guidelines for Children and Adolescents in Australia* and are most suitable for school food services.

Foods and drinks in the Everyday category are based on the basic food groups and include: breads and cereals, rice, pasta, noodles, vegetables, fruits, dairy foods – reduced or low-fat milk, yoghurt and cheese, lean meat and poultry, fish, eggs, nuts\* and legumes (dried beans and lentils) water.

The school will:

- encourage and promote these foods
- promote these foods as tasty, fresh and good value choices
- include as the main choices at all school events and activities involving foods.

### **Select Carefully category** (Amber foods on Canteen List)

Foods and drinks in the Select Carefully category contain some valuable nutrients, but may also include unhealthy ingredients. They are mainly processed foods that have fat, sugar or salt added.

The school will limit the availability of these foods. They should not be promoted at the expense of foods and drinks from the Everyday category.

Foods and drinks in the Select Carefully category include:

- full-fat dairy foods, low-fat ice-cream
- 100 per cent fruit juices and 100 per cent fruit-juice based ices
- artificially sweetened drinks
- reduced-fat processed meats
- commercially prepared hot foods reduced-fat,
- high-fibre snack foods
- margarines, oils, spreads, sauces and gravies.

### **Occasionally category** (Red foods on Canteen list)

Foods and drinks in the Occasionally category are not consistent with the *Dietary Guidelines for Children and Adolescents in Australia* and are not recommended for school food services.

**The availability of these foods and drinks are limited to no more than two occasions per term. as approved in advance by the Principal.**

Foods and drinks in this category are defined in the *Australian Guide to Healthy Eating* as 'extra foods' and include:

- sugar-sweetened drinks – sports drinks, cordial, fruit-flavoured drinks
- deep-fried foods
- pastry-based or crumbed hot foods
- savoury snack foods – crisps, chips, biscuits
- ice-creams and ice confections –chocolate-coated and premium ice-creams, icypoles (non fruit juice) and ice crushes
- cakes, muffins, sweet pastries, slices, biscuits and bars.
- No confectionery should be supplied through school food services

## **APPENDIX 4:**

### **References:**

*Dietary Guidelines for Children and Adolescents in Australia* (National Health and Medical Research Council 2003)

[www.health.gov.au/nhmrc/publications/\\_files/n30.pdf](http://www.health.gov.au/nhmrc/publications/_files/n30.pdf)

*Australian Guide to Healthy Eating* [www.health.gov.au/pubhlth/strateg/food/guide/whatis.htm](http://www.health.gov.au/pubhlth/strateg/food/guide/whatis.htm)

Dietitians Association of Australia Accredited Practising Dietitian

Hotline on 1800 812 942

[www.daa.asn.au](http://www.daa.asn.au)

Food Safety Victoria Hotline

Telephone 1300 364 352

[www.health.vic.gov.au/foodsafety](http://www.health.vic.gov.au/foodsafety)

'Go for your life' [www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

Health Promoting Schools [www.ahpsa.org.au](http://www.ahpsa.org.au)

National Heart Foundation of Australia

Telephone 1300 362 787

[www.heartfoundation.com.au](http://www.heartfoundation.com.au)

Nutrition Australia – Nutrition in Schools Advisory Service [www.nutritionaustralia.org](http://www.nutritionaustralia.org)

Public Health Nutrition Information – Department of Human Services

Telephone (03) 9637 4047 or (03) 9637 4029

[www.health.vic.gov.au/nutrition](http://www.health.vic.gov.au/nutrition)

Victorian Home Economics and Textiles Teachers' Association

Telephone (03) 9888 2240

[www.vhetta.com.au](http://www.vhetta.com.au)

Australian School Canteen Association (ASCA) PO Box 1496 Collingwood VIC

3066 Telephone 1800 219 556

Email: [office@asca.com.au](mailto:office@asca.com.au)

[www.asca.com.au](http://www.asca.com.au)

The Victorian School Canteen Association VSCA

PO Box 5144 West Heidelberg VIC 3081

Telephone (03) 9890 4203 Facsimile (03) 9890 1601

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