

Winthrop Primary School
Healthy Food and Drink Choices Policy

**Reference: Please refer to the attached Department of Education and Training:
Healthy Food and Drink Choices Guidelines for parents and carers.**

Rationale:

Schools can play a vital role in helping to reduce the worldwide epidemic of childhood obesity resulting from poor choices in food and drink. Schools can teach and model good nutrition messages in classroom programs and by whole school modelling of healthy choices through canteens, class treats, camps, excursions and special events.

Areas of Application:

- Management and sale of foods and drinks in the canteen will meet the guidelines of the DET **Healthy Food and Drink Guidelines** commencing Term 2, 2007 and will be guided by the Winthrop PS Canteen Policy.
- Classroom rewards will not include any food or drinks which fall into the Red category of the attached **Healthy Food and Drink Choices Guidelines**.
- Class parties, functions and cooking which are coordinated by staff will be organised to ensure that food, drinks and ingredients emphasise the Green and Orange categories. Teachers will use these activities to emphasise healthy choices.
- Special Events and Camps will be coordinated to emphasise food and drinks from the Green and Orange categories of the **Healthy Food and Drink Choices**.
- One off events like birthdays, Easter and Christmas are often celebrated with “treat foods”. Where parents wish to provide “treats” they need to be healthy treats that fit into the Green and Orange categories. For example: fruit/vegetable platters, cakes, muffins and biscuits with reduced fat and sugar.
- Staff will not distribute ‘treats’ provided by parents which are Red category items. This includes confectionery, chocolates, high fat ice creams, high fat/sugar pastry and snack foods. For example: lolly bags for birthdays and candy canes on the school distributed cards will not be accepted.

Supporting School Activities

- Explicit teaching of the Green, Amber and Red Groups and encouraging children and parents to choose appropriately.
- Parent information to be provided to support Healthy Food and Drink Choices.
- Distribution of Policy and DET promotional material.