

Healthy Food and Drink Policy

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 cafe/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 (e.g. energy drinks, coffee, iced coffee)
- Students are not to bring any more than 500ml of high sugar drinks (this includes juice, sports drinks)
- Zero alcohol drinks
- 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 Polices	Healthy Food and Drink in Public Schools Policy

6.0 History of Changes

Effective	Last Updated	Policy Version	Notes
15/10/19		1	
	5-12-22	2	3.2: Added sports drinks and zero alcohol drinks