

# MANDURAH PRIMARY SCHOOL

## Healthy Food and Drink Policy 2020-2022

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.

### **Mandurah Primary School'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
- applies to all operators of a canteen or tuck-shop including Parents and Citizens' Associations, external contractors and local caterers/shops that provide a food service to the school.

### **Mandurah Primary School's canteen/food service- Sea Breeze Deli and Fundraising Committee 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.
- Mandurah Primary School will have a canteen/food service committee, with 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, negotiate pricing. Responsibility for purchasing and maintenance of equipment will default to the Sea Breeze Deli

### **Committee Members will be**

- Principal
- Student Services Deputy
- Sea Breeze Deli Representative
- Fundraising Coordinator Representative
- Student Leadership group- School Captains



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## Menu planning

*Note: It is a requirement for compliance with the Department of Education's Healthy Food and Drink policy that the menu is made up of a minimum of 60% 'green' choices.*

- include a minimum of 80% GREEN menu choices
- include a maximum of 20% AMBER menu choices<sup>1</sup>
- not make available food and drinks that do not meet specified minimum nutrient criteria (RED)<sup>1</sup>
- 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.

## Healthy eating at Mandurah Primary School will be supported by:

- changing the menu according to the summer and winter seasons.
- having available 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.
- Taking into account foods as an allergy friendly school
- A whole school approach as Childhood obesity is now recognised as a worldwide epidemic.

**The Sea Breeze Deli and Fundraising Committee will work together to support healthy eating. Adopting a whole school approach, consistent messages can be promoted through the curriculum and social and physical environments.**

Mandurah School will adopt a whole school approach to promote healthy lifestyles through the following:

- daily fitness programs- JUMP JAM
- newsletter communication (at least one per term) on healthy eating and healthy promoting messages
- non-food related fundraising initiatives- Colour Run
- Crunch & Sip daily

## Food safety and hygiene

*Note: It is a requirement for compliance with the Department of Education's Healthy Food and Drink policy that paid workers and volunteers participate in FoodSafe Food Handler training or its equivalent.*

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 on school premises





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, hair-nets 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 Sea Breeze Deli 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.*

*Initiated July 2020*

*Review to be completed 2023*