



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

Healthy Food and Drink Principals' Survey Report 2018

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Public and Aboriginal Health Division
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Executive Summary

The Western Australian School Canteen Association (Inc.) (WASCA) is funded by the Department of Health to provide support to schools to implement the Department of Education's *Healthy Food and Drink (HFD) Policy* (the 'Policy'), through the Healthy Food and Drink project.

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

Part of each school's reporting to the Department of Education is a short survey comprising of six questions relating to the HFD Policy. The main objective for incorporating the HFD survey is to evaluate the Policy and provide critical information about the return on investment of the HFD project, as well as guide the WASCA's activities and services provided to schools.

In October 2018, the Department of Education sent an electronic communication to 804 Western Australian (WA) public schools advising them of the requirement to complete an online survey relating to the HFD Policy and food service practices in their schools.

Key Findings

A total of 461 (57.3%) schools completed the 2018 HFD survey. Of these, just over half (60.1%) represented metropolitan schools and 72.9% represented primary schools.

Schools with a Healthy Food and Drink Policy

- The majority of schools (66.2%) reported having a HFD Policy, 17.4% were in the process of developing a Policy, and 12.4% of schools did not have a Policy.
- Schools with (66.9%) and without (64.8%) a canteen/food service were both likely to have a HFD Policy in place.
- Metropolitan (69%) and regional schools (62%) were both likely to have a HFD Policy.

Provision of Food and Drink

- Almost all schools reported their canteen/food service menu consisted of a minimum of 60% green food and drinks (96.6%) and a maximum of 40% amber

food and drinks (96.5%), with no significant differences between primary schools, high schools and other schools.

- Other schools (education support, specialist and K-12 schools) and high schools (secondary and district high schools) were significantly more likely (54.5% and 35.3% respectively) to have red food and drinks on their canteen/food service menu than primary schools (20.2%).
- There were no significant differences in reported compliance between metropolitan and regional schools for the canteen/food service menu:
 - consisting of a minimum of 60% green food and drinks (97.3% and 95.2% respectively);
 - consisting of a maximum of 40% amber food and drinks (96.2% and 97% respectively);
 - offering amber savoury commercial products no more than two days per week (82.8% and 81.6% respectively);
 - containing red food and drinks, even on an occasional basis (23.5% and 28.4% respectively).

Promoting Healthy Eating in Schools

- 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*[®] and school kitchen gardens' (80.7% of schools). In secondary schools, the most popular strategy was 'work with the school canteen to adopt the Health Promoting Schools framework' (85.9%).

Staff Training

- There were high levels of completed traffic light training (91.8% canteen/food service supervisors and 83.6% employers) and FoodSafe training (97.4% canteen/food service supervisors and 82.8% canteen/food service volunteers).
- Significantly more canteen supervisors were traffic light trained in metropolitan schools (96.5%) than in regional schools (83.5%).

Recommendations

The results of the 2018 Principals' Survey on the whole are encouraging, and reflect the work being done in schools, as well as efforts by the WASCA to support Policy implementation within schools. However, there remains room for improvement in regards to:

- removing red food and drink items from canteens/food services;
- increasing the number of employers and regional canteen/food service supervisors who complete traffic light training; and
- increasing the number of canteen/food service volunteers who complete FoodSafe training.

Continued monitoring of the HFD environment in schools is essential to assist in addressing these areas of priority for the Department of Education and Department of Health.

The Department of Health recommends continued support of the HFD Policy and recommends specifically:

1. The Department of Education continues to administer the annual HFD Policy implementation survey of public schools and invite the Department of Health to analyse the results.
2. The Department of Education ensures that strategies are implemented to increase the response rate for future Principals' Surveys (e.g. follow up reminder emails).
3. The Department of Education and the WASCA make the survey results available publicly (e.g. on the Department of Education HFD web page).
4. Continuation of quarterly HFD Reference Group meetings to ensure the Department of Education, Department of Health and the WASCA are kept informed and updated on the status of the HFD Policy progress throughout the school year. In addition, the Reference Group continues to:
 - work with the WASCA to help increase awareness and support for all schools to develop a HFD Policy;
 - work with the WASCA to provide targeted support to remove red items from canteen menus (particularly in high schools and other schools); and
 - work with the WASCA to provide targeted support to all schools to increase traffic light training and FoodSafe training (particularly canteen/food service volunteers).

Background

Schools are a critical place to introduce, support, and teach children about healthy eating. The World Health Organisation's Report of the Commission on Ending Childhood Obesity¹ highlights schools as an important setting for creating a healthy food environment. The Department of Education's mandatory Healthy Food and Drink (HFD) Policy² applies to all WA public schools and utilises a traffic light system to classify food and drinks (*Appendix 1*):

- 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% 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% of the menu. Commercially prepared amber savoury products must not be offered 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 and must not be offered on canteen and food service menus. Red categorised food and drinks will not be provided to students unless essential to learning 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 canteens/food services. The WASCA have been contracted to deliver the HFD Project by either the Department of Health or Department of Education since 2006. For the period 2007 to 2015, there was a Memorandum of Understanding (MOU) between the Department of Education and the Department of Health. In 2015, a HFD Reference Group was established to facilitate information sharing and discussions amongst the key stakeholders for this project. The current

¹ World Health Organisation (2016). Healthy Food and Drink Policy, [Available from: <https://www.who.int/end-childhood-obesity/publications/echo-report/en/>]

² Department of Health (2017). Healthy Food and Drink Policy, [Available from: file:///C:/Users/HE126664/Downloads/Policy_Healthy%20Food%20and%20Drink%20Policy%20and%20Procedures%20v2.6.pdf]

grant agreement between the Department of Health and the WASCA is for the period 2018-2021.

As part of the Department of Education's reporting systems, an annual survey relating to the canteen/food service and the HFD Policy has been conducted since 2012. Following consultation with the HFD Reference Group and a formal request from the Department of Health, the survey questions were updated for the 2016 survey, and the same questions have been utilised for the 2017 and 2018 survey. Information from the survey is an integral component of the evaluation of the HFD Project, providing critical information about the return on investment as well as guiding the WASCA's services and key areas for the Department of Education and the WASCA to focus.

Methods

Survey

Consistent with the 2016 and 2017 Principals' Survey, an electronic communication was sent by the Department of Education to 804 WA public schools in late October 2018. All principals have responsibility for the implementation of the HFD Policy in the provision of healthy food and drinks and ensuring that the canteen/food service menu complies with Policy requirements. 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, if anything, 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*[®] or a school kitchen garden
- Invite qualified guest speakers to address students, parents and/or staff about healthy eating
- Work with the school canteen to adopt the Health Promoting Schools framework
- Not a priority, do nothing specific
- Other, please specify

3. *Does your school operate a canteen/food service?*

- Yes
- No

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

- consist of a minimum of 60% 'green' food and drinks?
- consist of a maximum of 40% 'amber' food and drinks?

- offer savoury commercial products that are 'amber' 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.

Data analysis

Frequency tables were prepared in Microsoft Excel to describe the proportions of schools meeting each of the Policy requirements. Survey responses were compared 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 school types for Chi Square test comparisons, secondary (n=64) and district (n=23) high schools were combined as 'High Schools', and education support schools (n=33), specialist schools (n=1), and K-12 schools (n=4) were combined as 'Other Schools'.

Responses of 'Unsure' were excluded from all Chi-square statistical comparisons. Some cells in the contingency (frequency) tables contained values less than five for some of the analyses. Where this was the case, a Fishers exact probability value was calculated. Probability values less than .05 were accepted as being statistically significant. All data are presented as unweighted percentages.

Results

School type and location (Table 1)

- Completed surveys were returned by 461 schools (57.3% response fraction).
- Of these, 277 (60.1%) were from metropolitan schools and 184 (39.9%) from regional schools, which is representative of the school population. A similar proportion of metropolitan and country schools completed the survey in 2017.
- A similar proportion of primary, secondary, district high, education support, specialist and K-12 schools completed the 2018 and 2017 survey.

Table 1: Locations and types of schools, HFD Principals' Survey 2018

Schools (n=461)	Metro schools (n=277) n (%)	Regional schools (n=184) n (%)
Primary school (n=336)	199 (71.8%)	137 (72.9%)
Secondary school (n=64)	48 (17.3%)	16 (13.9%)
District high school (n=23)	1 (0.4%)	22 (5.0%)
Education support (n=33)	27 (9.7%)	6 (7.2%)
Specialist school (n=1)	1 (0.4%)	0 (0.2%)
K-12 schools (n=4)	1 (0.4%)	3 (0.9%)
Total	277 (100%)	184 (100%)

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

- The majority of schools (66.2%) reported having a HFD Policy, 17.4% were in the process of developing a Policy, and 12.4% of schools did not have a Policy.
- Over two thirds of schools (65.5%) reported operating a canteen/food service.
- Schools with (66.9%) and without (64.8%) a canteen/food service were both likely to have a Policy in place.
- Metropolitan (69%) and regional schools (62%) were both likely to have a Policy.
- Almost a quarter (24.2%) of education support schools reported they did not have a HFD Policy, compared to 17.4% of district high schools, 11.6% of primary schools and 9.4% of secondary schools. All specialist and K-12 schools reported having a Policy.

Table 2: Proportion of schools with a written Policy for the provision of healthy food and drinks, HFD Principals' Survey 2018

	Have a Policy (%)	In the process of developing a Policy (%)	No Policy (%)	Unsure (%)
All schools (n=461)	305 (66.2%)	80 (17.4%)	57 (12.4%)	19 (4.1%)
Schools with a canteen/food service (n=302)	202 (66.9%)	57 (18.9%)	29 (9.6%)	14 (4.6%)
Schools without a canteen/food service (n=159)	103 (64.8%)	23 (14.5%)	28 (17.6%)	5 (3.1%)
Location of school				
Metropolitan (n=277)	191 (69%)	43 (15.5%)	30 (10.8%)	13 (4.7%)
Regional (n=184)	114 (62%)	37 (20.1%)	27 (14.7%)	6 (3.3%)
Type of school				
Primary (n=336)	228 (67.9%)	57 (17%)	39 (11.6%)	12 (3.6%)
Secondary (n=64)	40 (62.5%)	12 (18.8%)	6 (9.4%)	6 (9.4%)
District high school (n=23)	13 (56.5%)	6 (26.1%)	4 (17.4%)	0 (0%)
Education support (n=33)	19 (57.6%)	5 (15.2%)	8 (24.2%)	1 (3%)
Specialist school (n=1)	1 (100%)	0 (0%)	0 (0%)	0 (0%)
K-12 school (n=4)	4 (100%)	0 (0%)	0 (0%)	0 (0%)

There were no statistically significant differences according to a Chi Squared Test or Fishers Exact Test ($p < 0.05$) comparing location of school or type of school; 'In the process of developing a Policy' was combined with 'No Policy' for statistical comparisons.

Schools that meet canteen/food service healthy food and drinks policy requirements (Table 3)

Provision of Food and Drink

- Almost all schools reported their canteen/food service menu consisted of a minimum of 60% green food and drinks (96.6%) and a maximum of 40% amber food and drinks (96.5%), with no significant differences between primary schools, high schools and other schools.
- Other schools (education support, specialist and K-12 schools) and high schools (secondary and district high schools) were more likely (54.5% and 35.3% respectively) to have red food and drinks on their canteen/food service menu than primary schools (20.2%); this difference was statistically significant (p 0.08 and p 0.012 respectively).
- There were no significant differences in reported compliance between metropolitan and regional schools, for the canteen/food service menu:
 - consisting of a minimum of 60% green food and drinks (97.3% and 95.2% respectively);
 - consisting of a maximum of 40% amber food and drinks (96.2% and 97% respectively);
 - offering amber savoury commercial products no more than two days per week (82.8% and 81.6% respectively);
 - containing red food and drinks, even on an occasional basis (23.5% and 28.4% respectively).
- There were no statistically significant differences in reported compliance between school types in regards to offering amber savoury commercial products no more than two days a week. All K-12 ($n=3$) schools met requirements, followed by 87.5% of education support schools, 84.9% of secondary schools, 81.8% of primary schools and 75% of district high schools. Note that some of these proportions are based on very small numbers of schools.

Staff Training

- There were high levels of completed traffic light training (91.8% canteen/food service supervisors and 83.6% employers) and FoodSafe training (97.4% canteen/food service supervisors and 82.8% canteen/food service volunteers).

- A greater proportion of metropolitan schools (96.5%) reported having canteen/food service supervisors who had completed traffic light training compared to regional schools (83.5%); this difference was statistically significant (p -value 0.0002).
- All schools except primary schools (96.3%) reported that their canteen/food service supervisor had completed FoodSafe training.

Table 3: Proportion of schools meeting canteen/food service HFD Policy requirements, HFD Principals' Survey 2018

	Menu has minimum of 60% green food and drinks	Menu has maximum of 40% amber food and drinks	Offer amber savoury commercial products no more than two days per week	Menu contains red food and drinks even on an occasional basis	Traffic light training completed		FoodSafe training completed	
					Canteen/ food service supervisor	Employer	Canteen/ food service supervisor	Canteen/ food service volunteers
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
All schools with a canteen/food service	281 (96.6%)	276 (96.5%)	233 (82.3%)	69 (25.4%)	246 (91.8%)	194 (83.6%)	257 (97.4%)	168 (82.8%)
School location								
Metropolitan schools with a canteen/food service	182 (97.3%)	179 (96.2%)	149 (82.8%)	40 (23.5%)	165 (96.5%)^a	125 (86.8%)	172 (98.3%)	117 (84.8%)
Regional schools with a canteen/food service	99 (95.2%)	97 (97%)	84 (81.6%)	29 (28.4%)	81 (83.5%)^a	69 (78.4%)	85 (95.5%)	51 (78.5%)
Type of school								
Primary schools with a canteen/food service	201 (97.1%)	197 (97%)	166 (81.8%)	39 (20.2%)^b	171 (91%)	134 (83.8%)	180 (96.3%)	115 (82.1%)
High schools * with a canteen/food service	69 (94.5%)	69 (95.8%)	57 (82.6%)	24 (35.3%)^b	65 (92.9%)	52 (81.2%)	66 (100%)	46 (85.2%)
Other schools ** with a canteen/food service	11 (100%)	10 (90.9%)	10 (90.9%)	6 (54.5%)^b	10 (100%)	8 (100%)	11 (100%)	7 (77.8%)

a Statistically significant according to a Chi Squared Test or Fishers Exact Test (p<0.05) comparing metropolitan schools to regional schools; 'Unsure' responses were excluded from statistical comparisons; b Statistically significant according to a Chi Squared Test or Fishers Exact Test (p<0.05) comparing primary schools to high schools and other schools; 'Unsure' responses were excluded from statistical comparisons; * High schools includes secondary and district high schools, combined for Chi Squared test; ** Other schools includes schools identified as 'education support schools', 'specialists' schools' and 'K-12 schools', combined for Chi Squared test.

	Menu has minimum of 60% green food and drinks	Menu has maximum of 40% amber food and drinks	Offer amber savoury commercial products no more than two days per week	Menu contains red food and drinks even on an occasional basis	Traffic light training completed		FoodSafe training completed	
					Canteen/ food service supervisor	Employer	Canteen/ food service supervisor	Canteen/ food service volunteers
Secondary schools with a canteen/food service	55 (93.2%)	55 (94.8%)	45 (84.9%)	20 (37%)	53 (98.1%)	39 (81.3%)	54 (100%)	41 (85.4%)
District high school schools with a canteen/food service	14 (100%)	14 (100%)	12 (75%)	4 (28.6%)	12 (75%)	13 (81.3%)	12 (100%)	5 (83.3%)
Education support schools with a canteen/food service	8 (100%)	7 (87.5%)	7 (87.5%)	4 (50%)	7 (100%)	6 (100%)	8 (100%)	5 (71.4%)
K-12 school with a canteen/food service	3 (100%)	3 (100%)	3 (100%)	2 (66.7%)	3 (100%)	2 (100%)	3 (100%)	2 (100%)

Activities conducted by schools to promote healthy eating (Table 4)

- The majority of schools utilised multiple strategies to promote healthy eating. Less than 1% of schools claimed that it was not a priority to promote healthy eating.
- The most popular strategy to promote healthy eating used by all schools, except secondary schools, was to 'run healthy eating programs such as *Crunch&Sip*[®] and school kitchen gardens' (80.7% of schools). In secondary schools, the most popular strategy was 'work with the school canteen to adopt the Health Promoting Schools framework' (85.9%).
- Similar proportions of metropolitan and regional schools adopted 'healthy P&C fundraising events', 'organise whole school events such as health/nutrition campaign/event, theme days', 'include nutrition advice or information in the school newsletter at least once per term', and 'invite qualified guest speakers to address students, parents and/or staff about healthy eating'.
- 'Inviting qualified guest speakers to address students, parents and/or staff about healthy eating' was the strategy least used by schools (33.8%).

Table 4: Activities conducted by schools to promote healthy eating, HFD Principals' Survey 2018

Activity *	Total schools (%) n=461	Metropolitan (%) n=277	Regional (%) n=184	Primary school (%) n=336	Secondary school (%) n=64	District High school (%) n=23	Education Support school (%) n=33	K-12 schools (%) n=4	Specialist (%) n=1
Run healthy eating programs such as <i>Crunch and Sip</i> or a school kitchen garden	372 (80.7%)	219 (79.1%)	153 (83.2%)	301 (89.6%)	16 (25%)	21 (91.3%)	31 (93.9%)	3 (75%)	0 (0%)
Work with the school canteen to adopt the Health Promoting Schools framework	259 (56.2%)	167 (60.3%)	92 (50%)	181 (53.9%)	55 (85.9%)	12 (52.2%)	9 (27.3%)	2 (50%)	0 (0%)
Include nutrition advice or information in the school newsletter at least once per term	224 (48.6%)	127 (45.8%)	97 (52.7%)	180 (80.4%)	13 (53.6%)	14 (20.3%)	14 (60.9%)	3 (42.4%)	0 (0%)
Organise whole school events such as a health/ nutrition campaign/ event, theme day etc.	201 (43.6%)	111 (40.1%)	90 (48.9%)	152 (45.2%)	27 (42.2%)	12 (52.2%)	9 (27.3%)	1 (25%)	0 (0%)
Conduct healthy P&C fundraising events	199 (43.2%)	129 (46.6%)	70 (38%)	169 (50.3%)	12 (18.8%)	7 (30.4%)	10 (30.3%)	1 (25%)	0 (0%)
Invite qualified guest speakers to address students, parents and/or staff about healthy eating	156 (33.8%)	90 (32.5%)	66 (35.9%)	115 (34.2%)	18 (28.1%)	10 (43.5%)	11 (33.3%)	2 (50%)	0 (0%)
Not a priority, do nothing specific	2 (0.4%)	2 (0.7%)	0 (%)	2 (0.6%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	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 schools.

The results of the 2018 Principals' Survey indicate that approximately two-thirds (66.2%) of schools have a HFD Policy, around 17% are in the process of developing a Policy, and 12% of schools do not have a Policy. These findings are consistent with the 2016 and 2017 survey of the HFD Policy.

Similar to 2017, there was high compliance with the reported provision of green and amber foods in schools with a canteen/food service. There is room for improvement, however, with regard to removing red food and drinks (25.4% of schools offered red items on their menus). The number of employers (83.6%) and regional canteen/food service supervisors (83.5%) who have completed traffic light training and the number of canteen/food service volunteers who have completed FoodSafe training (82.8%) could also be increased.

School type

Consistent with the 2017 survey, the 2018 survey indicates that one quarter (25.4%) of schools with a canteen/food service did not meet the HFD Policy requirement to not offer red food and drinks. Other schools (54.5%) and high schools (35.3%) were significantly more likely to offer red food and drinks than primary schools (20.2%). According to the WASCA, common barriers to implementing/complying with the HFD Policy identified by secondary schools include, concerns regarding profit/loss; time taken for new foods to gain interest (thus managing potential wastage); lack of volunteers; secondary schools are less likely to colour code their canteen menu boards and food advertising near schools impacts the students lunch choices with some high schools and other schools being allowed to go off campus to purchase food, therefore the canteen is trying to compete with outside commercial businesses.

Running 'healthy eating programs such as *Crunch&Sip*[®] and school kitchen gardens' was the most popular strategy used by all schools (80.7% of schools), except secondary schools. Secondary schools were most likely to 'work with the school canteen to adopt the Health Promoting Schools framework' (85.9%). The reason for

this may be due to limited healthy eating programs being available for secondary schools, as well as difficulty implementing these programs in such a large setting. These results were also consistent with the 2017 survey.

School location

Significantly more metropolitan schools reported having canteen/food service supervisors who had completed traffic light training compared to regional schools. This is consistent with the 2016 and 2017 surveys. These differences may be a consequence of fewer face-to-face training sessions being conducted by the WASCA in regional locations due to reduced funding since 2015. However, training is available online and via video conference, and the WASCA provide support to regional locations via phone, email, website and Facebook. There were no other significant differences between metropolitan and regional schools.

Summary

It is more than ten years since the HFD Policy was introduced to WA government schools. During this time, attitudes and awareness of the Policy amongst canteen/food service supervisors, school staff and principals have increased. The results from the 2018 survey echo results from 2016 and 2017. The survey shows the majority of schools are mostly compliant with the HFD Policy, however there remains room for improvement in regards to:

- removing red food and drink items from canteens/food services;
- increasing the number of employers who complete traffic light training, and regional canteen/food service supervisors; and
- increasing the number of canteen/food service volunteers who complete FoodSafe training.

Continued monitoring of the HFD environment in schools is therefore essential to assist in addressing these areas of priority for the Department of Education and Department of Health.

Some limitations of this survey include:

- the response rate to this survey has declined for the past two years, having dropped from 88.5% in 2016 to 50.1% in 2017 and 57.3% in 2018. This reduces the ability to generalise these findings to all schools across WA and

is likely to lead to an overestimation of compliance. A strong response rate to this survey is critical for a reliable evaluation of the HFD Project.

- the survey relies on self-reported compliance, and there may be a substantial gap between self-reported and independent, objectively measured compliance;

Despite these limitations, the 2018 results on the whole are encouraging and reflect the work being done in schools and efforts being maintained by the WASCA to support Policy implementation within schools.

The dissemination of the 2018 results will strengthen WA's standing nationally in this regard, and encourage information sharing across jurisdictions and promote open and accountable reporting.

Recommendations

1. The Department of Education continues to administer the annual HFD Policy implementation survey of public schools, and invite the Department of Health to analyse the results.
2. The Department of Education ensures that strategies are implemented to increase the response rate for future Principals' Surveys (e.g. follow up reminder emails).
3. The Department of Education and the WASCA make the survey results available publicly (e.g. on the Department of Education HFD web page).
4. Continuation of quarterly HFD Reference Group meetings to ensure the Department of Education, Department of Health and the WASCA are kept informed and updated on the status of the HFD Policy progress throughout the school year. In addition, the Reference Group continues to:
 - work with the WASCA to help increase awareness and support for all schools to develop a HFD Policy;
 - work with the WASCA to provide targeted support to remove red items from canteen menus (particularly in high schools and other schools); and;
 - work with the WASCA to provide targeted support to all schools to increase traffic light training and FoodSafe training (particularly canteen/food service volunteers).

Appendix 1 - Traffic light categorisation examples provided by the WASCA



Traffic light system
in Western Australian
schools



As you are aware, the Department of Education's *Healthy Food and Drink* (HFD) policy is underpinned by the FOCiS nutrient criteria (includes values for energy, fat, sodium etc.) and food and drinks are categorised according to the traffic light system.

The recent review of the FOCiS nutrient criteria has led to several changes to the traffic light system. One of the aims of the review was to increase national consistency across Australia; we are pleased to report this has been achieved.

Changes are effective 1 July 2017.

Category	Item	New colour code
Breads and cereals	Bread, plain, preferably wholegrain	GREEN*
	Savoury breads, scrolls, cheese, garlic and herb breads and plain/flavoured pizza bases	AMBER
Dairy products and dairy alternatives	Plain milk	GREEN: reduced fat* AMBER: full fat
	Flavoured milk	GREEN: reduced fat; maximum 375mL* AMBER: reduced fat; more than 375mL* AMBER: full fat; maximum 375mL RED: reduced fat; more than 600mL* RED: full fat; more than 375mL
	Coffee flavoured milk (reduced fat)	High schools only AMBER: reduced fat; maximum 375mL RED: reduced fat; more than 375mL RED: full fat
	Plain and flavoured yoghurt	GREEN: reduced fat* AMBER: full fat
	Cheese	GREEN: reduced fat* AMBER: full fat
Meat and meat alternatives	Processed lunch meat e.g. skin-free chicken	AMBER Note: green when served in a sandwich/roll with salad and/or reduced fat cheese
Mixed foods: hot/cold meals/dishes	Pre-prepared dishes e.g. spaghetti, fried rice, potato salad, sushi	GREEN/AMBER/RED Maximum serve size 300g
Miscellaneous foods and snacks	Dairy dessert	AMBER

* Indicates unchanged criteria and traffic light colour coding

We encourage you to read through the July 2017 Star Choice™ Buyers Guide as there are a number of new products and some items have changed colour code e.g. from green to amber.

What's on the menu in WA school canteens?

<p>GREEN - FILL THE MENU</p> <p>Minimum 60%</p> <p>Encourage and promote EVERYDAY choices</p>	<p>AMBER - SELECT CAREFULLY</p> <p>Maximum 40%</p> <p>Do not let these foods dominate the menu and choose small serves</p>	<p>RED — OFF THE MENU</p> <p>NOT AVAILABLE</p>
<ul style="list-style-type: none"> • Cereal foods — wholegrain cereals, pasta, noodles, rice, couscous, quinoa • A variety of bread types including wholegrain/ wholemeal • Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, garden salads, potato salad, coleslaw (using reduced fat dressings) • Fruit, fresh and frozen, whole, fruit salad, sliced fruit • Fruit canned in natural juice • A variety of sandwich/roll fillings, preferably served with salad e.g. <ul style="list-style-type: none"> - egg - reduced fat cheese - tuna, canned in spring water or brine - lean meats i.e. roast beef - yeast spreads - hummus • Lean meats, fish, poultry • Meals[#], especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls • Reduced fat dairy products including: <ul style="list-style-type: none"> - plain milk - flavoured milk (375mL or less) - cheese - plain and flavoured yoghurt • Plain water • Plain mineral water 	<ul style="list-style-type: none"> • Savoury breads such as garlic, herb and pizza bases • Reduced fat pastry items[#] • Frankfurts and sausages for hot dogs and/or sausage sizzles[#] • Savoury commercial products, e.g. fish, chicken, potato portions, pizza[#] • Hamburger patties[#] • Processed meat e.g. ham, skin-free processed chicken • Assorted cakes/biscuits or muffins[#] • Sweet and savoury snack foods[#] • Plain dried fruit • Ice creams and icy poles[#] • Reduced fat flavoured milk (more than 375mL & less than 600mL) • High schools only: reduced fat coffee flavoured milk (375mL or less) • Full fat dairy products e.g. plain milk, yoghurt, cheese • Full fat flavoured milk (375mL or less) • 99% fruit juices (250mL or less) and no added sugar • Dairy desserts[#] e.g. reduced fat custard, ice cream and mousse (milk/milk alternative listed as first ingredient) <p><i>NOTE: Reduced fat dairy recommended for children over the age of 2 years</i></p>	<ul style="list-style-type: none"> • Full-fat pastry items • Deep fried food of any description • Sweet sandwich fillings including jam, nut spreads, honey or confectionery sprinkles • High fat sandwich meats including polony and salami • Confectionery (e.g. chocolate, liquorice, cough lollies, and fruit juice based jellies) • Sweet or savoury snack items that do not meet the criteria e.g. potato chips • Soft drinks, cordial, sports drinks • Reduced fat flavoured milk (more than 600mL) • Reduced fat coffee flavoured milk drink (more than 375mL) • Full fat coffee flavoured milks all sizes • High caffeine drinks (e.g. drinks containing Guarana) • Chocolate coated and premium style ice-creams • Desserts: jelly; jelly with fruit; dairy desserts high in energy • Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices • Fruit juice (more than 250mL) and/or with added sugar or sweetener • Water flavoured with fruit juice, sugar and/or sweetener

[#]only those meeting FOCiS/Star Choice™ nutrient criteria

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on request for a person with disability.**

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