



Government of **Western Australia**  
Department of **Health**

# **WA Healthy Food and Drink School Principal Survey 2021 Report**

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Western Australian Department of Health

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## Executive Summary

Since 2005, the Department of Health has funded the WA School Canteen Association Inc. (WASCA) to provide support to schools to implement the Department of Education's Healthy Food and Drink (HFD) in Schools Policy, through the Healthy Food and Drink Project.

Principals of all public schools, including Independent Public Schools, are required to implement the HFD Policy (the Policy), which applies to all school settings including canteens/food services, classroom rewards, and classroom cooking activities, school camps and excursions.

Each year, principals must report to the Department of Education and one requirement is to complete the Western Australian (WA) HFD School Principal Survey. The main objectives for incorporating the HFD Survey into principal reporting is to evaluate implementation of the HFD Policy and guide the WASCA's activities and services provided to schools.

The COVID-19 pandemic continued to impact the 2021 school year through restrictions in canteen/food service operations and school closures. The WASCA continued to relay the most frequent up-to-date advice and recommendations on adopting COVID-19 safe food service and vaccination plans for WA Government and independent schools recommended by the WA State Government and Department of Education.

In November 2021, the Department of Education sent an electronic communication to 804 WA public schools advising them of the requirement to complete the online principals survey relating to the HFD Policy and food service practices in their schools. Despite disruptions, 79 per cent responded, which is a 7 per cent increase from the previous year and a 22 per cent increase from 2019.

## Key findings

A total of 632 schools completed the 2021 WA HFD School Principal Survey out of 804 schools invited to complete the survey (79 per cent response rate).

### *Schools with a whole of school healthy eating policy*

- The majority of schools (62 per cent) reported having a policy for the provision of healthy food and drinks, 18 per cent were in the process of developing a policy, and 16.8 per cent of schools did not have a policy.
- A total of 486 schools (76.9 per cent) reported having a canteen/food service and these schools were significantly more likely to have a policy than schools with no canteen/food service (65.2 per cent compared to 51.4 per cent respectively;  $p$ -value = 0.003).
- Primary schools (63.6 per cent) were significantly more likely to have a policy than high schools (51.9 per cent;  $p$ -value = 0.041).

### *Provision of food and drink*

- Less than half (44.2 per cent) of schools with canteens/food services met all HFD Policy traffic light criteria requirements for a menu having at least 60 per cent Green foods or drinks, no more than 40 per cent Amber foods or drinks, no more than 2 days per week of savoury commercial Amber foods, and no Red foods or drinks. Metropolitan schools were significantly more likely to report compliance (46.9 per cent) than regional schools (39 per cent;  $p$ -value = 0.044).
- An additional 15.4 per cent of schools with a canteen/food service menu reported meeting all of the requirements of the HFD Policy traffic light criteria, except for not offering Red food or drink. High schools were significantly more likely to report compliance (22.3 per cent) when the Red food and drink criteria was excluded than primary schools (12.1 per cent;  $p$ -value = 0.0213).
- Most schools reported their canteen/food service menu consisted of a minimum of 60 per cent Green food and drinks (88.9 per cent) and a maximum of 40 per cent Amber food and drinks (87 per cent). Metropolitan schools were significantly more likely to report compliance than regional schools.

- Compliance was slightly lower for offering savoury commercial Amber products; 73.9 per cent of responding schools with a canteen/food service offered savoury commercial Amber products no more than two days per week.
- Red food and drinks were on 20.6 per cent of school canteen/food service menus, even on an occasional basis. High schools (29.5 per cent) and other schools (27.8 per cent) were significantly more likely to report offering Red foods or drinks than primary schools (16.9 per cent).

### *Staff training*

- The majority of schools reported that their canteen/food service supervisors had completed traffic light training (70.8 per cent).
- Metropolitan schools were significantly more likely (79.5 per cent) to report that canteen/food service supervisors had completed traffic light training than regional schools (53.7 per cent;  $p$ -value <0.0001).
- Over half of schools (55.6 per cent) reported their canteen/food service employers (e.g. Parents and Citizen Associations (P&C) representative) had completed traffic light training.
- Schools reported that FoodSafe training was completed by 81.7 per cent of canteen/food service supervisors, and 55.1 per cent of volunteers.
- There were no significant differences between school type and the proportion of staff or volunteers who completed traffic light or FoodSafe training

### *Promoting healthy eating in schools*

- Most schools used multiple strategies to promote healthy eating. Few schools (2.5 per cent) reported that promoting healthy eating was currently not a priority or reported doing nothing specific to promote healthy eating.
- The most popular strategy used to promote healthy eating by all schools except secondary schools, was to 'run healthy eating programs such as *Crunch&Sip*<sup>®</sup> and school kitchen gardens' (81.8 per cent of all schools).
- In secondary schools, the most popular strategy was to 'work with the school canteen to adopt the Health Promoting Schools Framework' (77.1 per cent of secondary schools and 66.7 per cent of K-12 schools) in which health is integrated into the school curriculum as well as school policies, which

recognises the importance of links with health services and partnerships between the school, families and community.

## **Conclusions**

Overall, the 2021 WA HFD School Principal Survey results are encouraging especially in light of the COVID-19 pandemic and its ongoing impact on schools. The response rate to the Survey increased by 7 per cent from the previous year and 44.2 per cent of responding schools (with a canteen/food service) met all policy requirements related to the menu. While the 2021 survey results are positive, there remains some room for all schools to improve compliance with the Policy. Detailed recommendations are made in the final section of this Report.

## Background

Currently in WA, almost one-quarter of children aged 5 to 15 years of age are above a healthy weight<sup>1</sup>. Schools are ideally placed to introduce, support, and teach children about healthy eating. Children spend a significant portion of their time in schools, and food and drinks consumed during school hours accounts for approximately one third (32 per cent) of a children's intake<sup>2</sup>. For Australian children, school canteens are the most common source of food prepared outside of home; in WA it is estimated that 46 per cent of children order lunch from a school canteen or food outlet at least once per week<sup>3, 4</sup>.

Food and drink available through school canteens can not only influence diet and nutrition related health outcomes such as growth but also impact children's energy levels, their ability to concentrate, and academic performance<sup>5, 6</sup>. School canteens play a key role in shaping the dietary intake of children, parents and staff, and influencing their knowledge, attitudes and behaviours by providing healthy food and drink options on school grounds<sup>7</sup>.

The World Health Organization (WHO) *Taking Action on Childhood Obesity* report states childhood obesity is one of the most significant public health challenges in the 21<sup>st</sup> century and identifies schools as an important setting for creating a healthy

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<sup>1</sup> Epidemiology Directorate. Health and Wellbeing of Children in Western Australia in 2020, Overview and Trends. Department of Health, Western Australia. 2021.

<sup>2</sup> Australian Government Department of Health. 2007 National Children's Nutrition and Physical Activity Survey. 2013.

<sup>3</sup> Wyse R, Delaney T, Gibbins P, Ball K, Campbell K, Yoong SL, et al. Cluster randomised controlled trial of an online intervention to improve healthy food purchases from primary school canteens: a study protocol of the 'click & crunch' trial. *BMJ Open*. 2019; 9(9): e030538.

<sup>4</sup> Pettigrew S, Donovan R, Jalleh G, Pescud M, Cowie S. Addressing Childhood Obesity through School Canteens. Report to the WA Department of Education and Training. UWA Business School, the University of Western Australia, and the Centre for Behavioural Research in Cancer Control, Curtin University, Perth. 2009.

<sup>5</sup> Yoong SL, Nathan NK, Wyse RJ, Preece SJ, Williams CM, Sutherland RL, et al. Assessment of the School Nutrition Environment: A Study in Australian Primary School Canteens. *Am J Prev Med*. 2015; 49(2): 215-22.

<sup>6</sup> Lawlis T, Knox M, Jamieson M. School canteens: A systematic review of the policy, perceptions and use from an Australian perspective. *Nutrition & Dietetics*. 2016; 73(4): 389-98.

<sup>7</sup> Aydin G, Margerison C, Worsley A, Booth A. Parents' and teachers' views of the promotion of healthy eating in Australian primary schools. *BMC Public Health*. 2021; 21: 1788.

school food environment<sup>8</sup>. In June 2021, the WHO released implementation guidance on making every school a health-promoting school including the importance for school canteens to provide healthy meals and not provide unhealthy snacks, foods and sugar-sweetened beverages to school aged children<sup>9</sup>. In addition, the Council of Australian Government (COAG) Health Council *Good Practice Guide: Supporting healthy eating and drinking in schools* was developed in consultation with Australian, State, and Territory Government health and education agencies and has been endorsed by Health Ministers. This guide and the WHO implementation guide, support healthy food and drink policies in schools, integration of nutrition into the school curriculum, and fostering partnerships to support implementation of healthy food and drink policies<sup>9, 10</sup>.

The WA Department of Education's mandatory HFD Policy applies to all WA public schools (including Independent Public Schools) and utilises a traffic light system to classify food and drinks (*Appendix 1*) based on nutrient criteria<sup>11</sup>. The aim is to promote and encourage healthy (Green) foods and drinks, limit less healthy (Amber) food and drinks, and restrict the availability of the least healthy (Red) foods and drinks provided in school canteens/food services and on school premises:

- Green food and drinks are an excellent source of nutrients, contain less saturated fat and/or sugar and/or salt and help to avoid intake of excess energy (kJ) and must comprise of at least 60 per cent of the menu.
- Amber food and drinks have some nutritional value but also contain moderate levels of salt, sugar and/or saturated fat. Amber foods should be eaten in moderation and must comprise no more than 40 per cent of the

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<sup>8</sup> World Health Organization. Taking action on childhood obesity. Geneva. 2018. Available from: <https://apps.who.int/iris/handle/10665/274792>

<sup>9</sup> World Health Organisation. Making every school a health-promoting school - Implementation guidance. 2021. Available from: <https://www.who.int/publications/i/item/9789240025073>

<sup>10</sup> Council of Australian Governments Health Council. The Good Practice Guide: Supporting healthy eating and drinking at school. 2019. Available from: <https://www.health.gov.au/sites/default/files/documents/2022/07/the-good-practice-guide-supporting-healthy-eating-and-drinking-at-school.pdf>

<sup>11</sup> The Department of Education. Healthy Food and Drink in Public Schools Policy. 2018. Available from: <https://www.education.wa.edu.au/web/policies/-/healthy-food-and-drink-policy?redirect=%2Fweb%2Fpolicies%2Fbrowse%3Ffilter%3Dpolicy>

menu. Savoury commercial Amber products must not be offered on the menu more than twice a week.

- Red food and drinks lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt, and contribute to excess energy; they must not be offered on canteen and food service menus. Red food and drinks are off the menu in canteens/food services and will not be provided to students unless essential to learning and curriculum programs.

The Department of Health funded HFD Project aims to assist schools in maintaining and strengthening policies and practices that support the provision and promotion of healthy food and drinks, particularly in school canteen/food services, in alignment with global, national and state policy objectives. The HFD Reference Group includes representatives from the Department of Health, the Department of Education and the WASCA to facilitate information sharing and address any pressing issues among the key stakeholders for this project.

Information from the survey is an integral component of the evaluation of the HFD Policy and Project, providing critical information about policy implementation, compliance and return on investment, as well as guiding the WASCA's services. As part of the Department of Education's reporting system, the Principal Survey relating to the canteen/food service and the HFD Policy has been conducted annually, since 2012.

Following consultation with the HFD Reference Group and a formal request from the Department of Health, the WA HFD School Principal Survey questions were updated for the 2016 survey, and the same questions were used for the following five years. In 2021, the WASCA formally requested question 3 to be updated to identify differences in compliance between different forms of management models on school grounds. After consultation with the HFD reference group, this amendment was approved and the survey question was updated.

## Methods

### Survey

Consistent with the previous WA HFD School Principal Surveys, an electronic communication was sent by the Department of Education to 804 WA public schools in September 2021. All principals have responsibility for the implementation of the HFD Policy in their school. The survey contained six questions relating to the HFD Policy and food service practices in the school:

*1. Does your school have a written policy for the provision of healthy food and drinks?*

- No, our school does not have a policy
- Our school is in the process of developing a policy
- Yes, our school has a policy
- Unsure

*2. What, does your school do to promote healthy eating? (check all that apply)*

- Include nutrition advice or information in the school newsletter at least once per term
- Conduct healthy P&C fundraising events (i.e. do not use 'red' items such as chocolates)
- Organise whole school events such as a health/nutrition campaign/event, theme day etc.
- Run healthy eating programs such as *Crunch&Sip*<sup>®</sup> or a school kitchen garden
- Invites qualified guest speakers to address students, parents and/or staff about healthy eating
- Works with the school canteen to adopt the Health Promoting Schools Framework
- Not a priority, do nothing specific
- Other, please specify

3. *What model is used to operate the food service in your school?*

- P&C operated
- School council/board operated
- Outsourced to another school
- Outsourced to an external provider i.e. deli, shop
- Licensing agreement with external contractor
- No canteen/food service offered in my school

4. *Does your school canteen/food service menu (answer choices Yes, No, or Unsure):*

- consist of a minimum of 60 per cent 'green' food and drinks?
- consist of a maximum of 40 per cent 'amber' food and drinks?
- offer savoury commercial amber products no more than two days per week?
- contain 'red' food and drinks, even on an occasional basis?

5. *Have the following people in your school community completed Traffic Light Training provided by the WA School Canteen Association Inc.? (answer choices: Yes, No, or Unsure)*

- Canteen/food service supervisor?
- Employer (e.g. P&C representative)?

6. *Have the following people participated in FoodSafe training (or its equivalent)? (answer choices Yes, No, Unsure)*

- Canteen/food service supervisor?
- Canteen/food service volunteers?

Responses to the above questions were de-identified by the Department of Education before providing the raw data to the Department of Health for analysis and reporting.

## Data analysis

Frequency tables were prepared in Microsoft Excel to describe the proportion of schools meeting each of the Policy requirements. Survey responses were compared in Excel using a Chi Square test of independence to examine whether compliance with the HFD Policy varied by school location or type. To provide balanced groups of schools operating a canteen/food service for Chi Square test comparisons, P&C operated (n=290), school council/board operated (n=12), outsourced to another school (n=42), outsourced to an external provider (n=79), and licensing agreement with an external contractor (n=63) were combined as 'Schools with a canteen/food service'.

To be consistent with previous years for Chi Square test comparisons, secondary (n=83) and district (n=44) high schools were combined as 'High Schools', and education support schools (n=51), specialist schools (n=2), and K-12 schools (n=3) were combined as 'Other Schools'. Responses of 'Unsure' were included in analyses of proportions but were excluded from all Chi-square statistical comparisons. Where contingency (frequency) tables contained less than five values, a Fishers exact probability value was calculated using SAS. Probability values less than 0.05 were accepted as being statistically significant. All data are presented as unweighted percentages.

## Results

- Completed surveys were returned by 632 schools (79 per cent response rate), of these, 253 schools (40 per cent) completed the survey in both 2019 and 2020.
- Response rates to this survey have been increasing since 2018 (57 per cent), compared to 72 per cent in 2020, and 79 per cent in 2021.

### School type and location (Table 1)

- A total of 394 (62 per cent) completed surveys were from metropolitan schools and 238 (38 per cent) from regional schools, this proportion is similar to surveys conducted in 2019 and 2020.
- A similar proportion of school types completed the survey as in the past three years.

Table 1: Location and types of schools

Schools (n=632)	Metro schools (n=394) n (%)	Regional schools (n=238) n (%)
Primary school (n=449)	293 (65.3%)	156 (34.7%)
Secondary school (n=83)	56 (67.5%)	27 (32.5%)
District high school (n=44)	2 (4.5%)	42 (95.5%)
Education support (n=51)	40 (78.4%)	11 (21.6%)
Specialist school (n=2)	2 (100%)	0 (0%)
K-12 schools (n=3)	1 (33.3%)	2 (66.7%)
<b>Total</b>	<b>394 (62.3%)</b>	<b>238 (37.7%)</b>

## Written policy for the provision of healthy food and drinks (Table 2)

- The majority of schools (62 per cent) reported having a policy for the provision of healthy food and drinks, 18 per cent were in the process of developing a policy, and 16.8 per cent of schools did not have a policy.
- A total of 486 schools (76.9 per cent) reported having a canteen/food service and these schools were significantly more likely to have a policy than schools with no canteen/food service (65.2 per cent compared to 51.4 per cent respectively;  $p$ -value = 0.003).
- There was no significant association between the type of canteen/food service model and having a policy.
- There was no significant difference in the proportion of schools with a policy in metropolitan (63.2 per cent) or regional (60.1 per cent) WA.
- A total of 293 primary schools (63.6 per cent) reported having a healthy food and drink policy in place, and were significantly more likely to have a policy than high schools (51.9 per cent;  $p$ -value = 0.041).

**Table 2: Proportion of schools with a written policy for the provision of healthy food and drinks**

	Have a Policy	No Policy
<b>All schools (n=632)</b>	392 (62%)	220 (34.8%)
All schools with a canteen/food service <sup>^</sup> (n=486)	<b>317 (65.2%)<sup>a</sup></b>	<b>155 (31.9%)<sup>a</sup></b>
P&C operated (n=290)	197 (67.9%)	86 (29.7%)
Outsourced to an external provider (n=79)	50 (63.3%)	25 (31.6%)
Licensing agreement with an external contractor (n=63)	41 (65.1%)	20 (31.7%)
Outsourced to another school (n=42)	24 (57.1%)	17 (40.5%)
School council/board operated (n=12)	5 (41.7%)	7 (58.3%)
Schools without a canteen/food service (n=146)	<b>75 (51.4%)<sup>a</sup></b>	<b>65 (44.5%)<sup>a</sup></b>
<b>Location of school</b>		
Metropolitan (n=394)	249 (63.2%)	133 (33.8%)
Regional (n=238)	143 (60.1%)	87 (36.6%)
<b>Type of school</b>		
Primary (n=449)	<b>293 (63.6%)<sup>b</sup></b>	<b>144 (31.2%)<sup>b</sup></b>
High schools* (n=127)	<b>69 (51.9%)<sup>b</sup></b>	<b>52 (39.1%)<sup>b</sup></b>
Secondary (n=83)	42 (50.6%)	37 (44.6%)
District high school (n=44)	27 (61.4%)	15 (34.1%)
Other** (n=56)	30 (51.7%)	24 (41.4%)
Education support (n=51)	27 (52.9%)	22 (43.1%)
Specialist school (n=2)	1 (50%)	1 (50%)
K-12 school (n=3)	2 (66.7%)	1 (33.3%)

<sup>a</sup>In the process of developing a 'Policy' was combined with 'No Policy' for statistical comparisons; Responses of 'Unsure' were included in analyses of proportions but were excluded from statistical comparisons; <sup>a</sup> statistically significant according to a Chi Squared Test ( $p < 0.05$ ) comparing schools that have a written policy with a canteen/food service vs. without a canteen/food service, <sup>b</sup> statistically significant according to a Chi Squared Test ( $p < 0.05$ ) comparing schools that have a written policy with primary school vs. high school; <sup>^</sup>Schools with a canteen/food service include 'P&C operated', 'school council/board operated', 'outsourced to another school', 'outsourced to an external provider', and 'licensing agreement with an external contractor'; \*High schools include secondary and district high schools, combined for Chi Squared test; \*\*Other schools include schools identified as 'education support schools', 'specialists' schools' and 'K-12 schools', combined for Chi Squared test.

## Schools that met canteen/food service HFD Policy requirements (Table 3)

### *Provision of food and drink*

- Most schools reported that their canteen/food service menu consisted of a minimum of 60 per cent Green food and drinks (88.9 per cent). This was significantly more likely in metropolitan schools (92.9 per cent) than regional schools 81.1 per cent;  $p$ -value = 0.0004).
- The majority of schools (87 per cent) reported their canteen/food service offered no more than 40 per cent of their menu as Amber food and drinks. Metropolitan schools (89.4 per cent) were significantly more likely to meet this requirement than regional schools (82.3 per cent;  $p$ -value = 0.027).
- Nearly three quarters (73.9 per cent) of all schools reported offering savoury commercial Amber products no more than two days per week, this did not differ significantly across different school locations or types.
- A total of 20.6 per cent of school canteen/food service menus contained Red items, even on an occasional basis. The proportion (25.6 per cent) of regional schools reporting Red items was higher than in metropolitan schools (18 per cent), but not statistically significantly different.
- High schools (29.5 per cent) and other schools (27.8 per cent) with a canteen/food service were significantly more likely to offer a menu that contained Red food and drinks, even on an occasional basis than primary schools (16.9 per cent) with a canteen/food service ( $p$ -values = 0.006 and 0.009, respectively).

### *Overall compliance*

- A total of **44.2 per cent** of responding schools with a canteen/food service **met all the HFD Policy traffic light criteria requirements** for a canteen, that is: having at least 60 per cent Green foods; no more than 40 per cent Amber foods; offering savoury commercial Amber foods no more than 2 days per week; and no Red foods or drinks, even on an occasional basis.

- Metropolitan schools were significantly more likely to meet all of the HFD Policy traffic light criteria (46.9 per cent) than regional schools (39 per cent;  $p$ -value = 0.044).
- Primary schools were significantly more likely to report meeting all the HFD Policy traffic light criteria (48.5 per cent) than other schools (19.4 per cent;  $p$ -value = 0.017).
- Another 15.4 per cent of schools with a canteen/food service menu reported meeting all of the requirements of the HFD Policy traffic light criteria **except** for not offering Red food or drink. This was similar for both metropolitan (14.6 per cent) and regional (17.1 per cent) schools and more likely for high schools (22.3 per cent) than primary schools (12.1 per cent;  $p$ -value = 0.021).

**Table 3: Proportion of schools with a canteen/food service meeting the traffic light criteria**

	Proportion of schools meeting traffic light criteria					
	Menu has minimum of 60% Green food and drinks	Menu has maximum of 40% Amber food and drinks	Offer savoury commercial Amber products no more than two days per week	Menu contains Red food and drinks even on an occasional basis	Menu meets all traffic light criteria <sup>^</sup>	Menu meets traffic light criteria except no Red food and drinks <sup>^^</sup>
	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)
<b>All schools with a canteen/food service</b>	432 (88.9%)	423 (87%)	359 (73.9%)	100 (20.6%)	215 (44.2%)	75 (15.4%)
<b>School location</b>						
Metropolitan schools with a canteen/food service	<b>299 (92.9%)<sup>a</sup></b>	<b>288 (89.4%)<sup>b</sup></b>	239 (74.2%)	58 (18%)	<b>151 (46.9%)<sup>b</sup></b>	47 (14.6%)
Regional schools with a canteen/food service	<b>133 (81.1%)<sup>a</sup></b>	<b>135 (82.3%)<sup>b</sup></b>	120 (73.2%)	42 (25.6%)	<b>64 (39%)<sup>b</sup></b>	28 (17.1%)
<b>Type of school</b>						
Primary schools with a canteen/food service	301 (89.1%)	299 (88.5%)	253 (74.9%)	<b>57 (16.9%)<sup>c</sup></b>	<b>164 (48.5%)<sup>c</sup></b>	<b>41 (12.1%)<sup>d</sup></b>
High schools * with a canteen/food service	101 (90.2%)	96 (85.7%)	84 (75%)	<b>33 (29.5%)<sup>c</sup></b>	44 (39.3%)	<b>25 (22.3%)<sup>d</sup></b>
Secondary schools with a canteen/ food service	72 (90%)	69 (86.3%)	58 (72.5%)	24 (30%)	32 (40%)	18 (22.5%)
District high school schools with a canteen/food service	29 (90.6%)	27 (84.4%)	26 (81.3%)	9 (28.1%)	12 (37.5%)	7 (21.9%)
Other schools ** with a canteen/food service	30 (83.3%)	28 (77.8%)	22 (61.1%)	<b>10 (27.8%)<sup>c</sup></b>	<b>7 (19.4%)<sup>c</sup></b>	9 (25.0%)
Education support schools with a canteen/food service	27 (81.8%)	25 (75.8%)	20 (60.6%)	10 (30.3%)	6 (18.2%)	9 (27.3%)
K-12 school with a canteen/food service	3 (100%)	3 (100%)	2 (66.7%)	0 (0%)	1 (33.3%)	0 (0.0%)

<sup>a</sup> 'Unsure' responses were included in analysis of proportions, however excluded from statistical comparisons; <sup>a</sup> statistically significant according to a Fishers Exact Test (p<0.05) comparing the proportion of metropolitan and regional schools meeting the traffic light criteria; <sup>b</sup> statistically significant according to a Chi Squared Test (p<0.05) comparing the proportion of metropolitan schools to regional schools meeting the traffic light criteria; <sup>c</sup> statistically significant according to a Chi Squared Test (p<0.05) comparing the proportion of primary schools to high schools or other schools meeting the traffic light criteria; <sup>d</sup> statistically significant according to Fishers Exact Test (p<0.05) comparing the proportion of primary schools to high schools meeting the traffic light criteria; <sup>^</sup> meeting all traffic light criteria was defined as having at least 60% Green foods or drinks, no more than 40% Amber foods or drinks, no more than 2 days per week of savoury commercial Amber foods and no Red foods or drinks. <sup>^^</sup> menu meets all traffic light criteria except no Red foods or drinks was defined as having at least 60% Green foods or drinks, no more than 40% Amber foods or drinks, no more than 2 days per week of savoury commercial Amber foods, but the menu containing Red food or drinks even on an occasional basis; \*high schools include secondary and district high schools; \*\*other schools includes education support schools and K-12 schools.

### Schools with a canteen/food service that completed staff training (Table 4)

- A large majority of schools reported that their canteen/food service supervisors had completed traffic light training (70.8 per cent) and FoodSafe training (81.7 per cent).
- Over half of all responding schools reported that their canteen/food service employers had completed traffic light training (55.6 per cent) and 55.1 per cent reported their canteen volunteers had completed FoodSafe training.
- A significantly greater proportion of metropolitan schools (79.5 per cent) reported having canteen/food service supervisors who had completed traffic light training compared to regional schools (53.7 per cent;  $p$ -value  $<0.0001$ ).
- Metropolitan schools were more likely to report employer traffic light training completion (59.3 per cent) than regional schools (48.2 per cent). Supervisors (85.7 per cent) and volunteers (58.1 per cent) in metropolitan schools were more likely to complete FoodSafe training compared to regional schools (73.8 per cent and 49.4 per cent respectively). However, none of these differences were statistically significant.
- High schools reported a greater proportion of supervisors who had completed traffic light training (75.9 per cent) and FoodSafe training (91.1 per cent) compared to primary schools (69.8 per cent and 79 per cent respectively), although these differences were not statistically significant.

**Table 4: Proportion of schools with a canteen/food service that have completed staff training**

	Traffic light training completed		FoodSafe training Completed	
	Canteen/ food service supervisor n (%)	Employer n (%)	Canteen/ food service supervisor n (%)	Canteen/ food service volunteers n (%)
<b>All schools with a canteen/food service</b>	344 (70.8%)	270 (55.6%)	397 (81.7%)	268 (55.1%)
<b>School location</b>				
Metropolitan schools with a canteen/food service	<b>256 (79.5%)<sup>a</sup></b>	191 (59.3%)	276 (85.7%)	187 (58.1%)
Regional schools with a canteen/food service	<b>88 (53.7%)<sup>a</sup></b>	79 (48.2%)	121 (73.8%)	81 (49.4%)
<b>Type of school</b>				
Primary schools with a canteen/food service	236 (69.8%)	193 (57.1%)	267 (79%)	181 (53.6%)
High schools * with a canteen/food service	85 (75.9%)	58 (51.8%)	102 (91.1%)	67 (59.8%)
Secondary schools with a canteen/ food service	61 (76.3%)	41 (51.3%)	74 (92.5%)	55 (68.8%)
District high school schools with a canteen/food service	24 (75%)	17 (53.1%)	28 (87.5%)	12 (37.5%)
Other schools ** with a canteen/food service	23 (63.9%)	19 (52.8%)	28 (77.8%)	20 (55.6%)
Education support schools with a canteen/food service	21 (63.6%)	17 (51.5%)	25 (75.8%)	17 (51.5%)
K-12 school with a canteen/food service	2 (66.7%)	2 (66.7%)	3 (100%)	3 (100%)

'Unsure' responses were included in analysis of proportions, however excluded from statistical comparisons; <sup>a</sup> Statistically significant according to a Chi Squared Test (p<0.05) comparing metropolitan schools to regional schools canteen/foodservice supervisor trained in traffic light training; \*High schools includes secondary and district high schools, combined for Chi Squared test; \*\*Other schools includes schools identified as 'education support schools' and 'K-12 schools', combined for Chi Squared test.

## Activities conducted by schools to promote healthy eating (Table 5)

- Most schools used multiple strategies to promote healthy eating. Few schools (2.5 per cent) reported that promoting healthy eating was not a priority or they were doing nothing specific to promote healthy eating.
- The two most popular strategies to promote healthy eating in schools was to 'run healthy eating programs such as *Crunch&Sip*<sup>®</sup> or a school kitchen garden' (81.8 per cent of all schools) and 'work with the school canteen to adopt the Health Promoting Schools Framework' (52.7 per cent of all schools).
- Similar proportions of metropolitan and regional schools 'ran healthy programs such as *Crunch&Sip*<sup>®</sup> or a school kitchen garden' (80.2 per cent and 84.5 per cent respectively), 'organised whole school events such as health/nutrition campaign/event or theme days' (36 per cent and 31.5 per cent respectively), or 'conducted healthy P&C fundraising events' (44.2 per cent and 32.8 per cent respectively).
- 'Inviting qualified guest speakers to address students, parents and/or staff about healthy eating' was the least used strategy (29.3 per cent of all schools).
- 10.1 per cent of schools reported using 'other activities' on an ad-hoc basis to promote healthy eating in schools and incorporate them into the school curriculum (*Appendix 2*).

**Table 5: Activities conducted by schools to promote healthy eating, 2021 WA HFD School Principal Survey**

Activity *	Total schools (%) n=632	Metropolitan (%) n=394	Regional (%) n=238	Primary school (%) n=449	Secondary school (%) n=83	District High school (%) n=44	Education Support school (%) n=51	K-12 Schools (%) n=3	Specialist (%) n=2
Run healthy eating programs such as <i>Crunch and Sip</i> or a school kitchen garden	517 (81.8%)	316 (80.2%)	201 (84.5%)	417 (92.9%)	17 (20.5%)	40 (90.9%)	41 (80.4%)	2 (66.7%)	0 (0%)
Work with the school canteen to adopt the Health Promoting Schools Framework	333 (52.7%)	233 (59.1%)	100 (42.0%)	228 (50.8%)	64 (77.1%)	25 (56.8%)	14 (27.5%)	2 (66.7%)	0 (0%)
Conduct healthy P&C fundraising events	252 (39.9%)	174 (44.2%)	78 (32.8%)	204 (45.4%)	17 (20.5%)	16 (36.4%)	13 (25.5%)	2 (66.7%)	0 (0%)
Include nutrition advice or information in the school newsletter at least once per term	232 (36.7%)	146 (37.1%)	86 (36.1%)	185 (41.2%)	17 (20.5%)	14 (31.8%)	13 (25.5%)	1 (33.3%)	2 (100%)
Organise whole school events such as a health/nutrition campaign/ event, theme day etc.	217 (34.3%)	142 (36%)	75 (31.5%)	153 (34.1%)	33 (39.8%)	16 (36.4%)	14 (27.5%)	1 (33.3%)	0 (0%)
Invite qualified guest speakers to address students, parents and/or staff about healthy eating	185 (29.3%)	87 (22.1%)	98 (41.2%)	125 (27.8%)	24 (28.9%)	23 (52.3%)	13 (27.5%)	0 (0%)	0 (0%)
Not a priority, do nothing specific	16 (2.5%)	11 (2.8%)	5 (2.1%)	9 (2%)	3 (3.6%)	0 (0%)	3 (5.9%)	1 (33.3%)	0 (0%)

\* Multiple responses permitted therefore percentages will not add up to 100

## Discussion

The HFD Policy aims to increase the capacity of WA public schools and key school stakeholders to establish, maintain and strengthen policies and practices that support the provision and promotion of healthy food and drinks in WA schools.

The 2021 WA HFD School Principal Survey results indicate the majority of schools have a healthy food and drink policy or are in the process of developing one. Schools with a canteen/food service were significantly more likely to have a healthy food and drink policy than schools with no canteen/food service, which is consistent with the 2019 and 2020 surveys.

Of the 632 schools that responded in 2021, 44.2 per cent met all the HFD Policy traffic light criteria. Although not directly comparable with earlier surveys due to different samples of schools that responded, this figure is lower than the 2019 Survey (57 per cent) and the 2020 Survey (58.1 per cent), noting an increase in the Survey response rate in 2021 on 2020 (7 per cent) and 2019 (15 per cent).

### School type

Primary schools were significantly more likely than high schools, to have a written policy for the provision of healthy food and drink and to report meeting all the HFD Policy traffic light criteria. This is due to a significantly higher proportion of high schools and other schools reporting offering Red food and drinks, even on an occasional basis, in their canteen/food service. However, with the exception of not having Red food and drinks on the menu, an additional 22 per cent of high schools met the other traffic light criteria; almost twice that (12 per cent) of primary schools.

In 2019, the WASCA investigated common barriers and enablers with implementing and complying with the HFD Policy for secondary and regional schools through the Action on Nutrition (AoN) Project, a scholarship awarded through the Australian Health Promotion Association<sup>12</sup>. As a result, the WASCA continue to implement several strategies including:

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<sup>12</sup> Western Australian School Canteen Association Inc. Annual Report 2018-19. 2019. Available from: <https://www.waschoolcanteens.org.au/wp-content/uploads/2019/10/2019-WASCA-Annual-Report.pdf>

- conducting individual school canteen menu assessments and providing follow-up phone support to discuss any further barriers schools are experiencing with adopting the HFD Policy in their school and identifying recommendations actioned from the initial menu assessment;
- development of marketing messages to increase students' knowledge of healthy eating and awareness of the HFD Policy. Proposed strategies include incorporating key policy messages in lesson plans, posters, newsletters and on social media platforms;
- continuing to provide tailored training sessions for high schools and regional schools to ensure the relevance of topics and networking opportunities; and
- advocating for a duty of care approach, encouraging principals to restrict students leaving school grounds during school hours to purchase food from fast-food chains and convenience stores etc.

Similar to previous years, secondary schools were less likely to run 'healthy eating programs such as *Crunch&Sip*<sup>®</sup> and school kitchen gardens, instead 'working with the school canteen to adopt the Health Promoting Schools Framework'. This may be due to the limited number of healthy eating programs that are tailored for secondary students, as well as difficulty implementing these programs in typically a larger school setting with more structured timetables.

### **School location**

Most schools (62 per cent) reported having a HFD Policy and this proportion was similar for metropolitan and regional schools. Metropolitan schools were significantly more likely to report compliance with all of the HFP Policy traffic light criteria than regional schools. They were significantly more likely to have at least 60 per cent Green food and drinks and a maximum of 40 per cent Amber food and drinks on their canteen/food service menu, and less likely to have Red food and drinks on their canteen/food service menu, even on an occasional basis, than regional schools.

These regional-metropolitan differences in compliance may be in part, due to differences in traffic light training. Regional canteen supervisors were significantly

less likely to have completed traffic light training in comparison to their metropolitan counterparts, similar to previous years. This disparity reflects the additional barriers regional schools experience in accessing training and may be a result of the fewer face-to-face training sessions that were conducted by the WASCA in regional areas due to limited resources and capacity as well as restrictions associated with the COVID-19 pandemic.

To address these barriers, the WASCA has established strong regional partnerships and support networks with regional schools. They continue to provide tailored training sessions with regional specific content via online e-learning modules and video conferences, as well as one-on-one support provided via phone, email, the WASCA website and Facebook page. In addition, the WASCA recently reviewed their online traffic light training and piloted the new version with 22 participants. Improving the content and availability of online traffic light training, should increase regional schools access to this training. Nevertheless, there may be further opportunities to increase the promotion of these training sessions to regional schools to increase uptake and close the gap between metropolitan and regional HFD Policy compliance.

It is also worth noting the number of people completing face-to-face training sessions in 2021 was lower than previous years, which is likely due to the impact of COVID-19. School canteen/food services were focused on modifying their operations to comply with government and school regulations, and had fluctuating student numbers. During this time, online traffic light training continued to be accessed in similar numbers, which reinforces the necessity of having resources and training available online.

## **2020-21 Achievements**

The 2021 survey results reflect the continued support being provided to schools by the WASCA through funding from the Department of Health, to support implementation and compliance with the HFD Policy. Despite the significant challenges faced by WA schools and the WASCA as a result of the COVID-19 pandemic, some specific examples of the WASCA's activities and achievements in 2020-21 include (but are not limited to):

- developing 76 new tools and resources (posters, catering guidelines and fact sheets), available online to support schools to implement the policy;
- a total of 528 people completed training either online or during 21 face to face training and capacity building sessions;
- providing tailored support and advice to 367 schools on 1,018 occasions, representing a 52 per cent increase on the previous year;
- conducting 109 menu assessments, which had on average 75% Green food and drink choices; far exceeding the minimum compliance requirement of at least 60 per cent Green choices and is the highest Green food and drink percentage since policy implementation;
- a total of 2,864 families received healthy eating resources through kindy sessions delivered to 71 schools; and
- completed 62 follow up phone calls after menu assessments to further evaluate policy compliance and understand any additional implementation barriers and successes. Key results indicate:
  - 96 per cent of schools followed up had removed Red items,
  - 71 per cent reduced the number of savoury commercial Amber items offered to no more than 2 days per week, and
  - 75 per cent increased amounts of fruit and vegetables on the menu.

In 2020-21, the WASCA continued to provide detailed advice and feedback to the Department of Education to inform a review of the HFD Policy, which is likely to be incorporated into a broader Student Health Policy (expected release in late 2022). In addition, the WASCA provided feedback on a modified version of the SHC Policy developed specifically for residential colleges. While the requirements of the HFD Policy will remain the same, it will be important to monitor the impact of this change on compliance.

### **Survey limitations**

This survey relies on data collected from Principals via email. Self-reported data has been shown to overestimate policy compliance in comparison to menu audits and

other independent assessments.<sup>13</sup> Similarly, the survey questions ask principals to report whether canteen supervisors, employees, and volunteers in their school community have completed relevant training, and does not measure training completion at the individual staff level.

Although the response rate to the 2021 survey was 7 per cent higher than previous years, one in five principals invited to complete the survey did not respond, and this may have implications for the generalisability of the findings to all public schools in WA. Additionally, it is not possible to establish if the survey was delegated to other staff by school principals that are time-poor; as a result, the answers may be less accurate.

## Summary

Currently in WA, almost one-quarter of children aged 5 to 15 years of age are above a healthy weight. Schools are well-positioned to support healthy eating behaviours and play a crucial role in a comprehensive public health approach to prevent childhood obesity. Canteens/food services are an integral part of the school environment, are the most common source of take away food for Australian children, and can assist in establishing children's healthy eating behaviours whilst at school and subsequently throughout adulthood.

The HFD Policy and monitoring of the Policy through the WA HFD School Principal Survey supports national and Western Australian agendas for obesity prevention and aligns with the WA Health Promotion Strategic Framework 2017-2021<sup>14</sup>, and the Sustainable Health Review<sup>15</sup> goal to halt the rise in obesity in WA by July 2024. Furthermore, it is essential to assist in addressing key areas of priority for the

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<sup>13</sup> Reilly K, Nathan N, Wolfenden L, Wiggers J, Sutherland R, Wyse R, et al. Validity of four measures in assessing school canteen menu compliance with state-based healthy canteen policy. *Health Promot J Austr.* 2016; 27(3): 215-21.

<sup>14</sup> WA Health Promotion Strategic Framework 2017-2021. Available from: [WA Health Promotion Strategic Framework](#)

<sup>15</sup> Sustainable Health Review: Final Report to the Western Australian Government. Department of Health, Western Australia. 2019. Available from: <https://ww2.health.wa.gov.au/improving-WA-Health/Sustainable-health-review/Final-report>

Department of Education and Department of Health, and is important to assist schools to remain focussed on HFD Policy compliance and implementation.

Generally, the 2021 survey results are encouraging, however, there remains room for all schools to increase their level of compliance with the Policy, in particular:

- increase the number of schools with and without a canteen/food service to have a HFD Policy in place, focussing on high schools;
- increase the number of school canteen/food service menus containing a minimum of 60 per cent Green food and drink, and a maximum of 40 per cent Amber food and drink, focusing on regional schools;
- reduce the number of days per week savoury commercial Amber products are offered across all schools;
- ensure Red food and drink items from canteens/food services, even on an occasional basis, are kept off the menu across all schools, especially in high schools;
- close the gap between completed traffic light training and FoodSafe training in metropolitan and regional schools;
- assist in increasing whole of school activities that schools conduct to promote healthy eating, for example:
  - working with schools to adopt the Health Promoting Schools Framework;
  - healthy workplace initiatives for teachers and other school staff;
  - promoting Refresh.ED nutrition curriculum resources for teachers (K-10)

## **Recommendations**

1. The Department of Education continues to administer the annual WA HFD School Principal Survey to schools and invite the Department of Health to analyse the results, to support evaluation of the Healthy Food and Drink Policy and Project.
2. The HFD Reference Group reviews and updates, as required, the WA HFD School Principal Survey questions to maintain relevance. This may include:
  - providing school ID numbers to the Department of Health for the analysis in order to do within school comparisons between surveys.

3. The Department of Education continues to implement strategies designed to increase the response rate for future WA HFD School Principal Surveys, for example, ensuring:
  - the survey is open for an appropriate amount of time;
  - survey links work correctly;
  - respondents are aware of the purpose and significance of the survey;
  - respondents are aware their survey responses are confidential and they will not face repercussions for non-compliance
  - respondents are aware of the number of responses required and how long the survey will take to complete;
  - that the most appropriate person is responding to the survey, e.g. school principals; and follow-up internal Ed-e-mail reminders and emails are sent to schools.

In addition, it is recommended that strategies are implemented to identify and attract schools that have not completed the WA HFD School Principal Survey in the past three years. This may include:

- increased promotion to these schools to increase the response rate;
  - sending reminders to schools that have not completed the survey; and
  - providing schools more time to complete the survey, if they miss the cut-off date.
4. Both the Department of Education and Department of Health support additional independent evaluation of the HFD Project delivery and policy compliance. Independent evaluation is best practice, it increases the reliability of findings, and supports the development of targeted strategies to increase policy compliance.
  5. The Department of Education and Department of Health continue to make the WA HFD School Principal Survey results publicly available (e.g. on the Department of Education Policy webpage) as done in previous years.
  6. Continuation of regular meetings between the Department of Health, Department of Education, and the Service Provider, to ensure all parties are kept informed and updated on the status of the HFD Policy and Project

activities throughout the school year. In addition, the Departments of Health and Education continue to work with the Service Provider to:

a) provide targeted support to schools to meet HFD Policy criteria, (particularly to remove Red items from school canteen/food service menus and ensure the number of days per week savoury commercial Amber products are offered is not more than 2 days), for example:

- i. tailor training sessions for schools to ensure relevance of topics and networking opportunities;
- ii. increase focus on canteen staff to identify and removing Red food and drinks from menus;
- iii. utilise qualitative data gathered from training sessions to assist in developing strategies to increase Policy implementation; and
- iv. promote menu assessments to schools to assist with Policy compliance

b) provide targeted support to schools to increase all training activities (particularly in regional and high schools). For example:

- i. increase engagement in all schools to promote HFD Policy compliance and support; and
- ii. promote training opportunities using multiple methods e.g. social media, website, newsletters and other communications.

c) increase education and awareness of the HFD Policy to P&C Associations in schools to increase engagement, implementation and compliance with the HFD Policy. Recommend to:

- i. promote the practical tools and resources available online using newsletters, social medial and cross promotion with partners;
- ii. deliver group workshops specifically designed for P&C representatives; and
- iii. continue to collaborate with WACSSO to ensure alignment of activities and promotion of resources.

d) provide and promote targeted support to all schools, i.e. those with and without canteens, to increase the number of schools with a written policy for the provision of healthy food and drinks; and

e) increased focus on partnerships with organisations to increase awareness of the HFD Policy such as: WA Primary Principals Association; WA Secondary Schools Executive Association; WA District High Schools Administrators Association; Refresh.ED.

## Appendix 1. Traffic light categorisation examples (WASCA)

Department of Education's *Healthy Food and Drink* policy

### What's on the menu



Fill the menu >60%	Select carefully <40%	Off the menu
<p><b>Green food and drinks</b></p> <ul style="list-style-type: none"> <li>• Cereal foods – wholegrain cereals, pasta, noodles, rice, cous cous, quinoa</li> <li>• A variety of bread types including wholegrain/ wholemeal</li> <li>• Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, garden salads, potato salad, coleslaw (using reduced fat dressings )</li> <li>• Fruit, fresh and frozen, whole, fruit salad, sliced fruit</li> <li>• Fruit canned in natural juice</li> <li>• A variety of sandwich/roll fillings, preferably served with salad e.g.             <ul style="list-style-type: none"> <li>- egg</li> <li>- reduced fat cheese</li> <li>- tuna, canned in spring water or brine</li> <li>- lean meats i.e. roast beef</li> <li>- yeast spreads</li> <li>- hummus</li> </ul> </li> <li>• Lean meats, fish, poultry</li> <li>• Meals<sup>†</sup>, especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls</li> <li>• Reduced fat dairy products including:             <ul style="list-style-type: none"> <li>- plain milk</li> <li>- flavoured milk (375mL or less)</li> <li>- cheese</li> <li>- plain and flavoured yoghurt</li> </ul> </li> <li>• Plain water</li> <li>• Plain mineral water</li> </ul>	<p><b>Amber food and drinks</b></p> <ul style="list-style-type: none"> <li>• Savoury breads such as garlic, herb and pizza bases</li> <li>• Reduced fat pastry items<sup>‡</sup></li> <li>• Frankfurts and sausages for hot dogs and/or sausage sizzles<sup>‡</sup></li> <li>• Savoury commercial products, e.g. fish, chicken, potato portions, pizza<sup>‡</sup></li> <li>• Hamburger patties<sup>‡</sup></li> <li>• Processed meat e.g. ham, skin-free processed chicken</li> <li>• Assorted cakes/biscuits or muffins<sup>‡</sup></li> <li>• Sweet and savoury snack foods<sup>‡</sup></li> <li>• Plain dried fruit</li> <li>• Ice creams and icy poles<sup>‡</sup></li> <li>• Reduced fat flavoured milk (more than 375mL &amp; less than 600mL)</li> <li>• High schools only: reduced fat coffee flavoured milk (375mL or less)</li> <li>• Full fat dairy products e.g. plain milk, yoghurt, cheese</li> <li>• Full fat flavoured milk (375mL or less)</li> <li>• 99% fruit juices (250mL or less) and no added sugar</li> <li>• Dairy desserts<sup>‡</sup> e.g. reduced fat custard, ice cream and mousse (milk/milk alternative listed as first ingredient)</li> </ul> <p><i>NOTE: Reduced fat dairy recommended for children over the age of 2 years</i></p>	<p><b>Red food and drinks</b></p> <ul style="list-style-type: none"> <li>• Full-fat pastry items</li> <li>• Deep fried food</li> <li>• Sweet sandwich fillings e.g. jam, honey, confectionery sprinkles</li> <li>• High fat meats e.g. polony and salami</li> <li>• Confectionery e.g. chocolate, liquorice, cough lollies, jellies</li> <li>• Sweet or savoury snack items that do not meet the criteria e.g. potato chips</li> <li>• Soft drinks, cordial, sports drinks, energy drinks</li> <li>• Reduced fat flavoured milk (more than 600mL)</li> <li>• Reduced fat coffee flavoured milk drink (more than 375mL)</li> <li>• Full fat flavoured milk (more than 375mL)</li> <li>• Chocolate coated ice-creams</li> <li>• Jelly; fruit with jelly</li> <li>• Croissants, cream or iced buns/cakes, doughnuts, sweet pastries, slices</li> <li>• Fruit juice (more than 250mL) and/or with added sugar or sweetener</li> <li>• Water flavoured with fruit juice, sugar and/or sweetener</li> </ul>



Department of Health  
Department of Education



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## Appendix 2. 'Other activities' used by schools to promote healthy eating

- Advertise nutritious lunches and ideas on CONNECT
- Breakfast Cafe promoting healthy breakfasts
- Breakfast Clubs
- Breakfast program requires only healthy food options;
- Bushrangers Program- grow to eat. Community Access and Health programs
- canteen associations traffic light system handouts are included in all parent packages
- Canteen operates on traffic light system
- Class health lessons
- Cooking with our own garden produce; veggie garden and citrus garden
- curriculum support education program in classes across the school
- Develop marketing materials to promote the policy
- Distance education - we include this in the curriculum delivery
- During cooking/life skills lessons, healthy eating is promoted. Children help grow the fruit and vegetables.
- Education through the curriculum.
- Embedded in explicit classroom instruction
- Embedded within teaching and learning processes - particularly within Home Economics learning area
- Explicit cooking and food desensitization programs
- Explicitly taught
- Explicitly teach in Health Education classes, Do not use foods as rewards for behaviour
- Foodbank visit every year to work with our Years 3-6 students on Healthy eating
- Health Education Program, Ban on Energy Drinks.
- Health Education and Home Economics
- Health Lessons, health curriculum
- Healthy Breakfast Club

- Healthy lunch program
- Healthy snacks provided. Posters displayed in suitable locations. Optional cooking classes provided so international students can prepare healthy meals.
- Incorporate healthy eating as part of curriculum and in everyday dialogue with students. Has open discussions with parents when necessary. Encourages healthy lunch boxes
- information on website and community handbook
- No Canteen, but P&C special event lunches are traffic light planned, nurse has stall at Kindy expo, Your Move school
- Note that we are, I think, the only five star cVAP canteen in the state.
- Nude Food. We don't sell chocolates etc
- Outsource canteen to Lynwood High School
- Parent Information Nights, Healthy Food and Drink Committee, Canteen information sessions,
- Part of health curriculum
- Promoted through Health and Physical Education curriculum based lessons in Senior High School and within Hospitality and Home Economics classes.
- Promotes Healthy Lunchboxes
- Promotion of healthy eating in the classroom, promotion by the school nurses, discussions with targeted families regarding healthy eating
- Provide breakfast, morning fruit and lunch every day. Crunch and sip in classrooms.
- Provide health foods for students to purchase; students attend cooking lessons with outside provider Happy when Fit; lessons with Home Economic cooking classes
- Provide information on healthy lunchboxes to Kindergarten parents, provides healthy food rewards, puts nutrition information in the newsletter less than once a term.
- Regular discussions around healthy lunchboxes. Run sessions with EON Foundation and Foodbank and talk about healthy and unhealthy foods
- SCDEC is collocated with Shenton College.
- Sensory eating program

- Special events (not necessarily food themed) are catered with healthy food.
- Strong messages in Kindy Transition meetings and PP parents from staff
- teachers talk to parents one by one, all students have disabilities so may have very specific likes and dislikes to eat at all
- The question below does not offer the option of "operated by the school". This is our option - none of the options below are relevant to us.
- Trialled Nourishing Minds Free Lunch initiative
- We also do Earth Aware days with cooking and a focus on healthy eating
- We are an agricultural college. All students eat through the dining hall. We promote fresh food and have clear links from our farm to kitchen - i.e. literally paddock to plate
- We are partnered with the EON Foundation. EON helps us grow healthy vegetables, fruit and teaches our students how to prepare and cook the food. Whenever a particular fruit or vegetable is in season we use for Crunch & Sip. Eon works in remote communities in WA and the Northern Territory and each area has its own supervisor who stays in the town for two or three days once per month.
- We do not have an operational canteen - it is outsourced to another school and that school abides by the Traffic Lights and Policies on healthy eating - last three questions do not apply to our school
- We utilise the Departments Healthy Food and Drink Policy Traffic Light food
- With EON we grow and cook healthy food regularly
- Working with the ANU Research Team with respect to Obesity and Diabetes in the IOT's on a coordinated effort involving multiple agencies to promote healthy eating and physical activity across the whole community

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