

Koorana Education Support Centre

Healthy Food and Drink Policy

The Australian Dietary Guidelines and the Australian Guide to Healthy Eating establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

Koorana ESC's Healthy Food and Drink policy:

- is underpinned by the Australian Dietary Guidelines, the Australian Guide to Healthy Eating and the Health Promoting Schools Framework
- is compliant with the Department of Education's *Healthy Food and Drink* policy
- applies to classroom rewards, cooking activities, school camps and excursions

Childhood obesity is now recognised as a world wide epidemic.

KESC has adopted a whole school approach to healthy eating, with consistent messages being promoted through the curriculum and social and physical environments through the following;

- school breakfast program
- daily fitness programs
- school kitchen garden
- Crunch & Sip
- Facebook posts

Implementation of this policy;

Classrooms:

- No 'red' food or drinks should be provided as classroom rewards or during cooking activities.
- Birthday cakes can still be brought to school on a child's birthday. This is because these foods are brought from home. The policy only applies to food and drink supplied by the school.
- Teachers are encouraged to take every opportunity to discuss with students the importance of healthy food and drink choices and being active.
- Daily fitness will take place for at least 30 minutes, where students will be engaged in aerobic exercise which increases their heart rate (huff and puff activities).
- Crunch 'n' Sip program: All classes in Koorana ESC participate in Crunch 'n' Sip sessions. The format of this is at the discretion of each classroom teacher, ensuring that students are provided with fresh fruit and vegetables, and water across the day. Consumption of drinks other than water such as cordial and juice, during these times is prohibited.
- Life Skills program; Each class is timetabled to use the Kitchen to make a nutritious breakfast one day a week, which is made up of at least 90% Green foods. Students are encouraged to

assist in the preparation and clean up of breakfast to build independence.

The Traffic Light System explained;

GREEN foods and drinks

These foods/drinks should be encouraged and promoted. In general these foods/drinks:

- are excellent sources of important nutrients
- are low in saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kilojoules).

Examples include (but are not limited to):

Fruit (fresh, canned, frozen and dried), vegetables, wholegrain breads and cereals, reduced fat dairy products such as milk, yoghurt and cheese, lean meats, fish and chicken, eggs, plain water and 100% fruit juice in small sizes.

AMBER foods and drinks

Menus should not be dominated by these foods and drinks. They should be limited and chosen carefully. Large serving sizes should not be used.

Examples include (but are not limited to):

Refined cereals with added sugars, full fat dairy foods and commercial products such as Star Choice registered pastry items, snack food bars, ice-creams, cakes, muffins and fruit drinks.

Food and drinks that have not been registered in the Star Choice Buyers' Guide may be used if they meet the minimum nutrient criteria for registration.

RED foods and drinks

These are called 'extra foods' in The Australian Guide to Healthy Eating. **They should not be offered in schools because they:**

- lack adequate nutritional value
- are high in saturated fat, and/or added sugar and/or salt
- can contribute excess energy (kilojoule)
- can contribute to tooth decay and erosion.

Examples include (but are not limited to):

Soft drinks, confectionary, deep fried foods and other items such as chips, chocolate coated ice-creams, cakes and muffins that do not meet the criteria for registration.

Staff at KESC need to recognise that they are powerful role models and be mindful that they are setting a good example for our students.

Further ideas for promoting healthy eating and drinking are listed below;

Healthy food and drink choices in schools

GREEN
Fill the
menu



AMBER
Select
carefully



RED
Off the
menu



Australian Better Health Initiative: A joint Australian, State and Territory initiative. Acknowledgement NSW Health

Tips for making healthy food and drink choices – Teachers

Teachers can be good role models for students by eating healthy foods and drinking water.

In this state, 30 per cent of girls and 23 per cent of boys are either overweight or obese. Over their schooling life children can consume up to 2 500 meals. Therefore it is crucial that these meals are nutritious whether brought from home or purchased from the school canteen. All meals should reflect healthy food choices

Teachers are encouraged to take every opportunity to discuss with students the importance of healthy food and drink choices and being active.

Classroom activities that support healthy food and drink choices may include:

- ✓ keeping a food diary over the period of a week
- ✓ identifying the problems and difficulties with bringing healthy lunches to school ie, keeping foods hot or cold
- ✓ identifying ideas to overcome the barriers to healthy lunches
- ✓ designing a lunchbox ie, battery or solar powered
- ✓ students assessing their own lunch. Please note it is important not to criticise the contents of students' lunches.
- ✓ discussing healthy lunchbox combinations
- ✓ asking students to set goals to achieve a healthy diet or healthy lifestyle
- ✓ daily fruit and water breaks in the day
- ✓ trying new foods in the classroom
- ✓ having a classroom lunch where students plan a menu based on healthy food and drink choices
- ✓ linking with the canteen to conduct a 'design a sandwich or salad day'
- ✓ in class food awareness activities ie, growing tomatoes or alfalfa as part of a science project, food processing activities ie, canning and drying.

For more information

On lunch box food, visit the Meerilinga Lunch Box World website meerilinga.org.au

Nutrition Australia website nutritionaustralia.org or phone 6304 5714

Policy and standards for healthy food and drinks in public schools, det.wa.edu.au/healthyfoodanddrink

