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## Healthy Food Policy

Reviewed June 2022  
To be reviewed June 2024

Schools are required to follow the Healthy Food Guidelines in all situations where food is provided by the school. This includes cooking activities, classroom and whole school rewards, excursions and camps. The school curriculum is an ideal place for teachers to model healthy eating practices and demonstrate how healthy foods can be included in the diet. The use of 'red' foods is not an essential part of the learning program and therefore must not be included in the primary school curriculum.



**GREEN foods and drinks** should be encouraged and promoted.

In general these foods/drinks:

- ☐ are excellent sources of important nutrients
- ☐ are low in saturated fat and/or added sugar and/or salt
- ☐ help to avoid an intake of excess energy (kilojoules).

Examples include (but are not limited to): Fruit (fresh, canned, frozen and dried), vegetables, wholegrain breads and cereals, reduced fat dairy products such as plain milk (all sizes), flavoured milk (small sizes), yoghurt and cheese, lean meats, fish, chicken, eggs, water.



**AMBER foods and drinks** should be limited and chosen carefully. Large serving sizes should not be used.

Examples include (but are not limited to): Refined cereals with added sugars, full fat dairy foods and commercial products such as Star Choice registered pastry items, snack food bars, ice-creams, cakes, muffins and fruit juice (>99%, no added sugar, in small sizes).



**RED foods and drinks** are called 'extra foods' in the Australian Guide to Healthy Eating.

They must not be offered in schools because they:

- ☐ lack adequate nutritional value
- ☐ are high in saturated fat, and/or added sugar and/or salt
- ☐ can contribute excess energy (kilojoule)
- ☐ can contribute to tooth decay and erosion.

Examples include (but are not limited to): Soft drinks, confectionary, deep fried foods and other items such as chips, chocolate coated ice-creams, cakes and muffins that do not meet the criteria for registration.

*Students can eat these foods and drinks outside of school under the supervision of their parents.*

### **Birthday Cakes and other Special Events**

Parents may provide birthday cakes on their child's birthday, after confirming this with the class teacher. Small serving sizes are encouraged. Food allergies should be considered as a courtesy. Parents of children with an allergy may choose to provide an alternative for their child for such occasions.

Class parties should adhere to the healthy food guidelines and students are encouraged to provide healthy food for these events.

### **Canteen**

All food provided through the school canteen follows the healthy food guidelines.

### **Crunch and Sip**

High Wycombe Primary School promotes healthy eating through the school-wide 'Crunch and Sip' program. 'Crunch&Sip' recognises that students need to re-fuel throughout the day by eating fruit or salad vegetables and drinking water in the classroom. This assists physical and mental performance and concentration in the classroom. Through Crunch&Sip, the school is demonstrating its commitment to nutrition education in the classroom, by making links with the curriculum and creating a supportive school environment.

Each day, students bring bite-sized pieces of fruit or salad vegetables to school to eat during a Crunch&Sip break. Each child is encouraged to have a bottle of water in the classroom to drink throughout the day to prevent dehydration.

- All fresh fruit is permitted (e.g. whole fruits such as a banana or a small apple, chopped melon).
- Dried fruit is permitted, although, fresh fruit or vegetables is the first choice because dried fruit contains high concentration of natural sugar and it tends to cling to teeth, increasing risk of tooth decay (e.g. sultanas)
- All fresh vegetables are permitted (e.g. celery, carrot sticks, broccoli bits etc.)

Don't forget to wash all fruit and vegetables before eating. Easy-to-eat fruit and veg is best.

### **NOT ALLOWED FOR CRUNCH&SIP**

All other foods are not permitted including:

- 'Fruit' products (e.g. fruit leather, fruit roll-ups, fruit bars or similar),
- Fruit jams or jellies,
- Fruit pies or cakes,
- Fruit canned in syrup or jelly or with artificial sweeteners,
- Canned or processed vegetables,
- Vegetable or potato crisps, hot potato chips, olives,
- Vegetable pastries (pies, pasties, sausage rolls),
- Baked vegetable breads, Vegetable cakes, fritters, quiches or similar,
- Popcorn
- All other drinks (including waters with added vitamins, minerals, or carbonates) are not permitted including fruit juice or fruit juice drink, fruit cordial or mineral waters, vegetable juices.