



Wagin District High School

HEALTHY FOOD AND DRINK AND CANTEEN POLICY

Wagin District High School's Healthy Food and Drink and Canteen 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.

Wagin DHS *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
- applies to all operators of a canteen or tuckshop including Parents and Citizens' Associations, external contractors and local caterers/shops that provide a food service to the school.

Role of the school canteen

The Wagin District High School canteen will

- provide a food service to students and staff that meets their nutritional needs, promotes healthy food, is part of a whole school approach, and is affordable and financially sustainable
- reinforce nutrition messages being taught in the classroom by modelling healthier food and drink choices that are tasty, interesting and affordable. This has the potential to influence food choices by students at school and in the wider community, and help to equip students with the knowledge to continue to make healthy choices throughout their adult lives.

Role of the canteen committee

The Wagin District High School canteen committee will aim to have representation from the whole school community, including where possible students, parents and teachers. The committee will participate in the decision making process for the canteen menu, pricing, purchasing and maintenance of equipment etc.

Menu planning

Wagin District High School canteen menu will:

- include a minimum of **60%** GREEN menu choices¹
- include a maximum of **40%** AMBER menu choices²
- not make available food and drinks that do not meet specified minimum nutrient criteria (RED)³
- limit savoury commercial products in the AMBER category to those that meet the criteria for registration and making them available no more than twice a week.⁴

¹ GREEN menu choices must make up a minimum of 60%. Source: Department of Education's *Healthy Food and Drink* policy

² AMBER menu choices must not exceed 40%. Source: Department of Education's *Healthy Food and Drink* policy

³ Source: Department of Education's *Healthy Food and Drink* policy

Healthy eating at Wagin District High School will be supported by:

- having available every day and promoting a wide range of the foods that should make up the majority of a healthy diet (GREEN);
- offering a range of foods and taking into consideration Australia's multicultural society.

Childhood obesity is now recognised as a world wide epidemic. Schools and their canteens are well placed to support healthy eating. A whole school approach can provide consistent messages through the curriculum, social and physical environments. The relationships between school, home and the community are key elements of health promotion in schools. Students, parents and teaching staff contribute to the canteen's promotion of healthy eating.

To promote healthy food and drink choices Wagin District High School will:

- Operate Breakfast Club
- Ensure students participate in 2 hours of physical activity each week
- Promote Crunch & Sip
- Operate a School Kitchen Garden Program
- Promote healthy food and drink choices in the newsletter twice per term
- Operate organised physical games during two lunch time breaks
- Ensure a range of sports equipment is available during break times

Food safety and hygiene

The *Food Act 2008 (WA)* and the *Food Regulations 2009 (WA)* require that:

- all food services apply for registration with the local council as a food business (a fee may be applicable);
- schools notify the local council prior to conducting a charitable or community event involving food (ie a cake stall or sausage sizzle); and
- food prepared for sale is only made in approved premises, for example a food business approved by the appropriate enforcement agency. Food prepared in a home that has not been approved as a food business must not be sold in a canteen.

The Australia New Zealand Food Standards Code requires that:

- food handlers' personal hygiene practices and cleanliness minimise the risk of food contamination. Risks can be minimised by the wearing of hats, hairnets and aprons provided by the canteen/food service; and
- the preparation, cooking, transportation and serving of food is done in such a way as to retain nutrients and minimise bacterial contamination.

Occupational health and safety

The canteen at Wagin District High School is a workplace and will comply with the *Occupational Safety and Health Act 1984 (WA)* and *Occupational Safety and Health Regulations 1996 (WA)*. The Department of Education has a number of policies and procedures related to health and safety. Some of the requirements include:

- All canteen staff and volunteers to be made aware of evacuation procedures in case of fire or other emergency
- All canteen staff and volunteers to wear enclosed footwear. Shoes with heels or, open sandals are not acceptable
- Students and teachers are not permitted to enter the canteen premises during normal trading hours unless it is part of a supervised school curriculum activity
- Only canteen staff and volunteers rostered for duty may enter the canteen premises during normal canteen opening hours

⁴ Source: Department of Education's *Healthy Food and Drink* policy

Young children accompanying paid workers, or volunteers and enrolled students working in a canteen, could constitute a hazard. The *Occupational Health and Safety Act 1984* requires all practicable measures are taken to minimise exposure to hazards in a workplace.

Canteen management issues

1. Employment

- The canteen supervisor shall be employed in accordance with the current legal requirements pertaining to minimum conditions, or a salary negotiated and approved under an enterprise agreement (minimum award conditions must apply, including superannuation).
- The canteen will comply with equal opportunity guidelines for employment
- The canteen supervisor shall have a written job description approved by the Canteen Committee and/or Parents and Citizens' Association and canteen supervisor
- The canteen supervisor shall be appointed by, and if necessary, dismissed by the Executive of the Parents and Citizens' Association in consultation with the Canteen Committee and Wagin District High School Principal.

2. Skills and knowledge

- The Department of Education requires the canteen supervisor and employer (e.g. Parents and Citizens' Association representative) to undertake 'traffic light' training conducted by the Western Australian School Canteen Association Inc and achieve competencies in nutrition, food safety and hygiene and canteen management.

3. Pricing policy/profits

- The primary objective of Wagin District High School's canteen is to provide a nutritious food service
- The canteen may endeavour to provide a financial contribution towards resources for all students in the school after its financial obligations have been met (e.g. for maintenance of facilities and equipment, new equipment, professional development and training)
- Profit making by Wagin District High School's canteen will not be made at the expense of providing students with less healthy choices (AMBER)
- The average mark-up on healthy (GREEN) items shall be lower than that applied to less healthy (AMBER) products.

4. Canteen/food service equipment

- The canteen committee shall provide essential, safe equipment and ensure that it is well maintained, in good repair and used according to the appliance directions
- The canteen committee shall report to the Principal any structural defect(s) within the canteen.

5. Gifts/concessions

- All discounts, allowances, complimentary articles, gifts, concessions and the proceeds thereof from any supplier of goods or services, directly or indirectly, to the canteen shall remain the property of the canteen and be properly recorded and later accounted for at the time of stocktaking. Public school canteens must comply with Department of Education policies, including the *Financial Management in Schools Finance and Accounting* policy.

Distribution of the policy/general policy issues

- A current copy of the Department of Education's *Healthy Food and Drink* policy and Wagin District High School's policy will be on permanent display in canteen/food service
- A copy of the current Wagin District High School policy (signed and dated) will be provided to all canteen/food service committee members at the first committee meeting following the Parents and Citizen's Annual General Meeting
- This policy shall not be added to, or amended, except at the Annual General Meeting of the Parents and Citizens' Association, or a special meeting thereof (called for that purpose); and then only with the approval of the majority of those present and entitled to vote

- This policy will be reviewed annually by Wagin District High School’s canteen committee and suggested amendments will be forwarded to the Parents and Citizens’ Asso.
- This policy will be reviewed annually by the canteen committee and suggested amendments will be forwarded to the parent body at least one month prior to the parent body’s annual general meeting.

Curriculum Activities

The staff and community are aware of the influence schools and teachers have on forming the opinions and practices of students. As such, Wagin District High School will not use sweets, lollies or unhealthy snacks as rewards for appropriate behaviour. Furthermore, staff are also to avoid using unhealthy foods and confectionery in learning activities.

It is anticipated that on special occasions, such as Easter, curriculum activities may require the use of small amounts of confectionery. Teachers are to ensure that students are made aware of the place of confectionery within these celebrations, that any activities are linked to valid educational outcomes and that any use of confectionery is in moderation.

School Fund Raising

Classes may, on occasion, embark on fund raising to assist with costs for excursions and camps. This Healthy Eating Policy prohibits the selling of Red foods in fund raising. This extends to: Chocolate Fund Raising, Cake Stalls, Ice Cream Sales, Sausage Sizzle, etc.

Staff must consult the Principal before embarking on any fund raising activities.

P & C/Community Fund Raising

The Department Policy states *“Parents & Citizens’ Association fundraising is exempt from the requirement to only use ‘green’ and ‘amber’ food and drinks; however, consistent messages are encouraged.”*

During the planning of out of school activities, the P&C will consult with the Principal on fund raising plans.

Endorsement

We the undersigned, hereby certify that this policy was adopted at the annual general meeting of the parent body held on:

_____ the _____ day of _____ 20 _____

President (Parent body): _____

Chairperson (Canteen committee): _____

Principal (Canteen committee): _____