

APPENDIX B. HEALTHY FOOD AND DRINK

The principal implements a whole school approach to healthy eating suited to the school context including:

- planning for the provision of healthy food and drinks with 'green' and 'amber' foods for educational activities, classroom rewards, school camps and excursions
- limiting the supply of 'red' food and drinks to small amounts and only when essential to the learning program.

These requirements apply to food and drink supplied or organised by the school. Parents and Citizens' (P&C) Association fundraising initiatives are exempt from the requirements, however, practices consistent with the promotion of healthy eating are strongly encouraged. The Department does not support the inspection of student lunchboxes for the nutritional content.

When parents provide food to be shared during school activities, parents should be informed prior to the event of the heating/cooling facilities available at the school so that final preparation of high-risk foods is catered for appropriately.

The Department of Health's Fresh School Nutrition Advisory Program delivered by Nutrition Australia assists schools to implement a whole of school approach to healthy eating, through a statewide advisory service and an interactive website that provides the following support to schools:

- advice and online tools to identify 'green', 'amber' and 'red' food and drinks, and assess recipes and menus
- advice, resources and training to support policy understanding and compliance
- resources to promote nutrition education and communications with the school community
- parent information and resources
- networking activities for school and canteen staff
- free phone, email and face-to-face support.

School canteen/food service

A canteen or food service is a school-based outlet or external provider that provides a food service to students and staff during school hours.

The principal:

- only gives permission to use a school's premises as a canteen/food service on the basis that the Student Health in Public Schools policy and procedures are implemented
- confirms canteen/food service menus promote a wide range of healthy food and that it:
 - consists of a minimum of 60% 'green' food and drinks
 - consists of a maximum of 40% 'amber' food and drinks
 - only offers savoury commercial products that are 'amber' foods a maximum of twice per week
 - contains no 'red' food and drinks.

The colour coding of food and drinks is underpinned by the Star Choice™ Nutrient Criteria. Refer to the Star Choice™ Buyers' Guide for manufactured products that meet the nutrient criteria. Where food and drinks not included in the Star Choice™ Buyers' Guide meet the nutrient criteria, they may also be used.

Young children accompanying paid workers, or volunteers and enrolled students working in a canteen, could constitute a hazard or be impacted by hazards found in a canteen. For further information regarding occupational safety and health considerations, refer to the Work Health and Safety policy.

The Western Australian Council of State School Organisations advises against students undertaking tasks in the canteen operated by a P&C for insurance reasons. However, there are exceptions where the work is part of the educational program (Sections 24, 29 and 11(G) *School Education Act 1999*).

Food safety, hygiene and allergy

The principal confirms:

- canteen/food service workers and volunteers have completed *FoodSafe Food Handler* training or its equivalent and *All About Allergens* training
- the canteen/food service is compliant with the Australian New Zealand Food Standards Code.

Training should be completed in a timely manner, preferably prior to commencing work:

- FoodSafe Food Handler packages are available from Environmental Health Australia, some local councils and online
- All About Allergens training is a free 60 minute online course developed to help manage food allergies when preparing and serving food in schools. The Best Practice Guidelines for Anaphylaxis Prevention and Management in Schools recommends the course is completed every 2 years.

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

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

Canteens and food services must meet the Australia New Zealand Food Standards Code, examples of applicable standards include, but are not limited to:

- Food Safety Standard 3.2.2 specifies the requirements for food safety practices and general requirements
- Food Safety Standard 3.2.3 specifies the requirements for food premises and equipment
- Food safety Standard 1.2.3 regarding mandatory food allergen declarations.