

# Healthy Food and Drink Policy

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## 1.0 Rationale

The Department of Education require schools to;

- develop and implement a school-based policy on the provision of healthy food and drinks; and
- ensure that the canteen/food service menu complies with the requirements detailed in the *Healthy Food and Drink in Public Schools Procedures*.

## 2.0 Definitions

- Green food and drinks are good sources of nutrients, contain less saturated fat and/or sugar and/or salt and help to avoid an intake of excess energy (kJ).
- Amber food and drinks have some nutritional value, contain moderate levels of saturated fat and/or added sugar and/or salt and can, in large serves, contribute to excess energy (kJ).
- Red food and drinks lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ).

## 3.0 Compliance

The college will have a responsibility to ensure the implementation of the policy, as well as compliance monitoring. The college will:

- Develop and implement a school-based policy for the provision of healthy food and drinks which meets, or preferably exceeds, the minimum standard for 'green' food and drinks;
- Students will be supplied 'green' and 'amber' foods in school settings, including classroom rewards, classroom cooking activities, college camps and excursions; and
- Students will only be supplied 'red' foods on limited occasions and in small amounts and only when it is essential to the learning program.

## 3.1 Promotion

The college will:

- Promote healthy eating within the college community;
- Monitor the consumption of red food and drink items; and
- Promote drinking water.

## 3.2 Banned items

- High caffeine drinks (eg energy drinks, coffee, iced coffee)
- Students are not to bring any more than 500ml of high sugar drinks (this includes juice)
- Chewing gum

## 4.0 Cafeteria

The college will ensure the café service menu:

- promotes a wide range of healthy foods;
- consists of a minimum of 60% 'green' food and drinks;
- consists of a maximum of 40% 'amber' food and drinks;
- only offers savoury commercial products that are 'amber' foods a maximum of twice per week; and
- contains no 'red' food and drinks.

## 5.0 Related Documents

Category	Document Title
Related Department Policies	Healthy Food and Drink in Public Schools Policy

## 6.0 History of Changes

Effective	Last Updated	Policy Version	Notes
15/10/19		1	