

Healthy Food & Drink at Safety Bay PS

As a school we promote healthy food and drink choices.

Education Department Policy

- Students will be supplied 'green' and 'amber' foods in school settings, including classroom rewards, classroom cooking activities, school camps and excursions.
- Students will only be supplied 'red' foods on limited occasions and in small amounts and **only when it is essential to the learning program.**

Food preferences become established following our experiences with food and eating. Children are exposed to many different messages regarding food from a very early age. Schools should provide an environment where positive messages regarding nutritional standards are modelled and re-inforced through the curriculum. Using food and drinks of poor nutritional value as a reward for students can contradict the messages promoted in the school curriculum. Utilising such foods may re-inforce students' preferences for them and prove counterproductive to learning programs that promote healthy eating.

What does this mean for Safety Bay?

- Only Green or Orange foods to be provided through school staff.
- Birthday cupcakes etc. that are brought in by parents should be distributed at the end of the day and taken home so parents can be part of the decision around their child's food choices.
- When organising class parties, School Fete, Easter and Christmas celebrations we need to carefully consider what we provide through the school.
- Consider alternative non-food rewards for students.
- No Red Foods as rewards.
- As a school we try and promote the option of non-food alternatives to parents when celebrating birthdays at school.

At Safety Bay PS we value the opportunity to teach children about healthy food choices and moderation of Red foods. When there are red foods available to children we clearly identify them and have discussions around their nutritional value. We aim to give students the knowledge and understanding to make informed food choices throughout their lives.

For special events such as Easter, Birthdays, Christmas, School Fete etc, we strongly encourage Green and Amber foods to be provided by parents but understand it is likely there will be some Red foods. We are sensitive around this and are careful not to cause any shame in these circumstances.

Education Department endorsed - Food and Drink Traffic Light System

GREEN - FILL THE MENU - Minimum 60% Encourage and promote EVERYDAY choices	AMBER - SELECT CAREFULLY - Maximum 40% Do not let these foods dominate the menu and choose small serves	RED – OFF THE MENU NOT AVAILABLE
<ul style="list-style-type: none"> • Cereal foods – wholegrain cereals, pasta, noodles, rice, cous cous, quinoa • A variety of bread types including wholegrain/ wholemeal • Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, garden salads, potato salad, coleslaw (using reduced fat dressings) • Fruit, fresh and frozen, whole, fruit salad, sliced fruit • Fruit canned in natural juice • A variety of sandwich/roll fillings, preferably served with salad e.g. <ul style="list-style-type: none"> - egg - reduced fat cheese - tuna, canned in spring water or brine - lean meats i.e. roast beef - yeast spreads - hummus • Lean meats, fish, poultry • Meals[#], especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls • Reduced fat dairy products including: <ul style="list-style-type: none"> - plain milk - flavoured milk (375mL or less) - cheese - plain and flavoured yoghurt • Plain water • Plain mineral water 	<ul style="list-style-type: none"> • Savoury breads such as garlic, herb and pizza bases • Reduced fat pastry items[#] • Frankfurts and sausages for hot dogs and/or sausage sizzles[#] • Savoury commercial products, e.g. fish, chicken, potato portions, pizza[#] • Hamburger patties[#] • Processed meat e.g. ham, skin-free processed chicken • Assorted cakes/biscuits or muffins[#] • Sweet and savoury snack foods[#] • Plain dried fruit • Ice creams and icy poles[#] • Reduced fat flavoured milk (more than 375mL & less than 600mL) • High schools only: reduced fat coffee flavoured milk (375mL or less) • Full fat dairy products e.g. plain milk, yoghurt, cheese • Full fat flavoured milk (375mL or less) • 99% fruit juices (250mL or less) and no added sugar • Dairy desserts[#] e.g. reduced fat custard, ice cream and mousse (milk/milk alternative listed as first ingredient) <p><i>NOTE: Reduced fat dairy recommended for children over the age of 2 years</i></p>	<ul style="list-style-type: none"> • Full-fat pastry items • Deep fried food of any description • Sweet sandwich fillings including jam, nut spreads, honey or confectionery sprinkles • High fat sandwich meats including polony and salami • Confectionery (e.g. chocolate, liquorice, cough lollies, and fruit juice based jellies) • Sweet or savoury snack items that do not meet the criteria e.g. potato chips • Soft drinks, cordial, sports drinks • Reduced fat flavoured milk (more than 600mL) • Reduced fat coffee flavoured milk drink (more than 375mL) • Full fat coffee flavoured milks all sizes • High caffeine drinks (e.g. drinks containing Guarana) • Chocolate coated and premium style ice-creams • Desserts: jelly; fruit with jelly; dairy desserts high in energy • Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices • Fruit juice (more than 250mL) and/or with added sugar or sweetener • Water flavoured with fruit juice, sugar and/or sweetener
	# Only those meeting FOCiS/Star Choice™ nutrient criteria Effective 1 July 2017	