



Bicton Primary School Healthy Eating Guidelines



BICTON PRIMARY SCHOOL HEALTHY EATING POLICY

PURPOSE

The school will foster and support the development of life-long patterns of making healthy nutritional choices.

BACKGROUND

Childhood obesity is now recognised as a world wide epidemic. In Western Australia the number of children and young people who are overweight or obese has tripled since 1985, with a quarter of boys and a third of girls aged 7-15 years overweight. Young people who carry excess weight or are obese have a greater risk of a number of immediate and long-term health and behavioural problems.

KEY UNDERSTANDINGS

1. Inappropriate nutrition in Australian children is evidenced by:
 - ✓ the increasing incidence of childhood diabetes,
 - ✓ the number of children with food intolerances
 - ✓ the adverse effects of some foods on child behaviour
 - ✓ the increased risk of severe reactions caused by food allergies
2. Good nutrition is essential for optimal learning and healthy growth.
3. Educating students to make healthy nutritional choices requires a complementary effort between the school and parents.

HEALTH CARE PROVISION

The provision of health care is necessary to promote and maintain the health and wellbeing of all students. Health care provision includes:

- promoting the health, safety and welfare of all students;
- managing the health care needs of students who require health care support while under the school's supervision;
- informing and preparing staff to manage student health care needs, and respond
- to health emergencies; and
- providing staff with access to advice, resources and training when planning to
- meet the health care needs of students

SCHOOL EXPECTATIONS

Provide students with practical learning experiences about making healthy food choices that reinforce classroom lessons and "Traffic Lights" as indicated in the "Traffic Light" guidelines to nutrition.

Celebrations (birthdays, special school events)

Food is often used to reflect a particular cultural context such as Shrove Tuesday or Bastille Day. It is acknowledged that some of these foods may be 'red foods', however, these occasions should be very limited, the 'red foods' should be kept to small portions eg a small Easter Egg. (Appendix 1)

Culturally accepted celebrations involving food, such as Easter, Christmas and birthdays are all important and should occur. However, we must attempt to plan these occasions according to the School's Healthy Eating Policy by reducing the frequency of red food, providing healthier alternatives, reduced quantity and consideration given for food intolerance.

Classroom rewards

School staff should model healthy eating. An excellent way to do this is to encourage 'Crunch and Sip' in the afternoons.

The provision of 'red food' as rewards is not promoted. It is recognised that end of year class parties should occur however staff, parents and students are strongly encouraged to promote the 'green foods' and some 'amber foods' with very little, if any, 'red foods' at these functions.

Education of parents/carers

The newsletter is a forum to provide updates and reminders for all parents of our expectations in regard to healthy eating.

Lunchboxes

Food should not be shared unless at a designated shared lunch eg rice bowl lunch and peace lunch.

Environmentally friendly food packaging and reducing food and packaging waste is promoted.

Fundraising

Fundraisers schemes using chocolates or lollies is not appropriate under this policy

Canteen menu

Refer to the Bicton PS Canteen Guidelines

Review

Policy reviewed May 2019 and then annually in May.

Appendix 1

The minimum standard required for compliance with the policy is a menu made up of 60% 'green' and 40% 'amber food' and drinks according to the 'traffic light' system. Schools are encouraged to exceed this minimum standard.

'Green food' and drinks are good sources of nutrients, contain less saturated fat and/or added sugar and/or salt and help to avoid an intake of excess energy (kJ).

'Amber food' and drinks have some nutritional value, contain moderate levels of saturated fat and/or added sugar and/or salt and can, in large serves, contribute excess energy (kJ).

'Red food' and drinks lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ).

THE AUSTRALIAN GUIDE TO HEALTHY EATING

Enjoy a variety of foods every day

Vegetables, legumes

Fruit

Bread, cereals, rice, pasta, noodles

Milk, yogurt, cheese

Lean meat, fish, poultry, eggs, nuts, legumes

Drink plenty of water

Choose these sometimes or in small amounts

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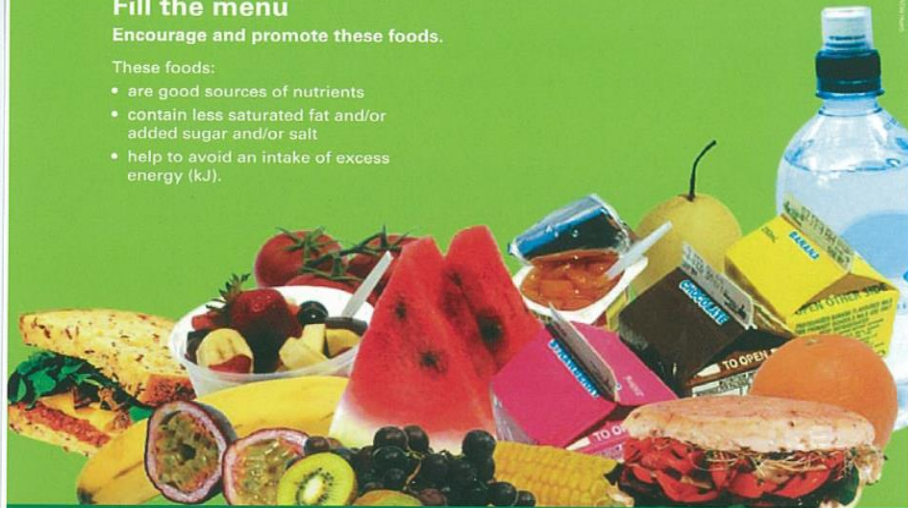
Healthy food and drink choices in schools

Fill the menu

Encourage and promote these foods.

These foods:

- are good sources of nutrients
- contain less saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kJ).



Select carefully

Do not let these foods dominate the menu.

These foods:

- have some nutritional value
- contain moderate levels of saturated fat and/or added sugar and/or salt
- can, in large serves, contribute excess energy (kJ).



Off the menu

These foods are not available in school canteens because they:

- lack adequate nutritional value
- are high in saturated fat and/or added sugar and/or salt
- can contribute excess energy (kJ).



Appendix 4

What's on the menu for WA schools

The table below provides examples GREEN, AMBER AND RED foods under the traffic light system for WA public schools. This is not the entire list of available foods.

Nuts and nut spreads do not appear in the table.

Schools are advised to refer to the Department of Health's *Anaphylaxis Management Guidelines for WA Schools* <http://www.health.wa.gov.au/anaphylaxis/roles/schools.cfm>.

GREEN – Fill the menu	Examples
Breads	A variety of bread types
Cereal foods	Wholegrain cereals, pasta, noodles, rice
Vegetables	Vegetables and salads (reduced fat dressing only), all salad mixtures
Fruit	Fresh, frozen and tinned (in natural juices)
Legumes	Tinned (eg bean mix, kidney beans), cooked
Reduced fat dairy products	Reduced fat: milk (plain and flavoured), yoghurt (fresh, frozen, plain or fruit), cheese
Lean meat, fish, poultry and alternatives	All lean meats, chicken (no skin) or registered meats, * fish (eg tuna, salmon, sardines), and egg
Sandwich fillings	All lean meats, lean chicken, fish, creamed corn/corn kernels, egg, canned spaghetti (reduced salt), salads, baked beans, low fat cheese, hommos, vegemite, yeast spreads and fish spreads *
Hot food	Jaffles/hot rolls/toasted sandwiches (fillings as for sandwich fillings), baked potatoes, rice, soups, toast, English muffins, crumpets (wholemeal), raisin toast, and meals meeting the criteria for registration such as curry and rice and pasta dishes
Snacks	Yoghurt, scones, raisin or fruit bread, pikelets, cheese sticks, bread sticks, bruschetta, water crackers, rice cakes, rice crackers, popcorn (plain/ low fat/ flavoured), dried fruit, seed packs, trail mix based on breakfast cereals, registered snacks *
Drinks	Water, reduced fat milk, fresh fruit milkshakes, soy, 100% fruit juice (small size), plain mineral water
AMBER – Select carefully and limit	Examples
Breakfast cereals	Refined cereals with added sugars
Full fat dairy foods	Milk, yoghurt, custard, low fat dairy desserts and cheese
Savoury commercial products	Registered products such as ovenable fish/chicken/ potato portions should be chosen because they are lower in fat/salt*
Snack foods bars	Registered products such as breakfast bars, cereal bars and fruit bars *
Savoury snacks	Registered products such as oven baked vege chips, garlic or herb bread (lightly spread *)
Cakes, muffins and sweet biscuits	Registered products such as cakes, muffins and biscuits (reduced fat and/or sugar and based on wholemeal flour) *
Ice creams, ice blocks, fruit based icepops, slushies	Registered ice-creams, milk based ice confectionary, frozen yoghurts and rice cream *
Drinks	Fruit drinks, mineral waters flavoured with fruit juice, low joule cordials
RED – Off the menu	Examples
Sugar and artificially sweetened drinks	Soft drinks, artificially sweetened soft drinks, energy drinks, cordials, sports drinks and mineral waters flavoured with sugar, high caffeine drinks (eg drinks containing guarana)
Confectionery	All types, caramelised popcorn
Pastry items	All types that do not meet the criteria for registration
Sandwich meats	High fat sandwich meats including polony (devon) and salami
Deep fried foods	All types
Savoury snacks	Crisps, chips and other similar products that do not meet the criteria for registration
Ice creams	Chocolate coated and premium ice creams
Sandwich fillings	Honey, jam, chocolate spreads, confectionary sprinkles
Cakes muffins, sweet pastries	Croissants, doughnuts, cream filled buns/ cakes, sweet pastries, slices