

Governor Stirling Senior High School



GOVERNOR
STIRLING
SENIOR HIGH SCHOOL

Healthy Food & Drink Policy

Publish Date	February 2023	
Review Date 1	December 2023	
Review date 2		
Changes made		

Our school is committed to providing healthier food and drinks for the school community and complying with the five elements of the Department of Education's Healthy Food and Drink (HFD) policy (see Appendix 1). The Australian Dietary Guidelines and the Australian Guide to Healthy Eating establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

At Governor Stirling Senior High School, food and drinks categorised as 'red' will not be provided to students unless essential to the learning program.

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

- healthy catering at meetings and events
- communication on healthy eating and/or other health promoting messages e.g. whole of school community newsletter; internal staff communications; schools noticeboards and classroom announcements
- non-food related fundraising initiatives
- fundraising initiatives which promote healthy eating and/or physical activity such as lapathons
- whole school staff (teaching and non-teaching) health and wellbeing initiatives e.g. professional development workshops and training about food, nutrition and broader health messages

This policy has been developed so that students, parents and teachers are aware of their responsibilities as they relate to the [Healthy Food and Drink in Public Schools Policy \(effective 4 Feb 2014\)](#).

There are three components to this policy:

- i. As it relates to the food students bring to school.
- ii. As it relates to the provision of food and drinks to students as part of educational programs.
- iii. As it relates to the provision of food and drinks to students by the GSSHS canteen.

1. Food and drinks students bring to school.

Students are discouraged from bringing any food and drinks that are categorised as 'red', parents are also discouraged from supplying this type of food and drinks.

Students are not permitted to have food delivered to school by Food delivery services such as, but not limited to: Uber Eats, Deliveroo or Menulog.

2. Provision of food and drinks to students as part of educational programs:

Students will be supplied 'green' and 'amber' foods in school settings, including classroom rewards, classroom cooking activities, school camps and excursions.

Students will only be supplied 'red' foods on limited occasions and in small amounts and only when it is essential to the learning program such as when students are learning food preparation techniques (e.g. deep frying and pastry making) that are essential competencies of the vocational curriculum. These techniques should only be practised until the required level of competency has been achieved.

3. Provision of food and drinks to students by the GSSHS canteen.

Our canteen will:

- comply with the Department of Education's Healthy Food and Drink policy
- develop a food service menu which includes targets as to the percentage of each menu choice type.
- have a canteen/food service committee, with representation from the whole school community, including where possible students, parents and teachers. The committee will participate in the decision making process for the canteen menu, pricing, purchasing and maintenance of equipment etc. The canteen committee will follow the terms of reference as agreed by the parent body or school/school board.

- provide a food service to the school community that:
 - meets their nutritional needs
 - promotes healthy food
 - prepares and stores food in a safe manner
 - is part of a whole school approach
 - is affordable and financially sustainable.
- reinforce nutrition messages taught in the classroom by modelling healthier food and drink choices that are tasty, interesting and affordable. This can support students to make informed decisions about their health and wellbeing by influencing food choices by students at school and in the wider community, and help to equip students with the knowledge to continue to make healthy choices throughout their adult lives.

4. Distribution of the policy

A current copy of the Department of Education's HFD policy and GSSHS's Healthy Food and Drink policy will be on permanent display in the school's canteen and made available via the school's website.

5. Definitions

GREEN FOOD AND DRINKS

Are good sources of nutrients, contain less saturated fat and/or 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 to 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).

Refer to appendix 1 for greater detail

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

What’s on the menu

 <p>Fill the menu >60%</p>	 <p>Select carefully <40%</p>	 <p>Off the menu</p>
<p>Green food and drinks</p> <ul style="list-style-type: none"> • Cereal foods – wholegrain cereals, pasta, noodles, rice, cous cous, 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 	<p>Amber food and drinks</p> <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>	<p>Red food and drinks</p> <ul style="list-style-type: none"> • Full-fat pastry items • Deep fried food • Sweet sandwich fillings e.g. jam, honey, confectionery sprinkles • High fat meats e.g. polony and salami • Confectionery e.g. chocolate, liquorice, cough lollies, jellies • Sweet or savoury snack items that do not meet the criteria e.g. potato chips • Soft drinks, cordial, sports drinks, energy drinks • Reduced fat flavoured milk (more than 600mL) • Reduced fat coffee flavoured milk drink (more than 375mL) • Full fat flavoured milk (more than 375mL) • Chocolate coated ice-creams • Jelly; fruit with jelly • Croissants, cream or iced buns/cakes, doughnuts, sweet pastries, slices • Fruit juice (more than 250mL) and/or with added sugar or sweetener • Water flavoured with fruit juice, sugar and/or sweetener