

## WINTHROP PRIMARY SCHOOL

### Healthy Food and Drink Choices Policy

#### 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 the canteen, educational programs, cooking, lunches and special events.

#### Principles:

- Management and sale of foods and drinks in the canteen will meet the guidelines of the DoE **Healthy Food and Drink Guidelines** (<http://www.det.wa.edu.au/healthyfoodanddrink>) which categorises foods into Green, Amber and Red categories. Red food items are “off the menu” in schools.
- Classroom rewards will not include any food or drinks which fall into the Red category of the **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 Amber 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 Amber categories of the **Healthy Food and Drink Choices**.
- Parents of students in Year 1-6 are not to send food (e.g. cakes, lollies, chocolates, icy poles) to celebrate their child’s birthday. Alternative ways to acknowledge children’s birthdays can be discussed with class teacher.
- Staff will not distribute ‘treats’ which are Red category items. This includes confectionery, 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.
- The school will explicitly teach the Green, Amber and Red Food Groups and encourage children and parents to choose appropriately. Parent information will be provided to support Healthy Food and Drink Choices.

**Last Reviewed: Term 1 2017**